**THE EXPERIENCES OF TRAUMATIC MEMORIES QUESTIONNAIRE (ETMQ)**

**OVERVIEW**:

The Experiences of Traumatic Memories (ETMQ) was developed to measure different features of reliving experiences that trauma-exposed people may have. There are two initial questions asking about the nature of a person's flashback experiences, followed by eight items asking about the individual’s phenomenological experiences when having a flashback.

**SCORING INSTRUCTION**:

Multiple factor analytic studies indicate that the eight ETMQ scale items are best explained by a unidimensional latent structure. Therefore, a total score can be calculated by summing responses to the eight items. Scores range from 0-32 with higher scores representing more intense experiences of traumatic memories.

**THE REFERENCE** for the measure is:

Hyland, P., Shevlin, M., Martsenkovskyi, D., Ben-Ezra, M., & Brewin, C. R. (2024). Testing predictions from the memory and identity theory of ICD-11 complex posttraumatic stress disorder: Measurement development and initial findings. *Journal of Anxiety Disorders*, *105*, 102898. https://doi.org/10.1016/j.janxdis.2024.102898

**Instructions**: In the previous section you indicated *having powerful images or memories that sometimes come into your mind in which you feel the experience is happening again in the here and now*?

Please take a moment to think of the **most prominent** image or memory that you re-experience as happening again in the present.

1. **Does this image or memory:**
2. Only consist of the same one moment during the same single incident.

Or

1. Sometimes get linked to other moments during the same single incident.

Or

1. Sometimes get linked to moments from other traumatic events or the same event happening on another occasion.
2. **Does this image or memory:**
3. Clearly belong to a specific occasion.

Or

1. Include elements belonging to separate occasions mixed together.

Thinking about the most prominent image or memory, please read each statement below and indicate **how true each is for you**?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Almost never true | Rarely true | Occasionally true | Often true | Almost always true |
| 0 | 1 | 2 | 3 | 4 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **When this image or memory of the traumatic event (or events) reoccurs…** | | | | | |
| 1. It seems to come out of nowhere. | 0 | 1 | 2 | 3 | 4 |
| 1. I feel it vividly in my body. | 0 | 1 | 2 | 3 | 4 |
| 1. It seems like time stops. | 0 | 1 | 2 | 3 | 4 |
| 1. I feel like I have travelled back in time to when the event (or events) occurred. | 0 | 1 | 2 | 3 | 4 |
| 1. I feel disconnected from the world around me. | 0 | 1 | 2 | 3 | 4 |
| 1. I feel that I am completely unable to control what is happening to me. | 0 | 1 | 2 | 3 | 4 |
| 1. It replays in my mind like a film or movie. | 0 | 1 | 2 | 3 | 4 |
| 1. I see it happening again but I’m watching myself from the outside. | 0 | 1 | 2 | 3 | 4 |