APPENDICES
TRAUMATIC STRESS INVENTORY

Direction  This is a simple questionnaire containing thirty items pertaining to the traumatic experiences. There is no right or wrong answer. The items which are applicable to your past state of condition or experience are to be marked 'Yes' by putting a tick mark in a bracket ( ) against it under the column 'Yes'. If the item is not applicable to you, put a tick mark under the column 'No'. Read all the items carefully and give your responses candidly.

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<td>Yes</td>
<td>No</td>
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<tr>
<td>1. <strong>Threat of firing.</strong></td>
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<td>2. <strong>Fear of crackdown or searching operations.</strong></td>
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<td>3. <strong>Panic.</strong></td>
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<td>4. <strong>Threat of war/violence.</strong></td>
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<td>5. <strong>Anger, hostility and aggressive behaviour of administration</strong></td>
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<td>6. <strong>Bomb blast near my house.</strong></td>
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<td>7. <strong>Death of a close family member.</strong></td>
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<td>8. <strong>Threat of life.</strong></td>
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<td>9. <strong>Survived by chance.</strong></td>
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<td>10. <strong>Survival by freak circumstances.</strong></td>
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<td>11. <strong>Financial losses</strong></td>
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<td>12. <strong>Tension caused by resistance and ignoring the warning to cooperate/to obey.</strong></td>
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<td>13. <strong>Migration to safer places and displacement.</strong></td>
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<td>14. <strong>Troublesome neighbours.</strong></td>
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<td>15. <strong>Major personal illness or injury.</strong></td>
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<td>16. <strong>Self or family members become unemployed.</strong></td>
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<td>17. <strong>Enforced change of residence.</strong></td>
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<td>18. <strong>Robbery or theft in the house.</strong></td>
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19. Torture of a family member in the prison.
22. Detention in jail of a close family member.
23. Unexpected death of a close family member during encounter.
24. Disintegration/breaking of the family.
25. Dissociation from the family member.
26. Robbery of expensive valuables during search operations.
27. Demands after abduction of a family member.
28. Abduction
29. Detention in jail of oneself.
30. Sexual assault and rape.
COPING STYLES INVENTORY

Directions  Read each statement carefully and tick only those items which indicate what you have been doing to cope with traumatic stress. Obviously people deal with traumatic stress or situations in different ways, but I am interested in knowing how you have tried to deal with it.

1. I often think that help would come from God.
2. I often think about the positive aspects of the situation.
3. I have found that only putting faith in God can change the circumstances.
4. I learn new skills to tackle the problem more effectively.
5. I try to figure out who is to be blamed for the situation.
6. I plan a strategy to deal with the problem effectively.
7. I have been trying to cope with the situation through prayers and spiritual beliefs.
8. I engage in some creative activities like writing, reading, drawing etc.
9. I spend time alone and think about the situation.
10. I discuss with other people and try to work out a plan to make the situation better.
11. I seek emotional support from others in solving the problem.
12. I avoid the things that have caused the problem.
13. I become irritable and blame the government and others for the situation.
14. I have been trying to forget the trouble.
15. I engage in watching T.V.
16. I engage myself in seeking social support from family members.
17. I engage myself in meditation or relaxation.
18. I take some direct action to change the circumstances that have caused the problem.
19. I accept the situation as unavoidable.
20. I go for a walk or short trips.
21. I take my mind away from the problem by engaging in humour talk.
22. I engage myself in some other activities like dancing or listening to music.
23. I prefer to sleep.
24. I prefer to live alone and engage in self-talking.
25. I cut down my other responsibilities when the threatening situation arises.
26. I drink more tea, kahwa or coffee.
27. I cry.
28. I feel like fighting.
29. I divert my attention from discussion about the situation.
30. I put the problem out of my mind and refuse to think about it.
31. I withdraw from situations and make no attempt to cope with the problem.
32. I imitate the action of others who have had the same experience.
33. I blame myself and feel guilty about the situation that has happened.
34. I day dream and fantasize.
35. I skip meals.
36. I go to places where there are lots of people like clubs or marriage parties.
37. I prefer not to make any attempt to deal with it.
38. I smoke cigarettes or tobacco.
39. I feel like putting an end to my life.
40. I take tranquilizers.