**Table 1 The Posttraumatic Adjustment Screen (PAS) adapted for use with PICU parents**

This questionnaire asks you questions that relate to factors that occurred before, during or after your child’s admission to PICU. Circle the response that best describes how much you **agree** with the following statements.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Not at all** | **To a**  **small**  **extent** | **To a**  **moderate**  **extent** | **To a**  **large**  **extent** | **Totally** |
| 1 I have needed professional help to deal with emotional  problems in the past.  2 Previously traumatic events have impacted negatively  on my life in the past (e.g. assault, sexual abuse,  previous combat duty, natural disasters, witnessing  traumatic events).  3 In the past I was able to talk about my thoughts and  feelings with my family members or friends.  4 In the past I was satisfied with the support that I had  from my friends and family.  5 At the time of the event, I felt terrified, helpless or  horrified.  6 During the event, I thought *my* *child*awas about to die.  7 I have felt irritable or angry since the event.  8 I have found it difficult to concentrate on what I was  doing or things going on around me since the event.  9 I am confident that I can deal with the financial stressors that may arise as a consequence of *my child being on PICU.*a  10 I can accept what happened to *my child*.a |  |  | 2    2    2  2    2  2  2  2    2    2 | 3    3  1  1  3    3  3  3  1    1 | 4  4  0  0    4    4  4  4  0  0 |

Risk of Post-traumatic Stress Disorder (PAS-P) determined by score of >=16 on the PAS, and risk of depression (PAS-D) determined by score of >=4 on sum of PAS items 1, 2, 5, 7 and 8.9 aWording was adapted slightly, with permission from developers, to reflect the fact that the potential psychological trauma under consideration was PICU admission.