

Infidelity PTSD Test

Name: _____ Date of birth: _____

Gender: _____ Date of assessment: _____

This test is not a single, standardized assessment but rather a series of validated PTSD measures adapted to the context of relationship infidelity. The primary goal is to identify and assess the severity of PTSD symptoms specifically related to the betrayal trauma.

Trauma Screening Questionnaire

Instructions: Answer the following questions honestly. There are no right or wrong answers. When answering questions, please focus specifically on your thoughts, feelings, and reactions related to the infidelity you experienced in your relationship.

Have you recently experienced any of the following:	Yes (at least twice in the past week)	No
1. Upsetting thoughts or memories about the event that have come into your mind against your will		
2. Upsetting dreams about the event		
3. Acting or feeling as though the event were happening again		
4. Feeling upset by reminders of the event		
5. Bodily reactions (such as fast heartbeat, stomach churning)		
6. Difficulty falling or staying asleep		
7. Irritability or outbursts of anger		
8. Difficulty concentrating		
9. Heightened awareness of potential dangers to yourself and others		
10. Feeling jumpy or being startled by something unexpected		
Total score:		

PTSD Checklist for DSM-5 (PCL-5)

Instructions: Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. How much you have been bothered by that problem **in the last month?**

	0 Not at all	1 A little bit	2 Moderately	3 Quite a bit	4 Extremely
1. Repeated, disturbing, and unwanted memories of the stressful experience?					
2. Repeated, disturbing dreams of the stressful experience?					
3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?					
4. Feeling very upset when something reminded you of the stressful experience?					
5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?					
6. Avoiding memories, thoughts, or feelings related to the stressful experience?					
7. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?					
8. Trouble remembering important parts of the stressful experience?					
9. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?					

	0 Not at all	1 A little bit	2 Moderately	3 Quite a bit	4 Extremely
10. Blaming yourself or someone else for the stressful experience or what happened after it?					
11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?					
12. Loss of interest in activities that you used to enjoy?					
13. Feeling distant or cut off from other people?					
14. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?					
15. Irritable behaviour, angry outbursts, or acting aggressively?					
16. Taking too many risks or doing things that could cause you harm?					
17. Being "superalert" or watchful or on guard?					
18. Feeling jumpy or easily startled?					
19. Having difficulty concentrating?					
20. Trouble falling or staying asleep?					
Total raw score:					
Mean score:					

Re-experiencing	
Raw score:	Mean score:
Avoidance	
Raw score:	Mean score:
Negative alterations in cognition and mood	
Raw score:	Mean score:
Hyperarousal	
Raw score:	Mean score:

Impact of Event Scale-Revised (IES-R)

Instructions: Below is a list of difficulties people sometimes have after stressful life events. Please read each item, and then indicate how distressing each difficulty has been for you during the past seven days with respect to relationship infidelity. How much were you distressed or bothered by these difficulties?

	0 Not at all	1 A little bit	2 Moderately	3 Quite a bit	4 Extremely
1. Any reminder brought back feelings about it.					
2. I had trouble staying asleep.					
3. Other things kept making me think about it.					
4. I felt irritable and angry.					
5. I avoided letting myself get upset when I thought about it or was reminded of it.					
6. I thought about it when I didn't mean to.					
7. I felt as if it hadn't happened or wasn't real.					
8. I stayed away from reminders about it.					
9. Pictures about it popped into my mind.					
10. I was jumpy and easily startled.					

	0 Not at all	1 A little bit	2 Moderately	3 Quite a bit	4 Extremely
11. I tried not to think about it.					
12. I was aware that I still had a lot of feelings about it, but I didn't deal with them.					
13. My feelings about it were kind of numb.					
14. I found myself acting or feeling as though I was back at that time.					
15. I had trouble falling asleep.					
16. I had waves of strong feelings about it.					
17. I tried to remove it from my memory.					
18. I had trouble concentrating.					
19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.					
20. I had dreams about it.					
21. I felt watchful or on-guard.					
22. I tried not to talk about it.					
Total raw score:					
Mean score:					
Intrusion					
Raw score:			Mean score:		
Avoidance					
Raw score:			Mean score:		
Hyperarousal					
Raw score:			Mean score:		

Scoring and interpretation

For Trauma Screening Questionnaire

Each item answered with a “yes” is scored, and the total score is calculated by summing the responses. Higher total scores indicate a greater number of symptoms experienced.

A **score of 6** may suggest that the individual is at risk for PTSD and may benefit from further assessment or intervention.

For PTSD Checklist for DSM-5 (PCL-5)

The PCL-5 yields a total score between 0 and 80, where higher scores suggest more severe PTSD symptoms. To provide context, these scores are compared to two reference groups: a general population sample and a clinical PTSD sample.

A score at the 50th percentile of the general population indicates an average result for someone without PTSD. Similarly, a score at the 50th percentile of the clinical sample represents a typical result for an individual receiving treatment for PTSD. This comparison helps practitioners gauge the severity of symptoms relative to both the general population and those diagnosed with PTSD.

There are four subscales which match the four symptom clusters for PTSD within DSM-5:

1. **Re-experiencing** (criterion B, items 1-5, max score = 20)
2. **Avoidance** (criterion C, items 6-7, max score = 8)
3. **Negative alterations in cognition and mood** (Criterion D, items 8-14, max score = 28)
4. **Hyper-arousal** (Criterion E, items 15-20, max score = 24)

Alongside the raw scores, mean scores are calculated for each subscale by dividing the subscale total by its number of items. These mean scores, ranging from 0 to 4, facilitate comparison across the four symptom clusters, helping identify which areas are most problematic for the individual. Higher mean scores indicate greater symptom severity. The mean scores correspond to the original Likert scale used in the questionnaire, where:

- 0: Not at all
- 1: A little bit
- 2: Moderately
- 3: Quite a bit
- 4: Extremely

Symptom descriptors are also presented for the total score and each of the subscale scores. These descriptors are determined by the distance from the normative mean:

- **Normal range:** Average score less than or equal to 1.23
- **Mild:** Average score above 1.23 and less than or equal to 1.64
- **Moderate:** Average score above 1.64 and less than or equal to 2.455
- **Severe:** Average score above 2.455 and less than or equal to 3.265
- **Extremely severe:** Average score above 3.265

For Impact of Event Scale-Revised (IES-R)

Results consist of a total raw score, and raw scores for three subscales:

- **Intrusion:** These are intrusive thoughts, nightmares, intrusive feelings and imagery, dissociative-like re-experiencing. This includes items 1,2,3,6,9, 14,16, and 20.
- **Avoidance:** This involves numbing of responsiveness, avoidance of feelings, situations, and ideas. This includes items 5, 7, 8, 11, 12, 13, 17, and 22.
- **Hyperarousal:** This includes anger, irritability, hypervigilance, difficulty concentrating, heightened startle. This includes items 4, 10, 15, 18,19, and 21.

Additionally the mean rating for the total score and each subscale is presented, which gives an indication of the level of impairment from post-traumatic stress, where:

- 0: No symptoms
- 1: Few symptoms
- 2: Moderate symptoms
- 3: A high level of symptoms
- 4: An extremely high level of symptoms

Additional notes

References

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