

### CATS 2 Englisch

<b>Stressful or scary events happen to many people. Below is a list of stressful and scary events that sometimes happen. Mark YES if it happened to you. Mark NO if it didn't happen to you.</b>		
	<b>YES</b>	<b>NO</b>
	ja	nein
1. Serious natural disaster like a flood, tornado, hurricane, earthquake, or fire.		
2. Serious accident or injury like a car/bike crash, dog bite, or sports injury.		
3. Threatened, hit or hurt badly in my family.		
4. Threatened, hit or hurt badly in school or the community.		
5. Attacked, stabbed, shot at or robbed by threat.		
6. Seeing someone in my family threatened, hit or hurt badly.		
7. Seeing someone in school or the community threatened, hit or hurt badly.		
8. Someone doing sexual things to me or making me do sexual things to them when I couldn't say no. Or when I was forced or pressured.		
9. On line or in social media, someone asking or pressuring me to do something sexual. Like take or send pictures.		
10. Someone bullying me in person. Saying very mean things that scare me.		
11. Someone bullying me online. Saying very mean things that scare me.		
12. Someone close to me dying suddenly or violently.		
13. Stressful or scary medical procedure.		
14. Being around war.		
15. Other stressful or scary event? Describe:		
16. Which event(s) you have marked on the first page are bothering you the most now?		

**Please answer the questions about all the scary or stressful events that happened to you.**

**Mark 0, 1, 2 or 3 for how often you had the following thoughts, feelings, or problems in the last four weeks.**

	Never	Sometimes	Often	Almost always
	0	1	2	3
1. Upsetting thoughts or memories about what happened pop into my head.				
2. Bad dreams reminding me of what happened.				
3. Pictures in my head of what happened. Feels like it is happening right now.				
4. Feeling very upset when I am reminded of what happened.				
5. Strong feelings in my body when I am reminded of what happened (sweating, heart beating fast, upset stomach).				
6. Trying not to think about what happened. Or to not have feelings about it.				
7. Staying away from anything that reminds me of what happened (people, places, things, situations, talks).				
8. Not being able to remember part of what happened.				
9. Having negative thoughts, such as:				
9a. I won't have a good life.				
9b. I can't trust other people.				
9c. The world is unsafe.				
9d. I am not good enough.				
10. Blaming for the event				
10a. Blaming myself for what happened.				

Datum: |\_|\_|-|\_|\_|-|\_|\_|\_|\_| MZP:  T0  T1  T2

ID: |\_|\_|-|\_|\_|\_|\_|



	Never	Sometimes	Often	Almost always
	0	1	2	3
10b. Blaming someone else for what happened although it wasn't their fault.				
11. Upsetting feelings (afraid, angry, guilty, ashamed) a lot of the time.				
12. Not wanting to do things I used to do.				
13. Not feeling close to people.				
14. Not being able to have happy feelings.				
15. Managing strong feelings				
15a. It is very hard to calm down when I am upset.				
15b. Feeling mad. Having fits of anger and taking it out on others.				
16. Doing unsafe things.				
17. Being overly careful (checking to see who is around me).				
18. Being jumpy.				
19. Problems paying attention.				
20. Trouble falling or staying asleep.				
<b>Please mark YES or NO if the problems you marked interfered with:</b>				
	<b>YES</b>		<b>NO</b>	
	ja		nein	
1. Getting along with others				
2. Hobbies/Fun				
3. School or work				
4. Family relationships				
5. General happiness				