

The Mississippi Scale

Please circle the number that best describes how you feel about each statement.

1. Before I entered the military, I had more close friends than I have now.

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	Very True	Extremely True

2. I do not feel guilt over things that I did in the military.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Usually True	Always True

3. If someone pushes me too far, I am likely to become violent.

1	2	3	4	5
Very Unlikely	Unlikely	Somewhat Unlikely	Very Likely	Extremely Likely

4. If something happens that reminds me of the military, I become very distressed and upset.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

5. The people who know me best are afraid of me.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True

6. I am able to get emotionally close to others.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

7. I have nightmares of experiences in the military that really happened.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

8. When I think of some of the things that I did in the military, I wish I were dead.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True

9. It seems as if I have no feelings.

1	2	3	4	5
Not at all True	Rarely True	Sometimes True	Frequently True	Very Frequently True

10. Lately, I have felt like killing myself.

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	Very True	Extremely True

11. I fall asleep, stay asleep and awaken only when the alarm goes off.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

12. I wonder why I am still alive when others died in the military.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

13. Being in certain situations makes me feel as though I am back in the military.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

14. My dreams at night are so real that I waken in a cold sweat and force myself to stay awake.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

15. I feel like I cannot go on.

1	2	3	4	5
Not at all True	Rarely True	Sometimes True	Very True	Almost Always True

16. I do not laugh or cry at the same things other people do.

1	2	3	4	5
Not at all True	Rarely True	Somewhat True	Very True	Extremely True

17. I still enjoy doing many things that I used to enjoy.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Very True	Always True

18. Daydreams are very real and frightening.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True

19. I have found it easy to keep a job since my separation from the military.

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	Very True	Extremely True

20. I have trouble concentrating on tasks.

1	2	3	4	5
Never True	Rarely True	Sometimes True	Frequently True	Very Frequently True

21. I have cried for no good reason.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

22. I enjoy the company of others.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

23. I am frightened by my urges.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

24. I fall asleep easily at night.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

25. Unexpected noises make me jump.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

26. No one understands how I feel, not even my family.

1	2	3	4	5
Not at all True	Rarely True	Somewhat True	Very True	Extremely True

27. I am an easy-going, even-tempered person.

1	2	3	4	5
Never	Rarely	Sometimes	Usually	Very Much So

28. I feel there are certain things that I did in the military that I can never tell anyone, because no one would ever understand.

1	2	3	4	5
Not at all True	Slightly True	Somewhat True	True	Very True

29. There have been times when I used alcohol (or other drugs) to help me sleep or to make me forget about things that happened while I was in the service.

1	2	3	4	5
Never	Infrequently	Sometimes	Frequently	Very Frequently

30. I feel comfortable when I am in a crowd.

1	2	3	4	5
Never	Rarely	Sometimes	Usually	Always

31. I lose my cool and explode over minor everyday things.

1	2	3	4	5
Never	Rarely	Sometimes	Frequently	Very Frequently

32. I am afraid to go to sleep at night.

1
Never

2
Rarely

3
Sometimes

4
Frequently

5
Almost Always

33. I try to stay away from anything that will remind me of things which happened while I was in the military.

1
Never

2
Rarely

3
Sometimes

4
Frequently

5
Almost Always

34. My memory is as good as it ever was.

1
Not at all True

2
Rarely True

3
Somewhat True

4
Usually True

5
Almost Always True

35. I have a hard time expressing my feelings, even to the people I care about.

1
Not at all True

2
Rarely True

3
Sometimes True

4
Frequently True

5
Almost Always True