scoring the IES-R: IAPT june 2011

The Impact of Events Scale Revised (IES-R) has 22 items and a cut-off score of 33 or above. It is recommended where the provisional diagnosis is Post Traumatic Stress Disorder (PTSD). A reduction in score of 9 or more qualifies as "statistically reliable change".

Patients select numbers from 0 (not at all) to 4 (extremely) to indicate how frequently particular comments have been true during the past seven days. The total score, which ranges from 0 to 88, provides a measure of the severity of PTSD. When some items are missing, clinicians should calculate the mean of the items that have been endorsed and then multiply it by 22 to arrive at the total score (pro-rating).

As well as providing a total score, the IES-R also contains sub-scales for avoidance, intrusions and hyperarousal.

The total score is part of the IAPT minimum dataset and is included in the IAPT Data Standard however the sub-scales are not included. Some clinicians may find the sub-scales useful for identifying particular clinical targets and for tracking patterns of change. As the sub-scales vary in the total number of items, it is recommended that individuals who wish to use them in this way should use the mean of non-missing items when calculating sub-scale scores.