SECONDARY TRAUMATIC STRESS SCALE – DSM 5

The following is a list of statements made by persons who have been impacted by their work with traumatized clients. Read each statement then indicate how frequently the statement was true for you in the past **seven (7) days** by circling the corresponding number next to the statement.

NOTE: *"Client" is used to indicate persons with whom you have been engaged in a helping relationship. You may substitute another noun that better represents your work such as consumer, patient, recipient, etc.*

	Never	Rarely	Occasionally	Often	Very Often
1. I felt emotionally numb…….…..	1	2	3	4	5
2. My heart started pounding when I thought about my work with clients…….….	1	2	3	4	5
3. It seemed as if I was reliving the trauma(s) experienced by my client(s)……...	1	2	3	4	5
4. I had trouble sleeping……...	1	2	3	4	5
5. I felt discouraged about the future…….…..	1	2	3	4	5
6. Reminders of my work with clients upset me……..	1	2	3	4	5
7. I had little interest in being around others……..	1	2	3	4	5
8. I felt jumpy…….….	1	2	3	4	5
9. I was less active than usual…….….	1	2	3	4	5
10. I thought about my work with clients when I didn't intend to…….	1	2	3	4	5
11. I had trouble concentrating……..	1	2	3	4	5
12. I avoided people, places, or things that reminded me of my work with clients…….	1	2	3	4	5
13. I had disturbing dreams about my work with clients……...	1	2	3	4	5
14. I wanted to avoid working with some clients……..	1	2	3	4	5
15. I was easily annoyed…….…...	1	2	3	4	5
16. I expected something bad to happen……...	1	2	3	4	5
17. I noticed gaps in my memory about client sessions…….…	1	2	3	4	5
18. I experienced negative emotions……...	1	2	3	4	5
19. I engaged in reckless or self-destructive behavior……	1	2	3	4	5
20. I unrealistically blamed others for the cause or consequences of the trauma(s) experienced by my client(s)……..	1	2	3	4	5
21. I had negative expectations about myself, others, or the world…….	1	2	3	4	5

Copyright © 2013 Brian E. Bride.

Citation: Bride, B.E. (2013). The Secondary Traumatic Stress Scale, DSM 5 Revision. Unpublished Manuscript.

OLD Scoring Instructions for DSM -IV-TR:

Intrusion Subscale (add items 2, 3, 6, 10, 13)	Intrusion Score	_____
Avoidance Subscale (add items 1, 5, 7, 9, 12, 14, 17)	Avoidance Score	_____
Arousal Subscale (add items 4, 8, 11, 15, 16)	Arousal Score	_____
TOTAL (add Subscale Scores)	**Total Score**	_____

NEW Scoring Instructions for DSM - V:

Intrusion Subscale (add items 2, 3, 6, 10, 13)	Intrusion Score	_____
Avoidance Subscale (add items 12, 14,)	Avoidance Score	_____
Negative Cognitions & Mood (add items 1, 7, 9, 17, 18, 20, 21)	Negative Cog/Mood	_____
Arousal Subscale (add items 4, 8, 11, 15, 16, 19)	Arousal Score	_____
TOTAL (add Subscale Scores)	**Total Score**	_____

NOTE: Item #5 "I felt discouraged about the future" does not align the DSM-5 symptom criteria for PTSD. As such, it is not included in the calculation of scores for the revised version of the STSS. However, it is retained in the instrument to allow calculation of DSM-IV congruent scores for comparison with prior studies.