

TCU TRMAForm

Item Scoring Guide

Scoring Instructions. Numbers for each item indicate its location in the administration version, in which response categories are 1 = Not at all to 5 = Extremely. Items are summed to determine a *total score* in addition to *endorsement* (item score of ≥ 3 or ≥ 4 ; SEE individual item for item cut score) of at least 1 item from Re-experiencing (questions 1 - 5); endorsement of at least 3 items from Avoidance (questions 6 – 12); *and* at least 2 items from Hyperarousal (questions 13 – 17) based on DSM-IV clusters (B, C, D). **Total score greater than 43* *and* replication of endorsed item pattern in each scale is an indication of a positive Post Traumatic Stress Disorder (PTSD**) screen.**

Note: Individual item cut scores are designated at the end of each question by either ≥ 3 or ≥ 4 .

Re-experiencing Items (endorsement of at least 1 item)

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

Avoidance Items (endorsement of at least 3 items)

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

Hyperarousal Items (endorsement 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

*Cut score from Blanchard, Jones-Alexander, Buckley, & Forneris (1996). *Behavioral Research and Therapy*, 34(8), 669-673.

**PTSD Checklist (PCL-C) from Weathers, Litz, Huska, & Keane (1994). Boston, MA: National Center for PTSD:

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For more information on the TCU TRMAForm Scales, please contact:

Institute of Behavioral Research
Texas Christian University
TCU Box 298740
Fort Worth, TX 76129
(817) 257-7226
(817) 257-7290 FAX
Email: ibr@tcu.edu
Web site: www.ibr.tcu.edu