

# Impact of Event Scale-Revised (IES-R)

Category: Trauma | Items: 22 | Time: ~5 min

## Description / When to Use

22-item self-report measure of post-traumatic stress symptoms.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 22 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 22 items scored 0-4. Total range 0-88. Three subscales: Intrusion, Avoidance, Hyperarousal.

### Subscales:

- Intrusion: 8 items
- Avoidance: 8 items
- Hyperarousal: 6 items

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-23	Subclinical	Monitor
24-32	Mild PTSD	Consider treatment
33-88	Moderate-Severe PTSD	Active treatment

## Psychometric Properties

Cronbach's alpha: 0.96 | Test-retest reliability: 0.92

Validity: Excellent reliability; widely used in trauma research.

## License

Free to use with citation

## Citation (APA Format)

Weiss, D. S., & Marmar, C. R. (1997). The Impact of Event Scale-Revised. In J. P. Wilson & T. M. Keane (Eds.), *Assessing psychological trauma and PTSD* (pp. 399-411). Guilford Press.

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