

Psychological First Aid

Pre-Test and Post-Test

Place: _____ **Date:** _____

Position: _____

Please read each statement below carefully. Circle **T** if you think the statement is **True**. Circle **F** if you think the statement is **False**.

Statement	Pre-Test	Post-Test
1. The goal in providing PFA is to provide an environment of safety, connectedness, and empowerment.	T F	T F
2. PFA involves helping people meet basic emotional and physical needs such as: food, shelter and obtaining emergency medical care.	T F	T F
3. During a traumatic event it is helpful to provide immediate psychotherapy.	T F	T F
4. Headaches, nausea, dizziness, fatigue, and loss of appetite are common reactions to stress.	T F	T F
5. Children may feel more secure in a structured environment (such as school) after a traumatic event.	T F	T F
6. PFA involves listening to people who wish to share their stories and emotions.	T F	T F
7. Forcing people to share their stories, especially personal details, comes after assuring safety.	T F	T F
8. Active Listening includes informing the person that “I know how you feel” and avoiding asking clarifying questions.	T F	T F
9. Factors that make traumatic events less stressful include preparation and training.	T F	T F
10. Many emotional reactions that would appear unusual in a stable situation are common and can be anticipated during a disaster.	T F	T F

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11. Effective communications during times of trauma includes avoiding repeating information.	T F	T F
12. Disasters are more traumatic when they are expected and the cause is known.	T F	T F