

CRIES-13 (VERSI BAHASA MALAYSIA)

Sila tandakan (/) di kotak yang disediakan bagi menjelaskan perasaan anda tujuh hari yang lalu. Sekiranya anda tidak mengalami apa-apa masalah dalam tempoh tersebut sila tandakan “Tidak sama sekali “ pada kotak yang disediakan.

Below is the list of comments made by people after stressful life. Please tick each item showing how frequently these comments were true for you during the past seven days. If they did not occur during that time please tick the “not at all” box

	Tidak sama sekali	Jarang- jarang	Kadang- kadang	Selalu
	Not at all	Rarely	Sometimes	Often
1				
	Adakah anda memikirkan kejadian yang berlaku walaupun anda mahu melupakannya?			
	<i>Do you think about it even when you don't mean it?</i>			
2				
	Adakah anda cuba melupakannya?			
	<i>Do you try to remove it from your memory?</i>			
3				
	Adakah anda susah memberi tumpuan?			
	<i>Do you have difficulties paying attention or concentrating</i>			
4				
	Adakah anda mempunyai kekuatan menyelesaikan masalah ini?			
	<i>Do you have waves of strong feelings about it?</i>			
5				
	Adakah anda mudah tertekan?			
	<i>Do you startle more easily or feel more nervous than you did before it happened?</i>			
6				
	Adakah anda mahu menjauhkan diri anda dari mengingati tempat/keadaan kejadian itu?			
	<i>Do you stay away from reminders of it.? (eg:places ; situation)</i>			

7 Adakah anda tidak mahu bercakap mengenainya?

Do you try not to talk about it?

8 Adakah gambaran kejadian selalu berada di fikiran anda?

Do pictures about it pop into your mind?

9. Adakah perkara lain yang mendorong anda terfikir kejadian itu?

Do other things keep making you think about it?

10. Adakah anda berusaha untuk melupakannya?

Do you try not to think about it?

11 Adakah anda cepat berasa marah

Do you get easily irritable?

12 Adakah anda sentiasa bersedia walaupun anda tidak perlu berbuat demikian?

Are you alert and watchful even when there is no obvious need to be?

13 Adakah anda susah untuk tidur?

Do you have sleep problems