**International Trauma Questionnaire – Child and Adolescent Version (ITQ-CA)**

**Ages 7 - 17 years**

After filling out the events form, which event is bothering you the most now?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Below are problems people can have after an upsetting or a stressful event. Thinking about that event,

**Circle 0, 1, 2, 3 or 4 for how much the following things have bothered you in the past month**

**0 = Never / 1 = A little bit / 2 = Sometimes / 3 = A lot / 4 = Almost Always**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Never** | **A little****Bit** | **Some****times** | **A lot** | **Almost****always** |
|  1. Bad dreams reminding me of what happened. | 0 | 1 | 2 | 3 | 4 |
|  2. Pictures in my head of what happened. Feels like it is happening right now. | 0 | 1 | 2 | 3 | 4 |
|  3. Trying not to think about what happened. Or to not have feelings about it.  | 0 | 1 | 2 | 3 | 4 |
|  4. Staying away from anything that reminds me of what happened (people, places, things, situations, talks).  | 0 | 1 | 2 | 3 | 4 |
|  5. Being overly careful (checking to see who is around me).  | 0 | 1 | 2 | 3 | 4 |
|  6. Being jumpy.  | 0 | 1 | 2 | 3 | 4 |
| **Please mark yes or no whether the above problems interfered with:**  | **YES**  | **NO** |  |  |  |
| Getting along with friends  |  |  |  |  |  |
|  Getting along with family  |  |  |  |  |  |
| Your school work  |  |  |  |  |  |
| Anything else that is important to you (hobbies, other relationships) |  |  |  |  |  |
| Your general happiness  |  |  |  |  |  |

Below are problems people report after traumatic or stressful events. They are about how you feel, what you believe about yourselves and others.

**Circle 0, 1, 2, 3 or 4 for how much the following things have bothered you in the past month**

**0 = Never / 1 = A little bit / 2 = Sometimes / 3 = A lot / 4 = Almost Always**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Never** | **A little****Bit** | **Some****times** | **A lot** | **Almost****always** |
|  7. Having trouble calming down when I am upset (angry, scared or sad).  | 0 | 1 | 2 | 3 | 4 |
|  8. Not being able to have any feelings or feeling empty inside. | 0 | 1 | 2 | 3 | 4 |
|  9. Feeling like a failure.  | 0 | 1 | 2 | 3 | 4 |
| 10. Thinking I am not a good person. | 0 | 1 | 2 | 3 | 4 |
| 11. Not feeling close to other people | 0 | 1 | 2 | 3 | 4 |
| 12. Having a hard time staying close to other people  | 0 | 1 | 2 | 3 | 4 |
| **Please mark yes or no whether the above problems interfered with:**  | **YES**  | **NO** |  |  |  |
| Getting along with friends  |  |  |  |  |  |
|  Getting along with family  |  |  |  |  |  |
| Your schoolwork  |  |  |  |  |  |
| Anything else that is important to you (hobbies, other relationships) |  |  |  |  |  |
| Your general happiness  |  |  |  |  |  |

**Scoring instructions for ITQ-CA**

PTSD Score: Total sum of items 1 through 6 (range = 0 to 24)

Self-Organization Score: Total sum of items 7-12 (range = 0 to 24)

Complex PTSD: Total sum of items 1 through 12 (range = 0 to 48)

The diagnostic criteria have not been altered in comparison to the ITQ, so it is correct that only scores ≥ 2 are interpreted as presence of a symptom. In addition to these symptom criteria, impairment in at least one of the five areas is necessary to receive a diagnosis of the respective category (PTSD, CPTSD).

For the actual diagnoses, this means:

For PTSD diagnosis, at least one symptom (score ≥ 2) in each domain of PTSD has to be present (Re, Av, Th) PLUS impairment in relation to PTSD symptomatology in at least one of the five areas listed.

For CPTSD diagnosis, PTSD diagnosis has to be present (as described above) and at least one symptom in each domain of DSO (AD, NSC, DR) PLUS impairment in relation to DSO symptomatology. Only if both criteria are fulfilled (symptoms of PTSD and impairment in relation to these symptoms + symptoms of DSO and impairment in relation to these symptoms), individuals can receive a diagnosis of CPTSD.

This also means that if individuals fulfill the symptom criteria of PTSD or CPTSD diagnosis, but do not experience impairment in relation to the symptoms expressed, they can not receive a diagnosis of PTSD or CPTSD.

Lastly, individuals can only receive a diagnosis of PTSD or CPTSD, not both.