

# Trauma Response Test

Patient information					
Name:	Age:				
Examiner's name:	Date of assessment:				
Instructions					
<p>Please read each statement carefully and indicate how often you have been bothered by these problems in the past month. Use the following scale to rate your symptoms:</p> <ul style="list-style-type: none"> <li>• 0 = Not at all</li> <li>• 1 = A little bit</li> <li>• 2 = Moderately</li> <li>• 3 = Quite a bit</li> <li>• 4 = Extremely</li> </ul>					
Questions	0	1	2	3	4
Having upsetting thoughts or memories about the traumatic event?					
Having dreams about the traumatic event?					
Feeling as if the traumatic event is happening again?					
Avoiding reminders of the traumatic event?					
Feeling emotionally numb or detached from others?					
Being easily startled or feeling tense or "on edge"?					
Becoming angry or irritable more easily?					
Having difficulty concentrating?					
Difficulty falling asleep or staying asleep?					
Losing interest in activities that were once enjoyable?					
Having negative thoughts about yourself or others?					
Blaming yourself or others for the traumatic event?					
Avoiding friends or family?					
Experiencing physical symptoms such as headaches or stomachaches without a clear cause?					

Questions	0	1	2	3	4
Using alcohol or drugs to cope with your feelings?					
Feeling disconnected from your body or surroundings?					
Feeling as though your future will not be as fulfilling?					
Struggling to maintain close relationships?					
Feeling overwhelmed by reminders of the traumatic event?					
Actively seeking help or support for your feelings?					

### Results

Total score:

*\*\*Total score is sum of all ratings, possible range: 0-80*

### Interpretations

- 0-20: Minimal trauma response
- 21-40: Mild trauma response
- 41-60: Moderate trauma response
- 61-80: Severe trauma response

### Check here for positive results

Symptoms indicate significant distress and functional impairment.

Recommend further evaluation and potential intervention.

### Check here for negative results

Symptoms are minimal and manageable.

Regular monitoring advised.

### Additional notes