

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.	[]	[]	[]	[]
2. Everyone lets me down.	[]	[]	[]	[]
3. I am a coward.	[]	[]	[]	[]
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.	[]	[]	[]	[]
8. Not being able to get over all my fears means that I am a failure.	[]	[]	[]	[]
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.	[]	[]	[]	[]
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.	[]	[]	[]	[]
15. Bad things always happen.	[]	[]	[]	[]
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.	[]	[]	[]	[]
18. Life is not fair.	[]	[]	[]	[]
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.	[]	[]	[]	[]
25. I have to be really careful because something bad could happen.	[]	[]	[]	[]

Child Post-Traumatic Cognitions Inventory (CPTCI; 25 item version) – Notes

References:

McKinnon, A., Smith, P., Bryant, R., Salmon, K., Yule, W., Dalgleish, T., Dixon, C., Nixon, R. D. V., & Meiser-Stedman, R. (2016). An Update on the Clinical Utility of the Children's Post-Traumatic Cognitions Inventory. *Journal of Traumatic Stress, 29*(3), 253-258. doi: 10.1002/jts.22096

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*(4), 432-440. doi: 10.1111/j.1469-7610.2008.01995.x

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.

Use:

The CPTCI is free to use. You do not need permission to use it.

Translating the CPTCI:

The Children and War Foundation hosts several translations of the CPTCI. If you would like to produce another translation this is fine, but please let us know and please consider sharing your translation on the Children and War Foundation website (www.childrenandwar.org).

For further information on the CPTCI:

Please contact Richard Meiser-Stedman (r.meiser-stedman@uea.ac.uk)

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

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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.

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	<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, short version (CPTCI-S; 10-item version) – Notes

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)

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|--|-----------------------------|
| 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) |

NB The CPTCI-S items are all drawn from the full 25-item CPTCI.

Cut-offs:

McKinnon et al. 2016 suggest that scores on the CPTCI-S 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.

Reference:

McKinnon, A., Smith, P., Bryant, R., Salmon, K., Yule, W., Dalgleish, T., Dixon, C., Nixon, R. D. V., & Meiser-Stedman, R. (2016). An Update on the Clinical Utility of the Children's Post-Traumatic Cognitions Inventory. *Journal of Traumatic Stress, 29*(3), 253-258. doi: 10.1002/jts.22096

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For further information on the CPTCI-S:

Please contact Richard Meiser-Stedman (r.meiser-stedman@uea.ac.uk)