**PTCI-s**

**On this page, you will find different thoughts that people may have after traumatic experiences. In this questionnaire we are interested in the way that YOU thought, IN THE LAST WEEK, in regard to your traumas. Please read each statement carefully and choose a number from the scale below which BEST DESCRIBES HOW MUCH YOU AGREED OR DISAGREED WITH THE STATEMENT in the last week.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **Totally****disagree** | **Disagree****very much** | **Disagree****slightly** | **Neutral/ neither agree nor disagree** | **Agree****slightly** | **Agree****very much** | **Totally****agree** |
| 1. | My reactions since the event mean that I am losing my mind.  | 1 | 2 | 3 | 4 | 5 | **6** | 7 |
| 2. | I have to be on guard all the time. | 1 | 2 | 3 | **4** | 5 | 6 | 7 |
| 3. | If people knew what happened they would look down on me. | 1 | 2 | 3 | 4 | 5 | 6 | **7** |
| 4. | I feel different from other people because of my experience. | 1 | 2 | 3 | 4 | 5 | 6 | **7** |
| 5. | My life has been destroyed by the event. | 1 | 2 | 3 | 4 | 5 | **6** | 7 |
| 6. | People are not what they seem. | 1 | 2 | 3 | 4 | **5** | 6 | 7 |
| 7. | If I think about the event, I will not be able to handle it.  | 1 | 2 | 3 | 4 | **5** | 6 | 7 |
| 8. | I cannot accept the way my body has changed since the trauma. | 1 | 2 | 3 | **4** | 5 | 6 | 7 |
| 9. | If I stop being angry, what happened to me will be forgotten. | 1 | 2 | 3 | **4** | 5 | 6 | 7 |
| 10. | Nobody cares about me. | 1 | 2 | 3 | 4 | **5** | 6 | 7 |
| 11. | I have permanently changed for the worse. | 1 | 2 | 3 | 4 | 5 | **6** | 7 |
| 12. | I am inadequate. | 1 | 2 | 3 | 4 | 5 | 6 | **7** |
| 13. | Stopping feeling guilty is letting myself off the hook. | 1 | 2 | 3 | 4 | 5 | **6** | 7 |
| 14. | I have to be especially careful because you never know what can happen next. | 1 | 2 | 3 | **4** | 5 | 6 | 7 |
| 15. | There is something wrong with me as a person. | 1 | 2 | 3 | 4 | 5 | 6 | **7** |
| 16. | I feel dead inside. | 1 | 2 | 3 | 4 | 5 | 6 | **7** |
| 17. | The way I behaved/thought/felt during the event is unforgivable.  | 1 | 2 | 3 | 4 | 5 | 6 | **7** |
| 18. | I will not be able to control my anger and will do something terrible. | 1 | **2** | 3 | 4 | 5 | 6 | 7 |
| 19. | Nothing good can happen to me anymore. | 1 | 2 | 3 | 4 | **5** | 6 | 7 |
| 20. | Since the trauma, I feel that my body is ruined. | 1 | 2 | 3 | **4** | 5 | 6 | 7 |

**SBQ**

**After a traumatic experience, some people take extra precautions to make their lives and that of significant others safer. Please indicate how often you take these precautions by circling the answer that best applied to you IN THE PAST WEEK.**

|  |  |  |
| --- | --- | --- |
|  |  | **THIS APPLIED TO ME IN THE PAST WEEK** |
| 1. | I overprotect those close to me.  | **Never** | Sometimes | Often | Always |
| 2. | I take precautions whatever I do. | Never | **Sometimes** | Often | Always |
| 3. | I check for the quickest way to leave the situation. | Never | Sometimes | Often | **Always** |
| 4. | I make extra efforts to make sure my surroundings are safe.  | Never | Sometimes | **Often** | Always |
| 5. | I plan what to do if things go wrong. | Never | **Sometimes** | Often | Always |
| 6. | I check closely what is going on around me. | Never | Sometimes | **Often** | Always |
| 7. | I put off going to sleep because of nightmares, or in case of intruders. | Never | **Sometimes** | Often | Always |

**RIQ-s**

What do you do when memories of your traumatic events pop into your mind?

Please circle the answer that applied best to you DURING THE PAST WEEK.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. | I try to push them out of my mind. | Never | Sometimes | Often  | **Always** |
| 2.  | I try hard to control my emotions. | Never | Sometimes | Often  | **Always** |
| 3. | I distract myself with something else. | Never | Sometimes | **Often**  | Always |
| 4. | I think about how life would have been different if the event had not occurred. | Never | Sometimes | Often  | **Always** |
| 5. | I think about why the event happened to me. | Never | Sometimes | Often  | **Always** |
| 6. | I dwell on how I used to be before the event. | Never | **Sometimes** | Often  | Always |
| 7. | I dwell on what other people have done to me. | Never | Sometimes | Often  | **Always** |
| 8. | I dwell on what I should have done differently. | Never | Sometimes | Often | **Always** |
| 9. | I go over what happened again and again. | Never | Sometimes | **Often**  | Always |
| 10. | I drift off into a world of my own. | Never | **Sometimes** | Often | Always |
| 11. | I numb my feelings. | Never | Sometimes | Often  | **Always** |
| 12. | I put on loud music or TV. | **Never** | Sometimes | Often | Always |