

Posttrauma Risky Behaviors Questionnaire

Below is a list of behaviors that people may engage in following a very stressful or traumatic experience. Please indicate how often you have used the following behaviors **in the past 30 days**.

0 _____ 1 _____ 2 _____ 3 _____ 4 _____

Never

Rarely
(Once or twice a month)

Occasionally
(Once or twice a week)

Frequently
(Several times a week)

Very Frequently
(Daily or almost daily)

<i>In the past 30 days, how often have you engaged in the following behaviors?</i>	0 (Never)	1 (Rarely)	2 (Occasionally)	3 (Frequently)	4 (Very Frequently)
1. Problematic alcohol use (e.g., binge drank, which is having 4 or more drinks a day for women or 5 or more drinks a day for men; used alcohol in dangerous situations, such as driving)					
2. Problematic drug use (e.g., used drugs such as marijuana, heroin, or cocaine; taken prescription drugs such as opioids or stimulants other than prescribed; used drugs in dangerous situations, such as driving)					
3. Problematic gambling (e.g., difficulty limiting money or time spent on gambling, such as playing cards or dice or betting on sports; inability to stop gambling despite significant financial losses)					
4. Problematic technology use (e.g., texting while driving; inability to reduce time on cellphones/internet/etc. despite significant problems in school, work, home, or with family/friends)					
5. Impulsive or risky sexual behaviors (e.g., unprotected sex with an unfamiliar partner such as a one-night stand, or with a risky partner such as someone who uses intravenous drugs, is HIV-positive, or has multiple partners)					
6. Problematic eating behavior(s) (e.g., eating so much that your stomach hurts; vomiting, fasting, exercising far too much, or using laxatives/diuretics to prevent weight gain; restricting your diet to the point of starvation)					
7. Illegal behaviors (e.g., shoplifting, vandalism, forgery, weapons offense, burglary, robbery, arson, illegal prostitution)					

8.	Reckless spending (e.g., spending sprees where you spent a lot of money on things you didn't need and couldn't afford)					
9.	Physically aggressive behavior(s) (e.g., pushing, punching, kicking, or using a weapon on another person)					
10.	Verbally aggressive behavior(s) (e.g., yelling, screaming, or swearing at another person; threatening to physically harm someone)					
11.	Property destruction (e.g., deliberately smashing dishes, breaking furniture, or wrecking someone's cellphone, car, home, or other personal belongings)					
12.	Reckless driving (e.g., road rage; intentionally cutting off or chasing another driver; excessive speeding)					
13.	Deliberately injuring yourself without intending to kill yourself (e.g., cutting yourself, biting yourself, burning yourself, scratching yourself, punching walls, banging your head, hitting yourself, interfering with wound healing, or swallowing dangerous substances)					
14.	Suicidal behaviors (e.g., making suicide preparations or attempts such as attempting to strangle, hang, or poison oneself)					

15. In general, if you have used any of these behaviors, how difficult have these behaviors made it for you to do your work, take care of things at home, or get along with other people?

N/A 0 1 2 3
 Not at all Somewhat difficult Very difficult Extremely difficult

16. In general, if you have used any of these behaviors, did any of them start or get worse after your most stressful/traumatic experience?

N/A 0 1
 No Yes