

Disaster Caregiver “At Risk” Test

Taken periodically during recovery stage/ 6 weeks and after disaster

1. I have now been more than two weeks without a day off.
No = 0 Yes = 1
2. The recommended debriefing meetings are not worth the time they take and I am thinking of skipping them.
No = 0 Yes = 1
3. Most of the people involved in the recovery process hardly care about the people they have come to help and simply are looking for accolades.
No = 0 Yes = 1
4. More than six weeks have passed and I’ve not been able to get back into my usual hobbies.
No = 0 Yes = 1
5. I find myself wanting to be in charge of everything related to the disaster because others just aren’t doing what’s needed.
No = 0 Yes = 1
6. I realize that for the first time in years my ministry is really exciting.
No = 0 Yes = 1
7. I notice I’m getting “paranoid” and cynical toward the Bishop and others who call to see how I’m doing.
No = 0 Yes = 1
8. I’m increasingly having “run-ins” and conflicts with co-workers.
No = 0 Yes = 1
9. I’m having an increasing number of disturbing dreams and nightmares about disasters.
No = 0 Yes = 1
10. My spouse is starting to complain that I am unavailable literally and/or emotionally.
No = 0 Yes = 1
11. I can hardly stand still; relaxing is out of the question.
No = 0 Yes = 1
12. The only thing that seems to slow me down is a “stiff” drink.
No = 0 Yes = 1
13. I have embarrassed myself more than once now by breaking down and crying at inappropriate times.
No = 0 Yes = 1
14. I’ve had several “accidents” lately that were probably related to my being preoccupied in thought.
No = 0 Yes = 1
15. I’d just as soon go home or to my room after working all day long and speak to no one.
No = 0 Yes = 1
16. I’m thinking of the survivors as a mass rather than viewing them as individuals needing service.
No = 0 Yes = 1
17. I am actually feeling burdened and resentful that people need and expect so much from me.
No = 0 Yes = 1
18. Intrusive images, sounds or smells keep bringing the disaster to the forefront of my attention. They get in the way of normal life.
No = 0 Yes = 1

YOUR TOTAL SCORE: _____

Scoring:

0 **Good, you are nearly risk-free!**

1-5 **Review your behavior, remember stress is cumulative.**

6-10 **Consult a mentor or colleague, you are at risk!**

11-15 **Change your behavior immediately! Counseling may be needed.**

16+ **Take a break now! You are not indispensable. Soon you will do more harm than good.**