

Post-Deployment Stress Self-Assessment*

Instructions: This self-assessment tool can help workers evaluate how they are coping during the days, weeks or months following disaster assignment. Please rate your symptoms as follows:

0 = *Never*

1 = *Occasionally (less than one time per week)*

2 = *Somewhat often (one or two times a week)*

3 = *Frequently (three or four times a week)*

4 = *Almost always (almost every day)*

- ___ 1. Do you tire easily? Do you feel fatigued a lot of the time even when you have gotten enough sleep?
- ___ 2. Are people annoying you by their demands and stories about their daily activities? Do minor inconveniences make you irritable or impatient?
- ___ 3. Do you feel increasingly critical, cynical or disenchanted?
- ___ 4. Are you affected by sadness you can't explain? Are you crying more than usual?
- ___ 5. Are you forgetting appointments, deadlines, personal possessions? Have you become absent-minded?
- ___ 6. Are you seeing close friends and family members less frequently? Do you find yourself wanting to be alone or are you avoiding even your close friends?
- ___ 7. Does doing even routine things seem like an effort?
- ___ 8. Are you suffering from physical complaints such as stomach aches or upset, headaches, lingering colds, general aches and pains?
- ___ 9. Do you feel confused or disoriented when the activity of the day stops?
- ___ 10. Have you lost interest in activities that you previously were interested in or even enjoyed?
- ___ 11. Do you have little enthusiasm for your work?
- ___ 12. Are you less efficient than you think you should be?
- ___ 13. Are you eating more – or less, smoking more cigarettes, using more alcohol or drugs to cope with your work?

If you rated your symptoms as 3 or 4 for more than a couple of these items, or above 1 for most items, you could possibly be experiencing burnout. The symptoms may not seem that bad to you right now, and could in fact go away on their own. Post-disaster deployment symptoms are frequently temporary and it may be helpful to complete this self-assessment tool several weeks after completing the first one.

Continuing stresses as described above after an assignment could mean you have thoughts or feelings about your deployment that you have not yet laid to rest. When these continue, they can wear you down and contribute to more serious stress symptoms. Speaking with someone about your experiences may be all it takes to promote improved coping.

Disaster Mental Health workers are familiar with the mental health hazards of disaster response, and can help you make the transition as smooth as possible. They also can help you seek other types of intervention should you decide further assistance would be useful. Your chapter can connect you with a Disaster Mental Health worker at your chapter or within your region.

The brochures listed below can also provide useful ideas for finding personal meaning in your deployment experience and helping you recuperate. The brochures are available from your chapter or as links on [CrossNet](#):

- Disaster Services – Coping with Disaster: [Preparing for a Disaster Assignment](#)
- Disaster Services – Coping with Disaster: [Returning Home From a Disaster Assignment](#)
- Disaster Services – Coping with Disaster: [For the Families of Disaster Workers](#)

*Questions taken from Ehrenreich, J. (2001), *Coping with disaster: A guidebook to psychosocial intervention*, revised edition, p. 91. Retrieved from www.mhwwb.org/CopingWithDisaster.pdf.