

Moral Injury and Distress Scale

People sometimes experience, witness, or learn about situations that go against their deeply held moral beliefs and values. They may: **1)** act against their morals and values by doing something, **2)** fail to do something, or **3)** witness others commit highly unethical acts.

For example, healthcare workers or first responders may have to make decisions that affect the wellbeing or survival of others or **cannot do enough to save someone**, parents may make ethically-challenging decisions that end up hurting their children, military service members may cause harm or fail to protect others during war, drivers may get in an accident where others are hurt, border patrol or police may receive orders that contradict their morals/values (e.g., hurting others based on race or immigration status), people may witness others or even their leaders take part in acts that get others hurt or killed.

Please think about whether you have ever done something, failed to do something, or witnessed an event that went against your own deeply held morals or values. We are focused here on major events that significantly impacted your life rather than smaller scale experiences, such as hurting someone by telling a white lie. **Indicate below how much the following statements are true for you.**

Not at all 0	A little 1	Moderately 2	Quite a bit 3	Extremely 4
Exposure				Rating
1.) I acted in ways that violated my own morals or values. 1a) I am bothered by what I did. 2.) I violated my own morals or values by failing to do something I should have done. 2a) I am bothered by what I did not do. 3.) I saw things that violated my own morals or values. 3a) I am bothered by what I saw.				

If all answers equaled 0, skip the rest of this questionnaire.

Please pick the event or series of events (#1 – 3 above) that is most troubling to you or that you think about the most.

(a) Please write a few sentences to briefly describe the event(s): _____

(b) What is most upsetting about it to you? _____

(c) What do you wish you would have done differently? _____

How often did this event or series of events occur?

a) 1 time

b) A few times

c) Often

d) Very often

How long ago did the event(s) occur? _____ Years _____ Months

Keeping the most distressing event(s) and their impact on your life in mind, indicate how true each of the following statements was for you over the last month:

Not at all	A little	Moderately	Quite a bit	Extremely
0	1	2	3	4

Because of what I did, failed to do, or witnessed that went against my morals and values...	
1. I think about how I should have been able to do more.	
2. I have withdrawn from others more often.	
3. I feel guilty.	
4. I doubt my own judgement.	
5. I do not feel like I deserve to be happy.	
6. I self-sabatoge things in my life more often (relationships, things at work).	
7. I feel helpless.	
8. My life feels like it has less purpose.	
9. I am worried that bad things will happen to me or my loved ones	
10. I have punished myself.	
11. I feel disgusted.	
12. I do not seek support because I feel like I do not deserve it.	
13. I do not seek support because I worry others would not understand.	
14. I feel betrayed by leaders or institutions.	
15. I feel powerless.	
16. I should not be forgiven.	
17. My spirituality/faith is no longer a source of comfort.	
18. I do not take good care of myself.	