**THE PRE-REFLECTIVE EXPERIENCES QUESTIONNAIRE (PREQ)**

**OVERVIEW AND SCORING INSTRUCTIONS**:

A key element of the Memory and Identity Theory of ICD-11 Complex PTSD is recognition that experiences of traumatic memories and negative identities can fall on a continuum from pre-reflective experience to full self-awareness. Pre-reflective experience is a philosophical concept with its roots in phenomenology. It refers to events that are part of conscious experience yet are not an object of consciousness. It consists primarily of “raw” affective experiential states and sensory experiences that are bound to the current situation and often hard to verbalize. These experiences form part of the “I-Self”, that aspect of the self which is rooted in subjective experience.

The Pre-Reflective Experiences Questionnaire (PREQ) was developed to measure common experiential states and sensory experiences associated with psychopathology. It includes 9 items, and initial factor analytic works indicates that the items are unidimensional in nature and can be measured independently of other related constructs such as dissociation, traumatic memories, negative identities, and psychological distress. The key developmental study is currently under review.

A total score for pre-reflective experiences can be obtained by summing responses to items 1-9.

**THE REFERENCE** for the measure is:

Brewin, C. R. & Hyland, P. (under review). Pre-reflective experience in complex posttraumatic stress disorder.

**Instructions:** Below are different experiences people sometimes report when they think about themselves. Please read each one, and as best you can, indicate how often you have this type of experience.

|  |  |  |  |
| --- | --- | --- | --- |
| Never | Rarely | Occasionally | Frequently |
| 0 | 1 | 2 | 3 |

|  |
| --- |
| ***How often have you had this experience?*** |
| 1. I feel unusual sensations in my body that I cannot account for.
 | 0 | 1 | 2 | 3 |
| 1. I see or feel myself to be smaller, weaker, younger, or more vulnerable than I really am.
 | 0 | 1 | 2 | 3 |
| 1. I hear one or more voices in my head talking to me, or about me.
 | 0 | 1 | 2 | 3 |
| 1. I experience sudden abrupt changes in mood for no apparent reason.
 | 0 | 1 | 2 | 3 |
| 1. I feel as though I am out of control.
 | 0 | 1 | 2 | 3 |
| 1. I don’t feel as though I am real or as though I am living in a dream.
 | 0 | 1 | 2 | 3 |
| 1. I feel detached from my own body.
 | 0 | 1 | 2 | 3 |
| 1. I fail to recognize my own reflection in a mirror.
 | 0 | 1 | 2 | 3 |
| 1. I feel much lighter or heavier than usual.
 | 0 | 1 | 2 | 3 |