**THE TRAUMA IDENTITY QUESTIONNAIRE (TIQ)**

**OVERVIEW AND SCORING INSTRUCTIONS**:

The Trauma Identity Questionnaire (TIQ) was developed to measure the different types of negative identities that are outlined in the Memory and Identity Theory of ICD-11 Complex PTSD. The TIQ can be used in several ways, depending on need.

The TIQ includes 21 items measuring different negative identities. Factor analytic work indicates that these items reflect four negative identities. Total scores for each type of negative identity can be computed by summing the relevant items:

1. ‘Vulnerable’ self (items 1-6)
2. ‘Inferior’ self (items 7-9)
3. ‘Disconnected from others’ (items 10-15)
4. ‘Fragmented’ self (items 16-21)

For these 21 items, the TIQ can also be used to determine if respondents’ identity was influenced by the traumatic event of not. Researchers may or may not choose to include this element of the TIQ.

A key element of the Memory and Identity Theory of ICD-11 Complex PTSD is a recognition that experiences of identity can fall on a continuum from pre-reflective experience (i.e., “raw” affective experiential states and sensory experiences that are bound to the current situation and often hard to verbalize) to full awareness. Items 22-30 measure negative pre-reflective experiences of identity. These items can be summed to create a total score of negative pre-reflective experience.

**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**: The following statements are about how you ***typically think and feel about yourself***. Please read each statement and indicate how strongly you agree or disagree with each statement.

(People who answer 4, 5, or 6 to each question can be presented with the follow-up question in the right-hand column.)

|  |  |
| --- | --- |
| 1. **I can’t stop bad things from happening.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I’m a weak person.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I’m powerless to change anything in the world.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **People can easily take advantage of me.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I always feel that something bad is about to happen.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I feel vulnerable in many situations.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I don’t deserve good things to happen to me.**    1. Disagree very strongly    2. Disagree strongly    3. Disagree    4. Agree    5. Agree strongly    6. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Other people are better and more deserving than me.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I feel like there is something wrong with me as a person.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Other people will betray me.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I have been left alone in the world.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Other people will let me down sooner or later.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I feel like I don’t belong.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **It’s difficult to trust other people.**    1. Disagree very strongly    2. Disagree strongly    3. Disagree    4. Agree    5. Agree strongly    6. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Other people don’t understand me.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Sometimes I don’t even know who I am.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I feel like a different person from one day to the next.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I often feel like I am broken in some important way.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Sometimes I don’t even feel like I exist anymore.**    1. Disagree very strongly    2. Disagree strongly    3. Disagree    4. Agree    5. Agree strongly    6. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **I don’t feel like a whole person.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |
| 1. **Sometimes I feel like I’m not even really alive.** 2. Disagree very strongly 3. Disagree strongly 4. Disagree 5. Agree 6. Agree strongly 7. Agree very strongly | Which of the following statements is most appropriate for you?   1. I did not use to feel this way before the traumatic event but I do now. 2. I have always felt this way. |

**Pre-Reflective Experiences Questionnaire**

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