

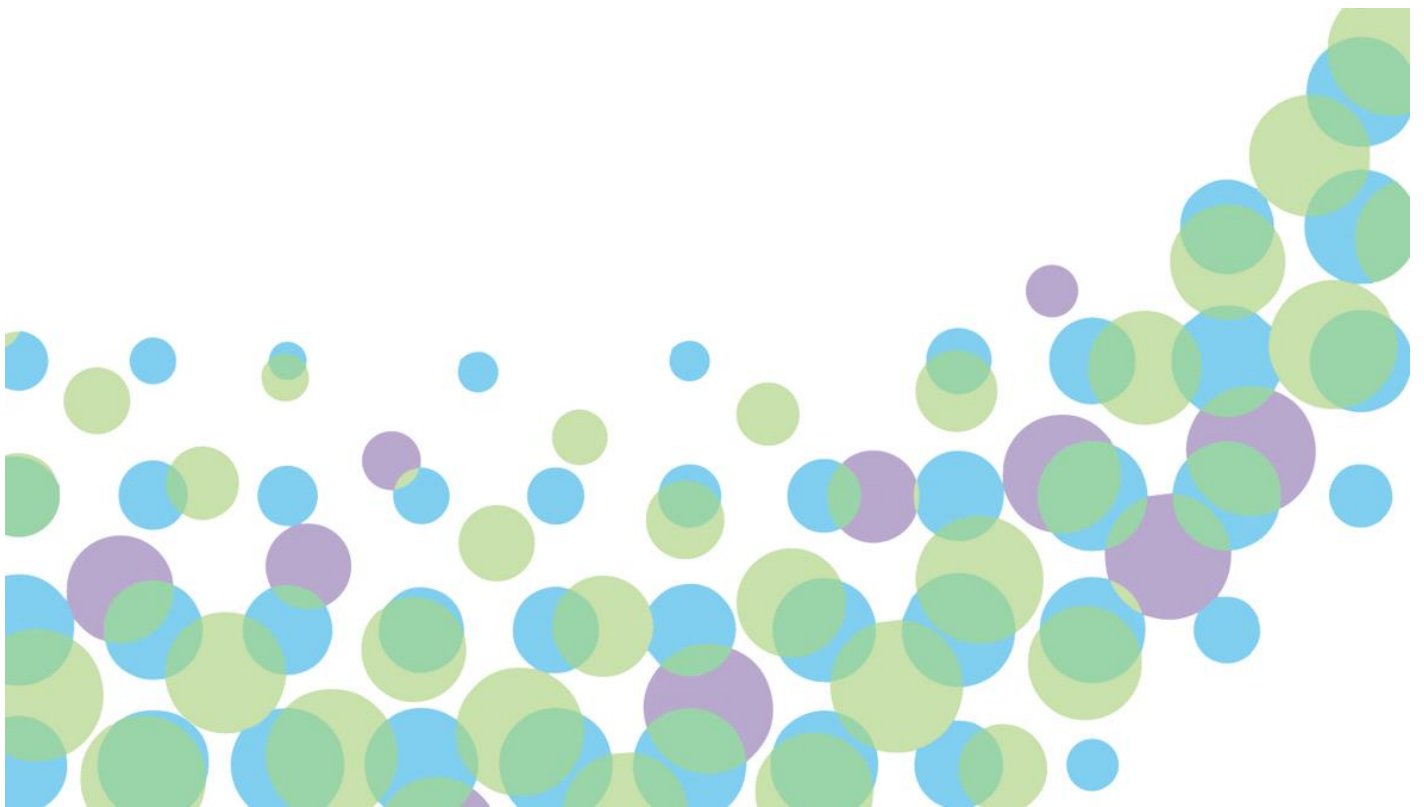


Robbie Thompson
consultancy

Evaluation of the Sexual Violence Recovery Toolkit Pilot

Delivered by Cardiff Sexual Assault Referral Centre

August 2017



Executive Summary

This evaluation report has been internally commissioned by Rock Pool and completed by Robbie Thompson Consultancy as part of the funding from South Wales Police Crime and Commissioner to assess the impact of the Sexual Violence Recovery Toolkit (SV RTK).

The SV RTK has been written for individuals who have experienced acquaintance, dating and stranger rape and historic childhood sexual abuse/exploitation. It is an evidence based programme that supports clients to be the expert centre of their own recovery.

Rockpool has developed the SV RTK (based on the established Adult Domestic Abuse Recovery Toolkit). Delivered over 12 weeks it is a group programme that uses a trauma informed and a psycho-educational approach to enable clients to move forward from the trauma of experiencing sexual violence. It supports participants to develop positive lifestyle coping strategies, restoring a sense of safety and enabling people to return to active citizenship.

As part of the programme participants completed the Rosenberg Self Esteem Scale and the Post-Traumatic Stress Screening Tool both before and after the programme. In addition, a qualitative assessment has been carried out based on the written feedback provided at the end of the programme for all participants as well as a 30-minute interview conducted with two participants chosen at random.

The results from the Rosenberg Self-esteem Scale strongly demonstrate that the programme has had a significant positive shift in participant's levels of self-esteem.

Participants with low levels of self-esteem saw varying results from very significant positive shifts to smaller shifts in their self-esteem level. All participants with low self-esteem saw an increase in their self-esteem.

Notably participants felt less inclined to believe they are a failure, take a more positive attitude to themselves and are much more satisfied within themselves.

Results for the Post-Traumatic Stress Screening Tool shows that the majority of participants also saw a significant decrease in a range of post-traumatic stress factors.

All participants also provided qualitative information via feedback forms and interviews. The qualitative assessment carried out demonstrates that the programme has had a significant positive impact on all seven participants and corroborates the results demonstrated in the Rosenberg Self-Esteem Scale and the Post-Traumatic Stress Screening Tool. Participants overwhelmingly felt that the programme helped them cope and manage with the trauma they have experienced also demonstrating a sustained change through them implementing the learning since the programme finished. Feedback included:

"This course has been a lifeline for me when all other avenues of help have been difficult to access. The work has helped me understand my situation in new and positive ways. Thank you for all your help."

"The group setting was absolutely ideal. One to one counselling doesn't work for me and I find it a bit patronising. (As a group) I felt less of a victim, and didn't feel alone."

"The weekly sessions and activities were really good I waited over a year for something (an intervention) and it helped identify I had post-traumatic stress all that time."

"Knowing all different strategies of coping and knowing how to use those strategies and knowing it's normal to feel a certain way."

"It is good to have a toolkit for future use."

Introduction

Rockpool has developed the SV RTK (based on the established Adult Domestic Abuse Recovery Toolkit). It has been written for individuals who have experienced acquaintance, dating and stranger rape. It is an evidence based programme that supports clients to be the expert centre of their own recovery.

Delivered over 12 weeks it is a group programme that uses a trauma informed and a psycho-educational approach to enable clients to move forward from the trauma of experiencing sexual violence. It supports participants to develop positive lifestyle coping strategies, restoring a sense of safety and enabling people to return to active citizenship.

Rock Pool in collaboration with Cardiff Sexual Assault Referral Centre (SARC) were funded by the South Wales Police and Crime Commissioners Office to pilot and deliver an outline evaluation.

Evaluation Scope

This evaluation was completed by Robbie Thompson Consultancy to assess the impact of the first two SV RTK programmes facilitated by Cardiff SARC which took place:

- Between 15th November 2016 – 7th February 2017. Three participants completed the 12-week SV RTK;
- Between 12th April 2017 – 26th June 2017. Four participants completed the 12-week SV RTK.

The scope of this evaluation reviews if there has been change in the confidence and self-esteem of participants whilst also assessing if there has been a change in assertiveness skills, anger management skills and an understanding of what makes healthy relationships.

Methods and Tools

As part of the programme participants complete the Rosenberg Self Esteem Scale and the Post-Traumatic Stress Screening Tool both before and after the programme. Analysis has been carried out on both of the completed tools for all seven participants providing a quantitative assessment of the change pre and post intervention.

In addition, a qualitative assessment has been carried out based on the written feedback provided at the end of the programme for all participants as well as a 30-minute interview conducted with two participants chosen at random.

Two facilitators from Cardiff SARC were also interviewed to consider the views one was the strategic manager and one was a sexual violence worker.

Findings

Impact on Participants: Quantitative Results

All seven participant's Rosenberg Self-Esteem Scale results have been reviewed and analysed. The scale measures 10 different factors contributing to a person's self-esteem through questions put to the participant with an overall score out of 30. Scores between 15 and 25 are considered within normal range of self-esteem; scores below 15 suggest low self-esteem. This is only an indicative measure and should not be deemed conclusive, but should be considered a good indication of a participant's self-esteem both before and after the programme.

The full results per participant can be seen in Appendix A: Rosenberg Self-Esteem Scale: Shift in improved self-esteem before and after intervention for each participant.

Key findings from these results include:

- Five of the seven programme participants had low self-esteem when the programme started;
 - All five participants with low self-esteem had improved self-esteem after the programme ended;
 - The best result was seen in one of those five participants (participant three), who saw a significant shift from very low self-esteem when the programme started (0/30 on the scale) to self-esteem within a normal range when the programme ended (17/30 on the scale);
 - Two other participants (participants one and two) saw a shift from low self-esteem before the programme started to self-esteem within a normal range after the programme ended. These shifts included an increase in self-esteem from a score of 10/30 to 16/30 and an increase in self-esteem from 12/30 to 17/30.
 - For the remaining two participants who had low self-esteem at the start of the programme (participants five and six), their self-esteem improved but not enough to take them out of a categorisation of low self-esteem.
- The final two participants (participants four and seven) had either normal or high self-esteem before the programme started. For these two participants, their self-esteem did not change when the programme ended.

Figure 1 presents the average shift in self-esteem across all participants both overall and for each factor individually. All 10 factors saw a shift, some significant. In particular participants had a significant shift in feeling they were a person of worth, taking a positive attitude towards themselves and being satisfied with themselves after the programme ended.

One of the most significant factors noted was most participants strongly agreeing with the statement 'all in all, I am inclined to believe I am a failure' before the programme compared to after the programme when in most cases participants disagreed or strongly disagreed with this statement.

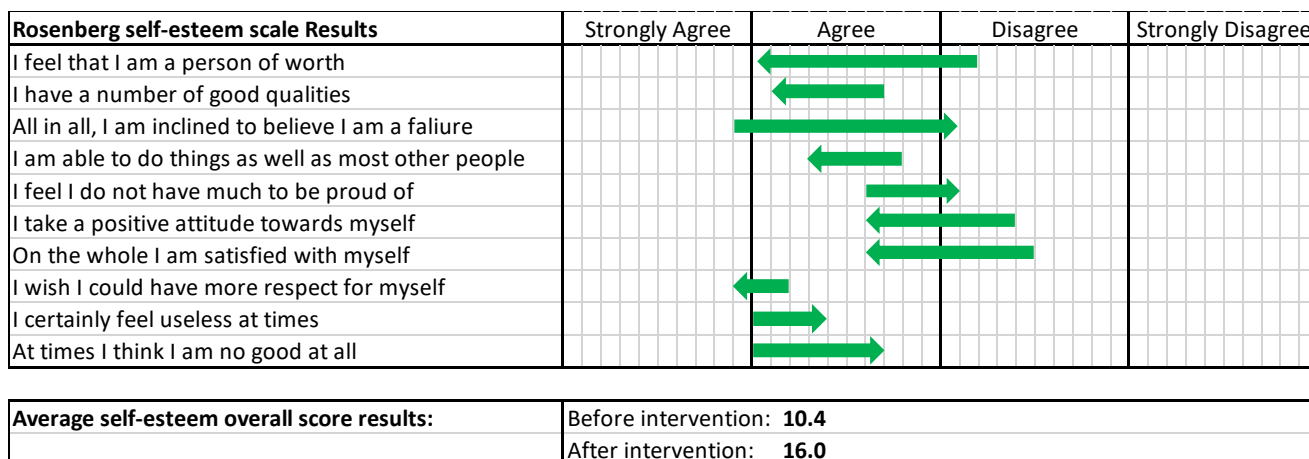
The overall average across the seven participants shifted from an average of 10.4 on the scale (low self-esteem) to 16.0 on the scale (self-esteem within a normal range).

KEY FINDING: Using the Rosenberg Self-Esteem Scale alone, these results strongly demonstrate that on average the programme has had a significant positive shift in participant's levels of self-esteem.

Participants with low levels of self-esteem saw varying results from very significant positive shifts to smaller shifts in their self-esteem level. However, all participants with low self-esteem saw an increase in their self-esteem.

In particular participants felt less inclined to believe they are a failure, take a more positive attitude to themselves and are much more satisfied within themselves.

Fig 1: Rosenberg self-esteem Scale: average shift for all participants in improved self-esteem before and after intervention



In addition to the use of the Rosenberg Scale participants also completed a Post-Traumatic Stress Screening Tool both before and after the programme. The full breakdown of results can be seen in Appendix B: Post-traumatic Stress Screening Tool Results: Shift in reduced factors of post-traumatic stress (PTS) for each participant.

The results from this screening tool show:

- A considerable decrease in post-traumatic stress factors for three participants in particular:
 - being less affected by reminders of the event in their day-to-day lives e.g. not feeling as detached from other people or not losing interest in significant activities in their lives;
 - Most days not feeling as sad or depressed;
 - Fewer problems concentrating and/or sleeping.
- A decrease in post-traumatic stress for one participant who wasn't reliving the event through flashbacks or a sense of it happening again:
- An increase in more than one post-traumatic stress factor for three participants.
- Overall there was an improvement in 32 different factors across the seven participants compared to a regression in 12 factors.

KEY FINDING: Assessing the overall improvement across the seven participants there was a significant decrease in a range of post-traumatic stress factors.

Whilst some participants saw a considerable decrease in factors contributing to post-traumatic stress after the programme had ended, some recorded an increase in some factors on the screening tool.

An observation is when initially completing the screening tool it is possible that clients minimized their current experience for a variety of fears including; not wanting to acknowledge the situation themselves and not wanting the workers to know in case they took a course of action that the client found unpalatable (e.g. referral to psychiatrist). Therefore, a negative change on score can be seen as a positive step in that the client is more comfortable in accepting what their situation is and hopefully therefore more willing and less anxious to take further help if it is needed. The facilitators confirmed this and said that these two clients went on for further 1-2-1 therapeutic or mindfulness work.

Impact on Participants: Qualitative Results

All participants provided written feedback and two participants were interviewed for 30 minutes on the programme. The improved self-esteem and reduced post-traumatic stress evidenced in the quantitative analysis is corroborated by the overwhelmingly positive qualitative written and verbal feedback. In particular participants expressed how:

1. The SV RTK has helped them better cope and manage with their experience/s;
2. It came across strongly that participants felt the weekly group format aided their recovery and it particularly helped them to know they weren't alone;
3. The important role of the facilitators and how supportive they were;
4. The tools and techniques they have learned and are implementing now that the programme has finished.

Quotes from participants:

1. Participants really felt the SV RTK helped them better cope and manage with their experience/s:

"The course has helped me to understand more about who I am now and it has given me the confidence to help myself resolve some issues. Thank you!"

"This course helped me come to terms with many aspects. I feel more able to cope and not feel so alone."

"It has been the best thing I have ever done, thank you for helping me out."

"This course has been a lifeline for me when all other avenues of help have been difficult to access. The work has helped me understand my situation in new and positive ways. Thank you for all your help."

"All of the things that have been taught have been amazing help. I have learnt how to change my mind set and to be positive. I feel more happier in myself."

2. Participants liked the group format and were reassured they weren't alone:

"The group setting was absolutely ideal. One to one counselling doesn't work for me and I find it a bit patronising. (As a group) I felt less of a victim, and didn't feel alone."

"It helped knowing other people were going through the same thing."

"The four who completed the course... they are not people I would have normally mix with on the outside but I became so close to them."

"The group setting was brilliant and the best thing."

"Being around other people and not being alone helped a lot...we didn't want it to end."

"This course was so needed; the main thing has been (knowing) that I am not alone. Things are put in perspective."

"The weekly sessions and activities were really good I waited over a year for something (an intervention) and it helped identify I had post-traumatic stress all that time."

"Not all group work applied to my case but a mix of different experiences helped put things in perspective."

3. The participants described the facilitators in a positive light and it came across strongly how supportive they were:

"Ruth was a constant throughout."

"They were amazing. They were a really good support and didn't push us too much."

4. The participants described how they are able to implement what they learnt now the group has finished:

"Knowing all different strategies of coping and knowing how to use those strategies and knowing it's normal to feel a certain way."

"The mindfulness techniques I reflect back on whenever I need to."

"I have learnt how to change negatives into positives."

"I don't feel as depressed and down. Sometimes I still get down but nothing bad like I used to and now I can deal with it."

"It is good to have a toolkit for future use."

KEY FINDING: The qualitative assessment demonstrates that the impact of the 12-week SV RTK programme has had a significantly positive impact on all seven participants and corroborates the results demonstrated in the Rosenberg Self-Esteem Scale and the Post-Traumatic Stress Screening Tool. Participants overwhelmingly felt that the programme helped them cope and manage with the trauma they have experienced also demonstrating a sustained change through them implementing the learning since the programme finished.

Operational Findings: Feedback from Facilitators

Prior to delivery facilitators are trained by Rockpool on how to deliver the 12-week SV RTK programme. Facilitators fed back that the training was informative and engaging with a 'good range of learning techniques.' Facilitators felt equipped although some prior knowledge does help.

Facilitators commented that the format and length of each session during the 12-weeks is good but the pre-assessment stage, assessing referrals before the programme starts does take time.

Overall facilitators felt that the programme had a significant impact on their clients:











"It offers such a different opportunity to counselling that enables clients to focus more on what they want via the group format."

"I have a background in counselling so initially had some reservations but seeing it really brought home to me that the course does work and we really saw the difference."

Annexes

Annex A: Rosenberg self-esteem scale: Shift in improved self-esteem before and after intervention for each participant:

(For items 1, 2, 4, 6, and 7: Strongly agree = 3 Agree = 2 Disagree = 1 Strongly disagree = 0 For items 3, 5, 8, 9, and 10 [reversed in valence]: Strongly agree = 0 Agree = 1 Disagree = 2 Strongly disagree = 3)

Participant 1	Strongly agree	Agree	Disagree	Strongly Disagree
1 I feel that I am a person of worth				
2 I have a number of good qualities				
All in all, I am inclined to believe I am a failure				
I am able to do things as well as most other people				
I feel I do not have much to be proud of				
I take a positive attitude towards myself				
On the whole I am satisfied with myself				
I wish I could have more respect for myself				
I certainly feel useless at times				
At times I think I am no good at all				

Participant 1 self-esteem overall score results:	Before intervention: 10
	After intervention: 16

Participant 2	Strongly agree	Agree	Disagree	Strongly Disagree
I feel that I am a person of worth				
I have a number of good qualities				
All in all, I am inclined to believe I am a failure				
I am able to do things as well as most other people				
I feel I do not have much to be proud of				
I take a positive attitude towards myself				
On the whole I am satisfied with myself				
I wish I could have more respect for myself				
I certainly feel useless at times				
At times I think I am no good at all				

Participant 2 self-esteem overall score results:	Before intervention: 12
	After intervention: 17

Participant 3	Strongly agree	Agree	Disagree	Strongly Disagree
I feel that I am a person of worth				
I have a number of good qualities				
All in all, I am inclined to believe I am a failure				
I am able to do things as well as most other people				
I feel I do not have much to be proud of				
I take a positive attitude towards myself				
On the whole I am satisfied with myself				
I wish I could have more respect for myself				
I certainly feel useless at times				
At times I think I am no good at all				

Participant 3 self-esteem overall score results:	Before intervention: 0
	After intervention: 17

Participant 4	Strongly agree	Agree	Disagree	Strongly Disagree
I feel that I am a person of worth				
I have a number of good qualities				
All in all, I am inclined to believe I am a failure				
I am able to do things as well as most other people				
I feel I do not have much to be proud of				
I take a positive attitude towards myself				
On the whole I am satisfied with myself				
I wish I could have more respect for myself				
I certainly feel useless at times				
At times I think I am no good at all				

Participant 4 self-esteem overall score results:	Before intervention: 16
	After intervention: 16

Participant 5	Strongly agree	Agree	Disagree	Strongly Disagree
I feel that I am a person of worth				
I have a number of good qualities				
All in all, I am inclined to believe I am a failure				
I am able to do things as well as most other people				
I feel I do not have much to be proud of				
I take a positive attitude towards myself				
On the whole I am satisfied with myself				
I wish I could have more respect for myself				
I certainly feel useless at times				
At times I think I am no good at all				

Participant 5 self-esteem overall score results:	Before intervention: 4
	After intervention: 10

Participant 6	Strongly agree	Agree	Disagree	Strongly Disagree
I feel that I am a person of worth				
I have a number of good qualities				
All in all, I am inclined to believe I am a failure				
I am able to do things as well as most other people				
I feel I do not have much to be proud of				
I take a positive attitude towards myself				
On the whole I am satisfied with myself				
I wish I could have more respect for myself				
I certainly feel useless at times				
At times I think I am no good at all				

Participant 6 self-esteem overall score results:	Before intervention: 4
	After intervention: 9

Participant 7	Strongly agree	Agree	Disagree	Strongly Disagree
I feel that I am a person of worth	<input checked="" type="checkbox"/>			
I have a number of good qualities	<input checked="" type="checkbox"/>			
All in all, I am inclined to believe I am a failure				<input checked="" type="checkbox"/>
I am able to do things as well as most other people	<input checked="" type="checkbox"/>			
I feel I do not have much to be proud of				<input checked="" type="checkbox"/>
I take a positive attitude towards myself		<input checked="" type="checkbox"/>		
On the whole I am satisfied with myself		<input checked="" type="checkbox"/>		
I wish I could have more respect for myself			<input checked="" type="checkbox"/>	
I certainly feel useless at times				<input checked="" type="checkbox"/>
At times I think I am no good at all				<input checked="" type="checkbox"/>

Participant 7 self-esteem overall score results:	Before intervention: 27
	After intervention: 27

Annex B

Post-traumatic Stress Screening Tool Results: Shift in reduced factors of PTS for each participant

Post-traumatic Stress Screening Tool Results	P1		P2		P3		P4		P5		P6		P7	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Are you troubled by the following?														
You have experienced or witnessed a life-threatening event that caused intense fear, helplessness, or horror.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Do you re-experience the event in at least one of the following ways?														
Repeated, distressing memories, or dreams	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Acting or feeling as if the event were happening again (flashbacks or a sense of reliving it)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Intense physical and/or emotional distress when you are exposed to things that remind you of the event	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Do reminders of the event affect you in at least three of the following ways?														
Avoiding thoughts, feelings, or conversations about it	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Avoiding activities and places or people who remind you of it	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blanking on important parts of it	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Losing interest in significant activities of your life	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Feeling detached from other people	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Feeling your range of emotions is restricted	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Sensing that your future has shrunk (for example, you don't expect to have a career, marriage, children)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Are you troubled by at least two of the following?														
Problems sleeping			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Irritability or outbursts of anger	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Problems concentrating	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Feeling "on guard"	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
An exaggerated startle response	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Have you experienced changes in sleeping or eating habits?	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
More days than not, do you feel...														
sad or depressed?			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
disinterested in life?			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
worthless or guilty?	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
During the last year, has the use of alcohol or drugs...														
resulted in your failure to fulfill responsibilities with work, school, or family?					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
placed you in a dangerous situation, such as driving a car under the influence?														
gotten you arrested?														
continued despite causing problems for you or your loved ones?			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>										