

# COVID-19 Peritraumatic Distress Index (CPDI)

Category: COVID-19 | Items: 24 | Time: ~5 min

## Description / When to Use

24-item measure of peritraumatic distress related to the COVID-19 pandemic.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 24 items in this scale. Estimated completion time: 5 minutes.

## Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

## Response Options

Please refer to the original publication for specific response options.

## Scoring Guide

Sum all 24 items scored 0-3. Total range 0-72. Score  $\geq 28$  suggests significant distress.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-27	Normal	None
28-72	Significant distress	Consider support

## Psychometric Properties

Cronbach's alpha: 0.91 | Test-retest reliability: 0.88

Validity: Validated during early COVID-19 outbreak in China.

## License

Free to use with citation

## Citation (APA Format)

Qiu, J., Shen, B., Zhao, M., Wang, Z., Xie, B., & Xu, Y. (2020). A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic. *Lancet Psychiatry*, 7(4), e19-e20.

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