

# LPOS - Revised Impact of Events Scale for Cancer Care

<b>Your Name:</b> _____	<b>Date of Birth:</b> _____	<b>Your Location Today:</b> _____
_____	<b>Today's Date:</b> _____	<b>Staff Member:</b> _____

**Instructions** – Below is a list of difficulties people sometimes have after a diagnosis of cancer. Please read each item, and then indicate how distressing (or how common) each difficulty has been for you [during the past seven days](#)

	Not at all	A little bit	Moderately	Quite a bit	Extremely	
Any reminder of cancer brought back feelings about it	0	1	2	3	4	I
I had trouble staying asleep	0	1	2	3	4	I
Other things kept making me think about cancer	0	1	2	3	4	I
I felt irritable and angry	0	1	2	3	4	H
I avoided letting myself get upset when I thought about cancer or was reminded of it	0	1	2	3	4	A
I thought about cancer when I didn't mean to	0	1	2	3	4	I
I felt as if it hadn't happened or wasn't real	0	1	2	3	4	A
I stayed away from reminders about cancer	0	1	2	3	4	A
Pictures about being ill with cancer popped into my mind	0	1	2	3	4	I
I was jumpy and easily startled	0	1	2	3	4	H
I tried not to think about cancer	0	1	2	3	4	A
I was aware that I still had a lot of feelings about cancer, but I didn't deal with them	0	1	2	3	4	A
My feelings about cancer were kind of numb	0	1	2	3	4	A
I found myself feeling as though I was back at that time of my bad news	0	1	2	3	4	H
I had trouble falling asleep	0	1	2	3	4	H
I had waves of strong feelings about cancer	0	1	2	3	4	I
I tried to remove cancer from my memory	0	1	2	3	4	A
I had trouble concentrating	0	1	2	3	4	H
Reminders of cancer caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart	0	1	2	3	4	H
I had dreams about cancer	0	1	2	3	4	I
I felt watchful or on-guard	0	1	2	3	4	H
I tried not to talk about cancer	0	1	2	3	4	A

## References

Horowitz, M., Wilner, M., and Alvarez, W. (1979). Impact of Event Scale: A measure of subjective stress. *Psychosomatic Medicine*, 41, 209-218.

Weiss, D. & Marmar, C. (1997). The Impact of Event Scale - Revised. In J. Wilson & T. Keane (Eds), *Assessing psychological trauma and PTSD*. New York: Guildford.