

Measure and link	Citation/Versions	Description	Additional Resources/Discussion
Brief Resilience and Coping Scale (BRCS) TOOLKIT LINK: BRCS	<p>Sinclair, V. G., & Wallston, K.A. (2004). The development and psychometric evaluation of the Brief Resilient Coping Scale. <i>Assessment</i>, 11 (1), 94-101. https://www.ncbi.nlm.nih.gov/pubmed/14994958</p> <p>From the abstract: “(T)he Brief Resilient Coping Scale (BRCS) is a 4-item measure designed to capture tendencies to cope with stress in a highly adaptive manner. The BRCS has adequate internal consistency and test-retest reliability. Convergent validity of the scale is demonstrated by predictable correlations with measures of personal coping resources (e.g., optimism, helplessness, self-efficacy), pain coping behaviors, and psychological well-being. ... The sensitivity of the BRCS to changes associated with a cognitive-behavioral intervention is also demonstrated. The BRCS may be useful for identifying individuals in need of interventions designed to enhance resilient coping skills.”</p>	<p>Description: The BRCS is in the public domain and can be used for research and education as long as it is properly cited and as long as the authors are acknowledged (Sinclair & Wallston, 2004) It consists of 4 items scored on Likert scale 1-5.</p> <ul style="list-style-type: none"> • Administration: Self Report • Length of Time: A couple minutes • Details: See https://www.psychtoolkit.org/survey-library/resilience-brcs.html#refs • Publicly Available: An online, self scoring version of the BRCS is available at https://www.psychtoolkit.org/survey-library/resilience-brcs.html# 	<p>The possible score range on the BRCS is from 4 (low resilience) to 20 (high resilience): <i>Low resilient copers: 4-13 points</i> <i>Medium resilient copers: 14-16 points</i> <i>High resilient copers: 17-20 points</i></p> <p>This easily administered Resiliency Scale has been added to measure personal coping resources and to help identify which individuals are more likely to engage adaptive coping mechanisms following crisis events or stressful situations. For more information, please see the 2004 article by Sinclair & Wallston and the following articles:</p> <p>Kocalevent, R.-D., Zenger, M., Hinz, A., Klapp, B., & Brähler, E. (2017). Resilient coping in the general population: standardization of the brief resilient coping scale (BRCS). <i>Health and Quality of Life Outcomes</i>, 15, 251. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5746021/</p> <p>Cosco, T. D., Kaushal, A., Richards, M., Kuh, D., & Stafford, M. (2016). Resilience measurement in later life: a systematic review and psychometric analysis. <i>Health and Quality of Life Outcomes</i>, 14, 16. http://doi.org/10.1186/s12955-016-0418-6</p> <p>Spanish Version: Tomás, J. M., Meléndez, J. C., Sancho, P., & Mayordomo, T. (2012). Adaptation and initial validation of the BRCS in an elderly Spanish sample. <i>European Journal of Psychological Assessment</i>.</p>
Children’s Revised Impact of Events Scale – CRIES (13) TOOLKIT LINKS: CRIES-13 CRIES-8	<p>Perrin S, Meiser-Stedman R, Smith P (2005) The Children's Revised Impact of Event Scale (CRIES): Validity as a screening instrument for PTSD. <i>Behavioural and Cognitive Psychotherapy</i> 33: 487–498. doi:10.1017/s1352465805002419</p> <p>Versions: CRIES-13 includes arousal items; while CRIES-8 lacks any arousal items.</p>	<p>Adapted from the IES (see above) the CRIES-13 is a brief measure designed to screen children at risk for Posttraumatic Stress Disorder (PTSD).</p> <ul style="list-style-type: none"> • Administration: Self-administered (can be used in groups) • Length of Time: 5-10 minutes • Details: 8 original items plus 5 • Publicly Available: Yes: http://www.childrenandwar.org/measures/ <p>-English -Spanish</p>	<p>Use and analysis regarding the revisions for children: Dyregrov, A., Kuterovac, G. & Barath, A. (1996) Factor analysis of the Impact of Event Scale with children in war. <i>Scandinavian Journal of Psychology</i>, 36, 339-350.</p> <p>Smith P, Perrin S, Dyregrov A, Yule W (2003) Principal components analysis of the impact of event scale with children in war. <i>Personality and Individual Differences</i> 34(2):315–322. doi: 10.1016/s0191-8869(02)00047-8</p> <p>Yule W, Bruggencate ST, Joseph S (1994) Principal components analysis of the impact of events scale in adolescents who survived a shipping disaster. Personality and Individual Differences 16(5):685–691. doi:10.1016/0191-8869(94)90210-0</p>

APPENDIX B: TABLE OF MEASURES – page 2

Measure and link	Citation/Versions	Description	Additional Resources/Discussion
Clinician Administered PTSD Scale for DSM-5 (CAPS-5) TOOLKIT LINK: CAPS-5 request form	<p>Weathers, F.W., Blake, D.D., Schnurr, P.P., Kaloupek, D.G., Marx, B.P., & Keane, T.M. (2013). <i>The Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)</i>.</p> <p>Versions: CAPS for DSM-IV: Blake, D.D., Weathers, F.W., Nagy, L.M., Kaloupek, D. G., Gusman, F.D., Charney, D.S., & Keane, T.M. (1995). The development of a clinician-administered PTSD scale. (PDF) Journal of Traumatic Stress, 8, 75-90. Doi: 10.1002/jts.2490080106</p> <p>Three versions of the CAPS-5 correspond to different time periods: past week, past month, and worst month (lifetime). A version for children and adolescents (CAPS-CA for DSM-IV) is available, with a version currently being revised to correspond to DSM-5.</p>	<p>Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) is a 30-item structured interview that corresponds to the DSM-5 criteria for PTSD. It is the gold standard in PTSD assessment.</p> <ul style="list-style-type: none"> • Administration: A CAPS trained clinician • Length of Time: 45-60 minutes(decreases with repeated administrations) • Details: 30-item, frequency and intensity of symptoms in past week Companion administration manual covers scoring; workshops are also offered <p>Publicly Available: Yes, request through Department of Veteran Affairs</p>	<p>CAPS Training: To learn about training to give a CAPS assessment, see CAPS Training Information.</p> <p>Interview available from the National Center for PTSD at www.ptsd.va.gov.</p>
Impact of Events Scale. Revised (IES-R) TOOLKIT LINKS: IES IES scoring	<p>Impact of Events Scale. Revised (IES-R) Weiss, D and Marmar, C. (1977) in J. Wilson and Tl Keane, Assessing Psychological Trauma and PTSD. New York. Guilford.</p> <p>Versions: Original 15 item Impact of Events Scale: Horowitz, M. J., Wilner, N., and Alvarez, W. (1979). Impact of event scale: A measure of subjective stress. Psychosom. Med., 41, 209-218.</p>	<p>Widely used 22 item self-report measure designed to assess current subject distress for any specific life event. Available in English, Spanish, and other languages.</p> <ul style="list-style-type: none"> • Administration: Self report • Length of Time: 5-10 minutes • Details: 22 items • Publicly Available: Yes. Contact Daniel Weiss, PhD. Department of Psychiatry, University of California. San Francisco, PO Box F-0984, San Francisco, CA 94143-0984, Phone: (415) 476-7557 Email: daniel.weiss@ucsf.edu or hugos@lppi.ucsf.edu 	<p>Impact of Event Scale - Revised (IES-R), (Weiss & Marmar, 1997)</p> <p>Christianson, S, and Marren, J., (2013) <i>The Impact of Events Scale-Revised (IES-R)</i>. From the Hartford Institute for Geriatric Nursing, New York University, College of Nursing. Issue 19. IES-R</p>

APPENDIX B: TABLE OF MEASURES - page 3

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PTSD Checklist for DSM 5 (PCL-5) TOOLKIT LINK: PCL-5 PCL-5 with criterion A	<p>Weathers, F.W., Litz, B.T., Keane, T.M., Palmieri, P.A., Marx, B.P., & Schnurr, P.P. (2013). The PTSD Checklist for DSM-5 (PCL-5).</p> <p>The previous version: PCL for DSM-IV has three versions, PCL-M (military), PCL-C (civilian), and PCL-S (specific), which varies slightly in the instructions and wording of the phrase referring to the index event. PCL-5 is most similar to the PCL-S (specific) version. There are no corresponding PCL-M or PCL-C versions of PCL-5.</p> <p>Although there is only one version of the PCL-5 items, there are three formats of the PCL-5 measure, including one without a Criterion A component, one with a Criterion A component, and one with the LEC-5 and extended Criterion A component.</p>	<p>The PCL-5 is a 20 item self-report measure that assesses the 20 DSM 5 symptoms of PTSD. The wording of PCL-5 items reflects both changes to existing symptoms and the addition of new symptoms in DSM-5.</p> <p>The PCL-5 has a variety of purposes, including monitoring symptom change during and after treatment, screening individuals for PTSD, and making a provisional PTSD diagnosis.</p> <ul style="list-style-type: none"> • Administration: Self-report • Length of Time: 5-10 minutes • Details: Interpretation should be made by a clinician. There are several options for scoring. <p>Publicly Available: Yes, request through Department of Veteran Affairs: http://www.ptsd.va.gov/professional/assessment/ncptsd-instrument-request-form.asp</p>	<p>The self-report rating scale is 0-4 for each symptom, reflecting a change from 1-5 in the DSM-IV version. Rating scale descriptors are the same: "Not at all," "A little bit," "Moderately," "Quite a bit," and "Extremely."</p> <p>The change in the rating scale combined with the increase from 17 to 20 items means that PCL-5 scores are not compatible with PCL for DSM-IV scores and cannot be used interchangeably.</p> <p>PCL for DSM-IV:</p> <p>Bliese, P. D., Wright, K. M., Adler, A. B., Cabrera, O., Castrol, C. A., & Hoge, C. W. (2008). Validating the primary care posttraumatic stress disorder screen and the posttraumatic stress disorder checklist with soldiers returning from combat. <i>Journal of Consulting and Clinical Psychology</i>, 76, 272-281. doi: 10.1037/0022-006X.76.2.272</p> <p>Monson, C. M., Gradus, J. L., Young-Xu, Y., Schnurr, P. P., Price, J. L., & Schumm, J. A. (2008). Change in posttraumatic stress disorder symptoms: Do clinicians and patients agree? (PDF) <i>Psychological Assessment</i>, 20, 131-138. doi: 10.1037/1040-3590.20.2.131</p>
Short PTSD Rating Interview (SPRINT): TOOLKIT LINK: SPRINT	<p>Connor, K., and Davidson, J. (2001). SPRINT: A brief global assessment of post-traumatic stress disorder. <i>International Clinical Psychopharmacology</i>, 16, 279-284.</p>	<p>The Short Post-Traumatic Stress Disorder Rating Interview (SPRINT) is an eight-item self-report measure that assesses the core symptoms of PTSD (intrusion, avoidance, numbing, arousal), somatic malaise, stress vulnerability, and role and social functional impairment. Symptoms are rated on five point scales from 0 (not at all) to 4 (very much).</p> <ul style="list-style-type: none"> • Administration: Self-report • Length of Time: 5-10 minutes • Details: 8-item, Likert-type scale assesses symptoms and functional impairment in past week • Publicly Available: Yes, email: jonathan.davidson@duke.edu http://www.ptsd.va.gov/professional/assessment/screens/sprint.asp 	<p>From Jonathan Davidson: "The SPRINT can serve as a measure of the severity of PTSD symptoms in people who have survived a serious trauma. Even if they do not meet the diagnostic criteria of PTSD, the scale can provide an indication of how severe of a problem these symptoms might be. The scale can be given at any time after the event, and the items are usually rated for the previous week.</p> <p>Davidson, J.R.T., Colket, J.T. (1997). The eight-item treatment-outcome post-traumatic stress disorder scale: a brief measure to assess treatment outcome in post-traumatic stress disorder. <i>International Clinical Psychopharmacology</i>, 12,41-45.</p>