

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. Anyone could hurt me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Everyone lets me down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am a coward.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My reactions since the frightening event mean I have changed for the worse.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I don't trust people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My reactions since the frightening event mean something is seriously wrong with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am no good.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Not being able to get over all my fears means that I am a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Small things upset me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I can't cope when things get tough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I can't stop bad things from happening to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I have to watch out for danger all the time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My reactions since the frightening event mean I will never get over it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I used to be a happy person but now I am always sad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Bad things always happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I will never be able to have normal feelings again.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I'm scared that I'll get so angry that I'll break something or hurt someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Life is not fair.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. My life has been destroyed by the frightening event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I feel like I am a different person since the frightening event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. My reactions since the frightening event show that I must be going crazy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Nothing good can happen to me anymore.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Something terrible will happen if I do not try to control my thoughts about the frightening event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. The frightening event has changed me forever.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I have to be really careful because something bad could happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Child Post-Traumatic Cognitions Inventory (CPTCI) – notes

Reference:

Meiser-Stedman, R., Smith, P., Bryant, R., Salmon, K., Yule, W., Dalgleish, T., & Nixon, R.D.V. (2009). Development and validation of the Child Post-Traumatic Cognitions Inventory (CPTCI). *Journal of Child Psychology and Psychiatry*, 50, 432–440.

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:

"Disturbing and permanent change" (13 items)

Items 4, 6, 8, 13, 14, 16, 17, 19, 20, 21, 22, 23, 24

4. My reactions since the frightening event mean I have changed for the worse.
6. My reactions since the frightening event mean something is seriously wrong with me.
8. Not being able to get over all my fears means that I am a failure.
13. My reactions since the frightening event mean I will never get over it.
14. I used to be a happy person but now I am always sad.
16. I will never be able to have normal feelings again.
17. I'm scared that I'll get so angry that I'll break something or hurt someone.
19. My life has been destroyed by the frightening event.
20. I feel like I am a different person since the frightening event.
21. My reactions since the frightening event show that I must be going crazy.
22. Nothing good can happen to me anymore.
23. Something terrible will happen if I do not try to control my thoughts about the frightening event.
24. The frightening event has changed me forever.

"Feeble person in a scary world" (12 items)

Items 1, 2, 3, 5, 7, 9, 10, 11, 12, 15, 18, 25

1. Anyone could hurt me.
2. Everyone lets me down.
3. I am a coward.
5. I don't trust people.
7. I am no good.
9. Small things upset me.
10. I can't cope when things get tough.
11. I can't stop bad things from happening to me.
12. I have to watch out for danger all the time.
15. Bad things always happen.
18. Life is not fair.
25. I have to be really careful because something bad could happen.

Cut-offs:

McKinnon et al. 2016 suggest that scores in the range 46 to 48 (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.