

How I've been thinking and feeling since the frightening event

We would like to know what kinds of thoughts and feelings you've been having after the frightening event.

Below is a list of statements. Please read each statement carefully and tell us how much you AGREE or DISAGREE with each statement by ticking one box.

People react to frightening events in many different ways. There are no right or wrong answers to these statements.

	<i>Don't agree at all</i>	<i>Don't agree a bit</i>	<i>Agree a bit</i>	<i>Agree a lot</i>
1. My reactions since the frightening event mean I have changed for the worse.	[]	[]	[]	[]
2. I don't trust people.	[]	[]	[]	[]
3. My reactions since the frightening event mean something is seriously wrong with me.	[]	[]	[]	[]
4. I am no good.	[]	[]	[]	[]
5. I can't cope when things get tough.	[]	[]	[]	[]
6. I used to be a happy person but now I am always sad.	[]	[]	[]	[]
7. Bad things always happen.	[]	[]	[]	[]
8. I will never be able to have normal feelings again.	[]	[]	[]	[]
9. My life has been destroyed by the frightening event.	[]	[]	[]	[]
10. My reactions since the frightening event show that I must be going crazy.	[]	[]	[]	[]

Child Post-Traumatic Cognitions Inventory (CPTCI-S) – Notes

Reference:

McKinnon, A., Smith, P., Bryant, R., Salmon, K., Yule, W., Dalgleish, T., Dixon, C., Nixon, R.D.V. & Meiser-Stedman, R. (in press). An update on the clinical utility of the Children's Posttraumatic Cognitions Inventory. *Journal of Traumatic Stress*.

Scoring:

1, 2, 3, 4 (for Don't agree at all, Don't agree a bit, Agree a bit, and Agree a lot, respectively). No reverse scored items.

Sub-scales:

"Permanent and disturbing change" (6 items)

Items 1, 3, 6, 8, 9, 10

1. My reactions since the frightening event mean I have changed for the worse.	(full CPTCI item number 4)
3. My reactions since the frightening event mean something is seriously wrong with me.	(full CPTCI item number 6)
6. I used to be a happy person but now I am always sad.	(full CPTCI item number 14)
8. I will never be able to have normal feelings again.	(full CPTCI item number 16)
9. My life has been destroyed by the frightening event.	(full CPTCI item number 19)
10. My reactions since the frightening event show that I must be going crazy.	(full CPTCI item number 21)

"Fragile person in a scary world" (4 items)

Items 2, 4, 5, 7

2. I don't trust people.	(full CPTCI item number 5)
4. I am no good.	(full CPTCI item number 7)
5. I can't cope when things get tough.	(full CPTCI item number 10)
7. Bad things always happen.	(full CPTCI item number 15)

Cut-offs:

McKinnon et al. 2016 suggest that scores in the range 16 to 18 (or greater) are "clinically significant" and typical of children and adolescents with PTSD, i.e. trauma-related cognitions endorsed to an extent that might be considered problematic.

We do not recommend that this is used as a tool for assessing post-traumatic stress. To assess post-traumatic stress, use a measure for post-traumatic stress.

Item equivalences to *original* CPTCI items (*be careful not to use this to score the CPTCI-S!*); see Meiser-Stedman et al. 2009, JCPP:

	<i>Don't agree at all</i>	<i>Don't agree a bit</i>	<i>Agree a bit</i>	<i>Agree a lot</i>
4. My reactions since the frightening event mean I have changed for the worse.	[]	[]	[]	[]
5. I don't trust people.	[]	[]	[]	[]
6. My reactions since the frightening event mean something is seriously wrong with me.	[]	[]	[]	[]
7. I am no good.	[]	[]	[]	[]
10. I can't cope when things get tough.	[]	[]	[]	[]
14. I used to be a happy person but now I am always sad.	[]	[]	[]	[]
15. Bad things always happen.	[]	[]	[]	[]
16. I will never be able to have normal feelings again.	[]	[]	[]	[]
19. My life has been destroyed by the frightening event.	[]	[]	[]	[]
21. My reactions since the frightening event show that I must be going crazy.	[]	[]	[]	[]

Factor loadings (see Table 1, McKinnon et al. 2016, *Journal of Traumatic Stress*):

Item Loadings for the CPTCI – Short Form.

Item	Fragility in scary world	Disturbing change
5. I don't trust people.	.72	
7. I am no good.	.75	
10. I can't cope when things get tough.	.66	
15. Bad things always happen.	.82	
4. Reactions since event mean I have changed for the worse.		.79
6. Reactions since event mean something is seriously wrong.		.81
14. I used to be a happy person but now I am always sad.		.75
16. I will never be able to have normal feelings again.		.82
19. My life has been destroyed by the frightening event.		.79
21. Reactions since the event mean I must be going crazy.		.77

Note. $N = 492$.