**International Trauma Questionnaire with Clinical Checks**

**Instructions:** Please answer the following questions thinking about the traumatic event you previously identified as most distressing [respondents should have been screened for trauma prior to the administration of this scale]. Below are several problems that people sometimes report in response to traumatic or stressful life events. Please read each item carefully, then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Not at all** | **A little bit** | **Moderately** | **Quite a bit** | **Extremely** |
| P1. Having upsetting dreams that replay part of the experience or are clearly related to the experience? | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Does this happen frequently; at least two times in the last month? | Yes No |
| P2. 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? | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Do you feel like you are actually reliving the event, even if only for a moment? | Yes No |
| P3. Avoiding internal reminders of the experience (for example, thoughts, feelings, or physical sensations)? | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Do you actively try to push these thoughts out of your mind? | Yes No |
| P4. Avoiding external reminders of the experience (for example, people, places, conversations, objects, activities, or situations)? | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Have you only started avoiding them since the traumatic experience? | Yes No |
| P5. Being “super-alert”, watchful, or on guard? | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Do you regularly feel in danger or that something bad is about to happen in certain situations? | Yes No |
| P6. Feeling jumpy or easily startled? | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Something normal, like a noise, can shock and set your heart racing – something that doesn’t bother other people. Does this happen to you? | Yes No |
| ***In the past month have the above problems:*** |
| P7. Affected your relationships or social life? | 0 | 1 | 2 | 3 | 4 |
| P8. Affected your work or ability to work? | 0 | 1 | 2 | 3 | 4 |
| P9. Affected any other important part of your life such as parenting, or school or college work, or other important activities? | 0 | 1 | 2 | 3 | 4 |
| If P7, P8 or P9 scored 2 or higher, please answer: These questions were about serious and ongoing disruptions in your life; not being able to do the things that you want to do, or things that people normally expect you to do. Do you think that the disruptions are serious and have a negative impact on you? | Yes No |

**Instructions:** Below are problems that people who have had stressful or traumatic events sometimes experience. The questions refer to ways you typically feel, ways you typically think about yourself, and ways you typically relate to others. Answer the following thinking about how true each statement is of you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***How true is this of you?*** | **Not at all** | **A little bit** | **Moderately** | **Quite a bit** | **Extremely** |
| C1. When I am upset, it takes me a long time to calm down. | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Do you notice that you get upset more easily than others, *and* have more intense reactions, *and* it takes you longer to calm down compared to other people? | Yes No |
| C2. I feel numb or emotionally shut down. | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: This means being unable to experience emotions such as joy, sadness, excitement, and anger. Is this true for you? | Yes No |
| C3. I feel like a failure.  | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: This does not mean just occasionally feeling bad about yourself. It means consistently viewing yourself as inferior. Is this how you think about yourself? | Yes No |
| C4. I feel worthless. | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: Some people believe they are unworthy and unimportant. Is this how you feel about yourself? | Yes No |
| C5. I feel distant or cut off from people. | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: This means you cannot or do not want to develop strong bonds with other people? Is this true for you? | Yes No |
| C6. I find it hard to stay emotionally close to people. | 0 | 1 | 2 | 3 | 4 |
| If scored 2 or higher, please answer: The means fear of conflict or of being rejected if you get close to others. Is this true for you? | Yes No |
| ***In the past month, have the above problems in emotions, in beliefs about yourself and in relationships:*** |
| C7. Created concern or distress about your relationships or social life? | 0 | 1 | 2 | 3 | 4 |
| C8. Affected your work or ability to work? | 0 | 1 | 2 | 3 | 4 |
| C9. Affected any other important parts of your life such as parenting, or school or college work, or other important activities? | 0 | 1 | 2 | 3 | 4 |
| If C7, C8 or C9 2 or higher, please answer: These questions were about serious and ongoing disruptions in your life; not being able to do the things that you want to do, or things that people normally expect you to do. Do you think that the disruptions are serious and have a negative impact on you? | Yes No |

**Scoring Instructions**

***Categorical scoring method***

* A symptom is considered to be present based on responses of 2 or greater on the Likert scale ***and*** a response of ‘yes’ to the follow-up clinical check. The functional impairment requirement is considered to be present based on responses of 2 or greater on the Likert scale to any one of the three statements ***and*** a response of ‘yes’ to the follow-up clinical check.
* Diagnosis of PTSD requires that the trauma exposure requirement has been met and several weeks have passed, *as well as* the presence of at least one symptom from P1 or P2 (re-experiencing in the here and now), *and* P3 or P4 (avoidance), *and* P5 or P6 (sense of current threat), *and* P7-P9 (functional impairment).
* Diagnosis of Complex PTSD requires that all PTSD requirements are met *and* at least one symptom is present from C1 or C2 (affective dysregulation), *and* C3 or C4 (negative self-concept), *and* C5 or C6 (disturbed relationships), *and* C7-C9 (functional impairment). If CPTSD requirements are met, PTSD diagnosis is not made.

***Dimensional scoring for PTSD and CPTSD***

* Like the ITQ, dimensional scores can be calculated for each PTSD and DSO symptom cluster by summing the Likert response scores.