

ID number or initials

Date:

Short PTSD Rating Interview (SPRINT)

Please identify the most distressing traumatic event:

.....

| In the past week..... | | Not at all | A little bit | Moderately | Quite a lot | Very much |
|-----------------------|--|------------|--------------|------------|-------------|-----------|
| | | 0 | 1 | 2 | 3 | 4 |
| 1 | How much have you been bothered by unwanted memories, nightmares, or reminders of the event? | | | | | |
| 2 | How much effort have you made to avoid thinking or talking about the event, or doing things which remind you of what happened? | | | | | |
| 3 | To what extent have you lost enjoyment for things, kept your distance from people, or found it difficult to experience feelings? | | | | | |
| 4 | How much have you been bothered by poor sleep, poor concentration, jumpiness, irritability, or feeling watchful around you? | | | | | |
| 5 | How much have you been bothered by pain, aches, or tiredness? | | | | | |
| 6 | How much would you get upset when stressful events or setbacks happen to you? | | | | | |
| 7 | How much have the above symptoms interfered with your ability to work or carry out daily activities? | | | | | |
| 8 | How much have the above symptoms interfered with your relationships with family or friends? | | | | | |

SUM of 1-8

| | |
|---|---|
| 9 | How much better do you feel since beginning treatment? (As a percentage) (%) |
|---|---|

0%
 10%
 20%
 30%
 40%
 50%
 60%
 70%
 80%
 90%
 100%

| | |
|----|--|
| 10 | How much have the above symptoms improved since starting treatment? |
| | <div style="display: flex; justify-content: space-around; width: 100%;"> Worse No change Minimally Much Very much </div> <div style="display: flex; justify-content: space-around; width: 100%; margin-top: 10px;"> 1 2 3 4 5 </div> |

COPYRIGHT ALL VERSIONS AND TRANSLATIONS OF THE SCALE © - Jonathan R.T. Davidson, 2000, 2011, 2013. All rights reserved. The scale may not be reproduced or transmitted in any form, or by any means, electronic or mechanical, including photocopying or information storage system, without permission in writing from Dr. Davidson, who can be contacted at mail@cd-risc.com.