

Psychological First Aid

Pre-Test and Post-Test Answers

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