

SIDES-Self-Report

Instructions:

What follows are descriptions of difficulties that some people experience. After each statement please indicate: 1) whether it has ever been true for you; 2) if yes, how much you have been bothered by that problem in the past month; 3) if no, choose NA for "Not applicable" as the severity rating for the past month.

1. Small problems get me very upset. For example, I get angry at a minor frustration. I cry easily.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
Sometimes I overreact a little	1
Sometimes I get very upset, or everything upsets me more than it used to	2
Often, I get extremely upset, have tantrums	3
Not applicable	NA

2. I find it hard to calm myself down after I become upset and have trouble getting back on track

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I get momentarily upset	1
It keeps coming back to me hour after hour	2
I get completely consumed by it	3
Not applicable	NA

3. When I feel upset, I have trouble finding ways to calm myself down.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I need to make special efforts to calm myself (e.g. talking, sports, listening to music)	1
I need to stop everything and focus all my energy on calming down	2
I need to resort to extreme measures, like getting drunk, taking drugs, or doing other harmful things to my body	3
Not applicable	NA

4. I feel angry most of the time

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
I feel quite angry but I am able to shift to other matters		1
My anger gets in the way of doing things		2
My anger dominates my daily life		3
Not applicable		NA

5. I have thoughts or images of hurting somebody else.

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
Yes, fleeting thoughts		1
I think about hurting people every day		2
I can't stop thinking about hurting people		3
Not applicable		NA

6. I have trouble controlling my anger.

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
I snap at people		1
I yell or throw things		2
I actually attack people physically		3
Not applicable		NA

7. I worry about people finding out how angry I am.

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
I have trouble confronting someone when they hurt me		1
I do not confront the person I'm angry at, but I show my anger in other ways		2
I do not let anyone know in words or actions that I am angry		3
Not applicable		NA

8. Since the experience, or as long as I can remember, I have been in accidents or near accidents.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
Occasional accidents causing harm or pain but not requiring medical attention	1
One accident or episode requiring medical attention	2
More than one serious accident or episode requiring medical attention	3
Not applicable	NA

9. I find myself careless about making sure that I am safe.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I think about the risks involved in relationships or situations, but do it anyway	1
I take undue risks regarding the people I am with or places I visited	2
I keep company with people who I know could be dangerous; not taking measures to protect myself in dangerous situations	3
Not applicable	NA

10. I have deliberately tried to hurt myself (like burning or cutting myself).

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I hit or kick objects	1
I hurt myself deliberately (pinching, scratching, hitting, banging) without serious damage	2
I hurt myself deliberately in ways that cause serious physical damage	3
Not applicable	NA

11. I have thought about killing myself.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I was preoccupied, but had no plan	1
I made gestures or was chronically preoccupied with plans	2
I made one or more serious suicide attempts	3
Not applicable	NA

16. I find myself thinking about sex more than I want to.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I think about it too much	1
It distracts me from what I should be doing	2
I am obsessed with it	3
Not applicable	NA

17. I find myself driven to engage in sexual activities without really feeling that I had a choice.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I feel the urge, but I do not act on it	1
I feel compelled to, but I force myself to stop	2
I engage in compulsive sex	3
Not applicable	NA

18. I am active sexually in ways that I know put me in danger.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I am a bit careless	1
I talk myself into ignoring the danger or I only see the danger afterwards	2
I knowingly put myself in danger	3
Not applicable	NA

19. I expose myself to situations that might be dangerous, e.g. I get involved with people who might hurt me. I got to places that are not safe. I drive too fast.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I am a bit careless	1
I talk myself into ignoring the danger or I only see the danger afterwards	2
I knowingly put myself in danger	3
Not applicable	NA

20. There are parts of my life that I cannot remember, or I am confused about what happened, or I am unsure whether certain important things did or did not happen to me.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
There are a few memory lapses	1
There are important gaps in my memory; there are missing periods	2
I have no memory for days, months, or years of my life.	3
Not applicable	NA

21. I have difficulty keeping track of time in my daily life.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
At times, I have difficulty making or keeping track of schedules	1
I regularly show up in the wrong place at the wrong time	2
I am unable to keep track of my daily life	3
Not applicable	NA

22. I "space out" when I feel frightened or under stress.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I am withdrawn at times	1
I go into my own world and do not let other people in	2
I feel like I stop existing	3
Not applicable	NA

23. I sometimes feel so unreal that it is as if I am living in a dream, or not really there, or behind a glass wall.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I feel unreal at times but I can easily be brought back	1
I feel unreal a lot and have difficulty getting back	2
I regularly feel totally disconnected from my surroundings	3
Not applicable	NA

24. I sometimes feel like there are two people living inside me who control how I behave at different times.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I am a very different person in different settings	1
It feels like different parts of me are in competition over how I should behave	2
There are separate parts of me that take control at different times	3
Not applicable	NA

25. I have the feeling that I basically have no influence on what happens to me in my life.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I do not take initiative in routine activities	1
At times, I do not bother to keep appointments, do not go out, do not return phone calls, do not take care of myself (e.g. my personal hygiene, shopping, eating.)	2
I simply do not bother to take care of myself	3
Not applicable	NA

26. I feel that I have something wrong with me after what happened to me, that can never be fixed.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I feel wounded, but that I can get better	1
I feel that parts of me are damaged but some parts of me still function	2
I feel like I am a permanently damaged person	3
Not applicable	NA

27. I feel chronically guilty about all sorts of things.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I feel more responsible than I need to for things that go wrong	1
I blame myself for things that go wrong even when I had nothing to do with it	2
I blame myself and punish myself for whatever goes wrong, even when I have nothing to do with it	3
Not applicable	NA

28. I am too ashamed of myself to let people get to know me. (How far did you go to hide from others? Did you avoid talking with people? Make up a cover story?)

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I make up stories to hide things I'm ashamed of	1
I avoid letting most people know who I really am for fear that they'll get to know me	2
I let no one get close to me to make sure they won't find out who I really am	3
Not applicable	NA

29. I feel set apart and very different from other people.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I feel quite different from people around me	1
I feel different from others and distant, estranged, or alienated from them	2
I feel like I am from another planet and don't belong anywhere	3
Not applicable	NA

30. People make too big a deal about the dangerousness of situations that I get involved in.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
Minimal	1
Moderate	2
Severe	3
Not applicable	NA

31. I have trouble trusting people.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I am guarded and am suspicious of people's motives	1
People need to prove themselves over and over again before I let my guard down	2
I don't trust anybody	3
Not applicable	NA

32. I avoid having relationships with other people.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I arrange to have lots of time by myself	1
I do not initiate contact with others. I do not make phone calls or write letters	2
I do not return phone calls, reply to letters. I stop conversations as soon as I can	3
Not applicable	NA

33. I have difficulty working through conflicts in relationships.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I am quiet or avoid situations that might cause conflict, or I am easily hurt and offended	1
I have trouble hearing other viewpoints, or have difficulty standing up for myself	2
I quit jobs and relationships without negotiating, I threaten to sue people if they offend me, I can't stand it if people disagree with me	3
Not applicable	NA

34. I find that other traumatic experiences keep happening to me.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
I find myself occasionally hurt in relationships	1
I repeatedly find myself hurt in relationships	2
I am seriously hurt by people I love or thought I could trust	3
Not applicable	NA

35. I have hurt other people in ways similar to how I was hurt.

This has been true for me Yes No

How much have you been bothered in the last month?

None; not at all	0
People have told me once or twice that I am hurtful	1
People have told me several times that I am hurtful, or I deliberately hurt people	2
I seriously hurt or injure other people in ways that are similar to ways I have been hurt myself	3
Not applicable	NA

36. I have trouble with (circle item that apply), yet doctors have not found a clear cause for it.

- a) vomiting
 b) abdominal pain
 c) nausea
 d) diarrhea
 e) intolerance of food

This has been true for me Yes No

How much have you been bothered in the last month?

- None; not at all 0
 It is a minor problem that bothers me a little but does not affect my daily life 1
 It is a serious enough problem to affect my daily life 2
 It is a disabling problem that severely limits my daily life 3
 Not applicable NA

37. I suffer from chronic pain (circle items that apply), yet doctors could not find a clear cause for it.

- a) in your arms and legs
 b) in your back
 c) in your joints
 d) during urination
 e) headaches
 f) elsewhere

This has been true for me Yes No

How much have you been bothered in the last month?

- None; not at all 0
 It is a minor problem that bothers me a little but does not affect my daily life 1
 It is a serious enough problem to affect my daily life 2
 It is a disabling problem that severely limits my daily life 3
 Not applicable NA

38. I suffer from (circle items that apply), yet doctors have not found a clear cause for it.

- a) shortness of breath
 b) palpitations
 c) chest pain
 d) dizziness

This has been true for me Yes No

How much have you been bothered in the last month?

- None; not at all 0
 It is a minor problem that bothers me a little but does not affect my daily life 1
 It is a serious enough problem to affect my daily life 2
 It is a disabling problem that severely limits my daily life 3
 Not applicable NA

39. I suffer from trouble with (circle items that apply), yet doctors have not found a clear cause for it.

- a) remembering things
 b) swallowing
 c) losing your voice
 d) blurred vision
 e) actual blindness
 f) fainting and losing consciousness
 g) seizures and convulsions
 h) being able to walk
 i) paralysis or muscle weakness
 j) urination

This has been true for me Yes No

How much have you been bothered in the last month?

- None; not at all 0
 It is a minor problem that bothers me a little but does not affect my daily life 1
 It is a serious enough problem to affect my daily life 2
 It is a disabling problem that severely limits my daily life 3
 Not applicable NA

40. I suffer from (circle items that apply), yet doctors have not found a clear cause for it.

- a) burning sensations in your sexual organs or rectum (not during intercourse)
- b) impotence
- c) irregular menstrual periods
- d) excessive pre-menstrual tension
- e) excessive menstrual bleeding

This has been true for me	Yes	No
None; not at all		0
It is a minor problem that bothers me a little but does not affect my daily life		1
It is a serious enough problem to affect my daily life		2
It is a disabling problem that severely limits my daily life		3
Not applicable		NA

41. I feel hopeless and pessimistic about the future.

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
I get discouraged and lose interest in planning for myself		1
I don't see a future and go through the motions of living		2
I feel condemned and have no future left		3
Not applicable		NA

42. I do not expect to be able to find happiness in love relationships.

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
I sometimes feel distant and disconnected from my loved ones		1
I go through the motions of relationships, but feel numb		2
I don't feel part of the human race, and cannot imagine ever loving anybody		3
Not applicable		NA

43. I am unable to find satisfaction in work.

This has been true for me	Yes	No
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How much have you been bothered in the last month?

None; not at all		0
Sometimes it is a routine, but I can find reason to keep going		1
I have difficulty finding meaning in work or I cannot think of work that would be meaningful		2
Work is pointless		3
Not applicable		NA

44. I believe that life has lost its meaning.

This has been true for me

Yes No

How much have you been bothered in the last month?

None; not at all	0
Sometimes it seems pointless	1
I cannot think of a good reason, but I keep on living	2
I live in a huge void	3
Not applicable	NA

45. There have been changes in my philosophy or religious beliefs—or in the religious or philosophical beliefs I grew up with.

This has been true for me

Yes No

How much have you been bothered in the last month?

None; not at all	0
My beliefs have changed, but it was a normal progression of life	1
I am disillusioned with the religious beliefs I grew up with	2
I hate the religious beliefs I grew up with	3
Not applicable	NA

RECOMMENDED CITATION:

Luxenberg, T., Spinazzola, J., & van der Kolk, B. (2001). Complex trauma and the Disorders of Extreme Stress (DESNOS) diagnosis, part one: Assessment. *Directions in Psychiatry, 11*, 373-393.