



Building an evidence base for victim services

The Brief Hypervigilance Scale

Author(s) of Instrument:

Rosemary E. Bernstein

Brianna C. Deckler

Jeffrey A. Knight

Jennifer J. Freyd

Key References: Publications related to this instrument

Bernstein, R. E., Delker, B. C., Knight, J. A., & Freyd, J. J. (2015) Hypervigilance in college students: Associations with betrayal and dissociation and psychometric properties in a Brief Hypervigilance Scale. *Psychological Trauma: Theory, Research, Practice, & Policy*, 7, 448-445.

Primary Use/Purpose: This section describes what this instrument was designed to measure.

Those who are mistreated or abused by those who they trust develop coping skills to deal with the betrayal of the trusted person. This can lead an intense fear, which can develop into post-traumatic stress disorder (PTSD), amnesia, feelings of shame, and dissociation. The current instrument was developed to measure symptoms of PTSD among victims of betrayal trauma.

Background and Development: How and why this instrument was developed.

The Brief Hypervigilance Scale has five items asking about symptoms of PTSD. It uses a subset of the items from the Hypervigilance Scale¹ to create a shorter measure capturing the same concept. The instrument was assessed for validity and reliability using a sample of 489 undergraduate college students. This instrument is unique in that it was one of the earliest instruments developed to measure PTSD using populations other than veterans.

¹ Knight, J. A. (1993). The Hypervigilance Scale (Version 2.01). Unpublished measure. Boston, MA: Boston University School of Medicine.

Psychometrics (if applicable): Any testing of this instrument.

Testing of the reliability and validity of the Brief Hypervigilance Scale is described in the article cited above.

Link to Instrument: Link to the instrument if available.

<https://dynamic.uoregon.edu/jjf/hypervigilance/index.html> or see attached.

Submitted by: Jennifer J. Freyd certified permission to publicly share this instrument.

Brief Hypervigilance Scale (Bernstein, Delker, Knight, & Freyd, 2015)

Instructions: Please respond to each of the statements by placing an "X" in the answer column that best applies to you. There is no right or wrong response for each statement.

To help you decide your answer for each item, think back over the past month and then mark a column with your answer based either on "*About how much the statement is true as it relates to you,*" or on "*About how often the statement is true as it relates to you.*"

	Not at All Like Me (Never True)	Somewhat Like Me (Sometimes True)	Much Like Me (Often True)	Mostly Like Me (Very Often True)	Very Much Like Me (Always True)
1. As soon as I wake up and for the rest of the day, I am watching for signs of trouble					
2. When I am outside, I think ahead about what I would do (or where I would go) if someone would try to surprise or harm me					
3. I notice that when I am in public or new places, I need to scan the crowd or surroundings					
4. When I am in public, I feel overwhelmed because I cannot keep track of everything going on around me					
5. I feel that if I don't stay alert and watchful, something bad will happen					