

TCU TRMAForm - PTSD

Item Scoring Guide

Scoring Instructions. Item response categories are 1 = Not at all to 5 = Extremely, and scoring for this *Post Traumatic Stress Disorder (PTSD)* screen is 2-tiered based on the *total score* for summed responses as well as the *pattern* of responses. Specifically, a positive PTSD diagnosis requires a total score greater than 43 (see Blanchard, Jones-Alexander, Buckley, & Forneris, 1996) as well as having a profile of “endorsed” items from each subscale included in the PTSD Checklist (PCL-C; see Weathers, Litz, Huska, & Keane, 1994). Clinically, these represent the relevant DSM-IV diagnosis clusters (i.e., B, C, and D). Scoring procedures are as follows.

1. A **total score** for the screen is computed by summing responses to all 17 items, resulting in values ranging potentially from 17-85.
2. The **endorsement criteria for item responses** are defined by threshold levels below--
 - a. *cut scores* for item endorsements are shown for each question; i.e., $[\geq 3]$ or $[\geq 4]$;
 - b. designate each item at or above its own cut-score threshold (i.e., “endorsed”).
3. The **endorsement pattern classification** is measured by item counts as listed below--
 - a. at least 1 item must be “endorsed” from Re-experiencing (Q1-5);
 - b. at least 3 items must be “endorsed” from Avoidance (Q6–12); and
 - c. at least 2 items must be “endorsed” from Hyperarousal (Q13–17).
4. A **positive PTSD diagnosis** requires a total score greater than 43 *and* a positive endorsement pattern for all 3 scales as specified above (e.g., a total score of 35 and endorsement pattern only for Hyperarousal would not qualify for a positive PTSD diagnosis).

PTSD Screen: Item Response “Endorsement” Thresholds Within Subscales

A. Re-experiencing stressful memories (*endorsement required of at least 1 item*)

1. Repeated, disturbing memories, thoughts, or images of a stressful experience? $[\geq 4]$
2. Repeated, disturbing dreams of a stressful experience? $[\geq 4]$
3. Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)? $[\geq 3]$
4. Feeling very upset when something reminded you of a stressful experience? $[\geq 3]$
5. Having physical reactions (e.g., heart pounding, trouble breathing, sweating) when reminded of a stressful experience? $[\geq 3]$

B. Avoidance of stressful memories (*endorsement required of at least 3 items*)

6. Avoiding thinking about or talking about a stressful experience or avoiding having feelings related to it? $[\geq 3]$
7. Avoiding activities or situations because they reminded you of a stressful experience? $[\geq 3]$
8. Trouble remembering important parts of a stressful experience? $[\geq 3]$
9. Loss of interest in activities that you used to enjoy? $[\geq 4]$
10. Feeling distant or cut off from other people? $[\geq 4]$
11. Feeling emotionally numb or being unable to have loving feelings for those close to you? $[\geq 3]$
12. Feeling as if your future will somehow be cut short? $[\geq 4]$

C. Hyperarousal (*endorsement required of at least 2 items*)

- 13. Trouble falling or staying asleep? [**≥ 3**]
- 14. Feeling irritable or having angry outbursts? [**≥ 3**]
- 15. Having difficulty concentrating? [**≥ 4**]
- 16. Being “super-alert” or watchful or on guard? [**≥ 3**]
- 17. Feeling jumpy or easily startled? [**≥ 3**]

Sources:

- Blanchard, E. B., Jones-Alexander, J., Buckley, T. C., & Forneris, C. A. (1996). *Behavioral Research and Therapy*, 34(8), 669-673.
- PTSD Checklist (PCL-C); see Weathers, F. W., Litz, B. T., Huska, J. A., & Keane, T. M. (1994). Boston, MA: National Center for PTSD.
- Rowan-Szal, G. A., Joe, G. W., Bartholomew, N. G., Pankow, J., & Simpson, D. D. (2011). Brief Trauma and Mental Health Assessments for female offenders in addiction treatment. *Journal of Offender Rehabilitation*.

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