

Injury Distress Index (IDI)

Below is a list of statements that other people with similar injuries have said are important. **By circling one (1) number per line, please indicate how true each statement has been for you since your injury occurred.**

	Since my injury occurred...	Not At All	A Little Bit	Some- What	Quite A Bit	Very Much
DP1	I have little desire to do much of anything.....	0	1	2	3	4
DP2	I feel absent-minded.....	0	1	2	3	4
DP3	I feel sad.....	0	1	2	3	4
DP4	I find myself on the verge of crying.....	0	1	2	3	4
DP5	I feel worthless.....	0	1	2	3	4
DP6	I have questioned my ability to continue living.....	0	1	2	3	4
AX1	I am bothered by little things...	0	1	2	3	4
AX2	I am on the verge of "blowing up".....	0	1	2	3	4
AX3	I have difficulty focusing my attention on anything for too long...	0	1	2	3	4
AX4	I have difficulty controlling my worry.....	0	1	2	3	4
AX5	I feel "on edge.".....	0	1	2	3	4
AX6	I feel restless.....	0	1	2	3	4

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	Since my injury occurred...	Not At All	A Little Bit	Some- What	Quite A Bit	Very Much
AN1	I feel disconnected from other people.....	0	1	2	3	4
AN2	I feel emotionally “numb” inside.....	0	1	2	3	4
AN3	I feel distant from my friends and family.....	0	1	2	3	4
AN4	I talk to very few people about the accident.....	0	1	2	3	4
AN5	Things I was interested in before my accident (hobbies, recreation, etc.) no longer seem interesting to me.....	0	1	2	3	4
AN6	I try to keep my emotions to myself about the accident.....	0	1	2	3	4
HA1	I am watchful for anything bad that might happen.....	0	1	2	3	4
HA2	I feel jumpy.....	0	1	2	3	4
HA3	I feel “on the lookout” for anything harmful that could happen to me....	0	1	2	3	4
HA4	I am frightened easily by sudden noises.....	0	1	2	3	4

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	Since my injury occurred...	Not At All	A Little Bit	Some- What	Quite A Bit	Very Much
RE1	Upsetting <u>thoughts</u> about the accident pop into my mind.....	0	1	2	3	4
RE2	I have bad dreams about the accident.....	0	1	2	3	4
RE3	Sometimes it feels like the accident is happening all over again.....	0	1	2	3	4
RE4	I have actually <u>seen</u> parts of the accident happen again while awake.....	0	1	2	3	4
RE5	I get more nervous than normal when something reminds me of the accident.....	0	1	2	3	4
RE6	My heart beats faster than normal when something reminds me of my accident.....	0	1	2	3	4
PN1	I am in a lot of pain.....	0	1	2	3	4
PN2	My pain interferes with my ability to function normally in life.....	0	1	2	3	4
PN3	My injury has caused me debilitating pain.....	0	1	2	3	4
PN4	I have been in agony because of my pain.....	0	1	2	3	4

Scoring & Interpreting the IDI

The IDI produces scale scores for Depression (DP), Anxiety (AX), Pain (PN) and Posttraumatic Stress (PS); sub-scale scores for Re-experience (RE), Avoidance & Numbing (AN) and Hyperarousal (HA); and an IDI Total Score by summing all scales (DP, AX, PN, PS).

	Depression	Anxiety	Avoidance & Numbing	Hyperarousal	Re-experience	Posttraumatic Stress	Pain	IDI Total Score
Sum individual columns to compute total scores	DP1	AX1	AN1	HA1	RE1		PN1	
	DP2	AX2	AN2	HA2	RE2		PN2	
	DP3	AX3	AN3	HA3	RE3		PN3	
	DP4	AX4	AN4	HA4	RE4		PN4	
	DP5	AX5	AN5		RE5			
	DP6	AX6	AN6		RE6			
Total						(AN + HA + RE)		(DP + AX + PS + PN)

	Depression	Anxiety	Avoidance & Numbing	Hyperarousal	Re-experience	Posttraumatic Stress	Pain	IDI Total Score
Total								

Victorson, DE, Enders, CK, Burnett, KF, Ouellette, EA. (2008). The Injury Distress Index: Development and Validation. *Archives of Physical Medicine and Rehabilitation*, 89, 1893-1902.