



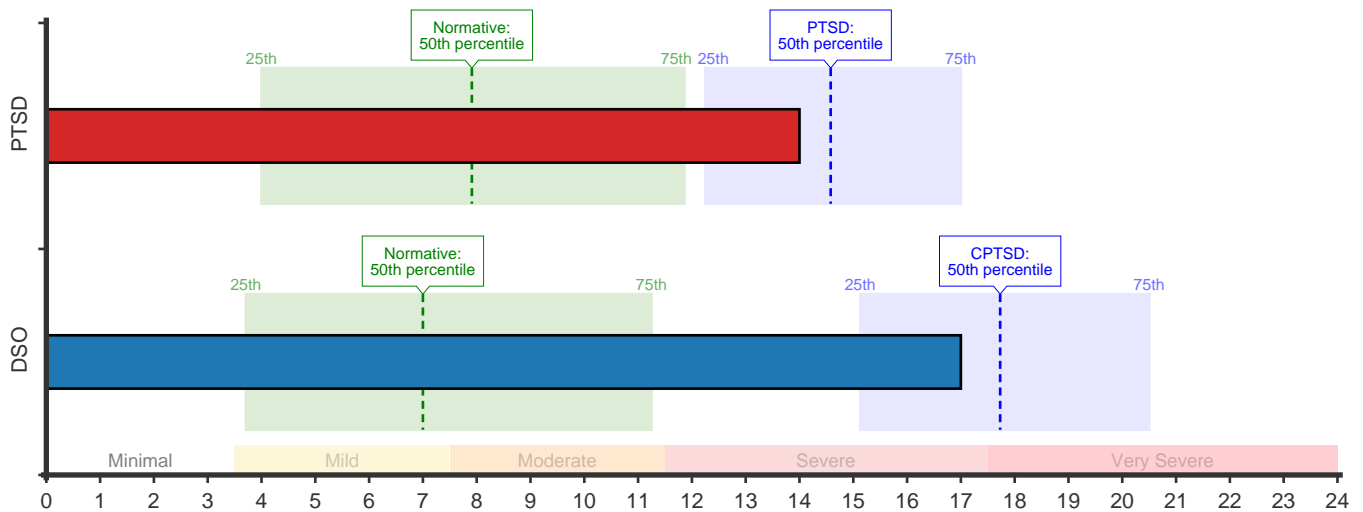
International Trauma Questionnaire – Child and Adolescent Version (ITQ-CA)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	15 Apr 2025
<i>Date of birth (age)</i>	1 Jan 2012 (13)	<i>Time taken</i>	4 min 3s
<i>Assessor</i>	Dr Simon Baker		

Results

	Raw Score (0-24)	Percentile	Descriptor	Diagnostic Criteria
PTSD	14	83	Severe	Criteria met
DSO	17	95	Severe	Criteria met

ITQ-CA Subscale Scores Compared to Trauma-Exposed Normative and Diagnostic Samples



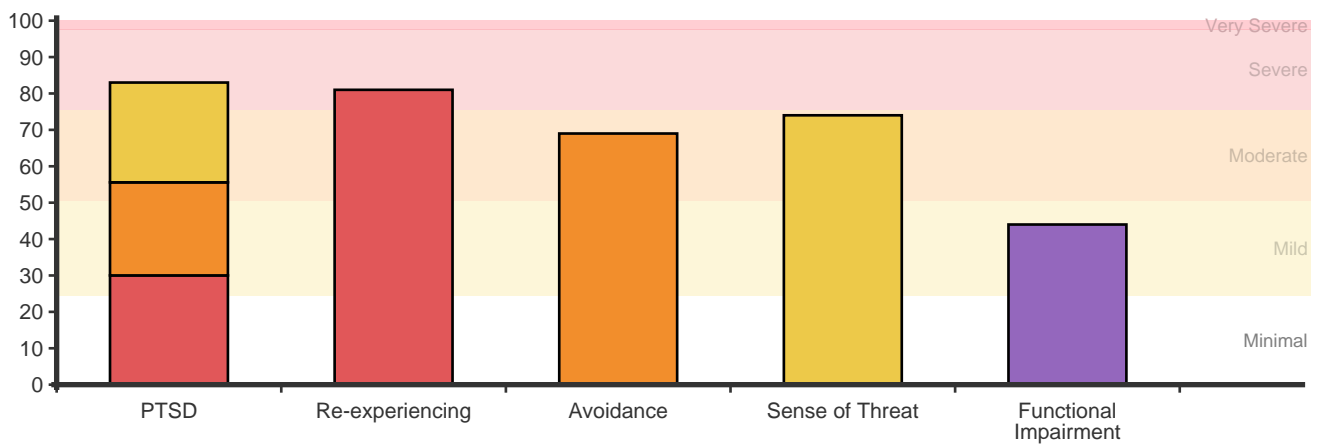


Client Name | Generic Client

PTSD Symptoms and Functioning

	Raw Score	Percentile	Descriptor	Diagnostic Criteria
Re-experiencing (0-8)	4	81	Severe	Present
Avoidance (0-8)	5	69	Moderate	Present
Sense of threat (0-8)	5	74	Moderate	Present
Functional impairment (0-5)	2	44	Mild	Present

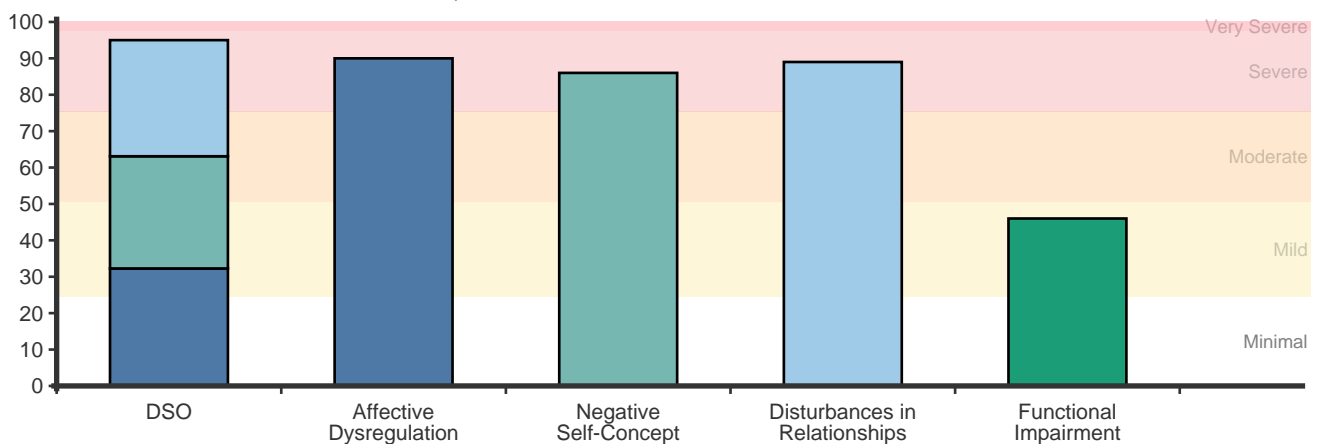
ITQ-CA PTSD Normative Percentiles



DSO Symptoms and Functioning

	Raw Score	Percentile	Descriptor	Diagnostic Criteria
Affective dysregulation (0-8)	6	90	Severe	Present
Negative self-concept (0-8)	5	86	Severe	Present
Disturbances in relationships (0-8)	6	89	Severe	Present
Functional impairment (0-5)	2	46	Mild	Present

ITQ-CA DSO Normative Percentiles





Client Name	Generic Client
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Interpretation

The responses on the International Trauma Questionnaire (ITQ) are consistent with a diagnosis of Complex PTSD (CPTSD) given that they meet the ITQ's diagnostic criteria for both PTSD and Disturbances in Self Organization (DSO).

The respondent's PTSD symptom severity score is on the 83rd percentile when compared to young people in a trauma-exposed normative sample, which is within the Severe range. When compared to young people meeting the ITQ's diagnostic criteria for PTSD, the respondent's PTSD symptom severity score is on the 43rd percentile.

The respondent's DSO symptom severity score is on the 95th percentile when compared to young people in a trauma-exposed normative sample, which is within the Severe range. When compared to young people meeting the ITQ's diagnostic criteria for CPTSD, the respondent's DSO symptom severity score is on the 42nd percentile.

PTSD Symptoms and Functioning:

The respondent's **Re-experiencing** symptom cluster score is on the 81st percentile when compared to young people in a trauma-exposed normative sample, which is within the Severe range. This suggests the respondent is experiencing intrusive memories, flashbacks, or nightmares where the traumatic event feels as though it is happening again in the present. These re-experiencing symptoms can be highly distressing, may occur unpredictably, and can interfere with daily functioning by disrupting concentration, sleep patterns, and emotional regulation. The items within this symptom cluster were rated as follows:

- 1. *Bad dreams reminding me of what happened. (Sometimes)*
- 2. *Pictures in my head of what happened. Feels like it is happening right now. (Sometimes)*

The respondent's **Sense of Threat** symptom cluster score is on the 74th percentile when compared to young people in a trauma-exposed normative sample, which is within the Moderate range. This reflects the respondent's heightened vigilance and physiological reactivity, manifesting as being constantly 'on guard' or easily startled. This persistent sense of threat can lead to chronic stress, exhaustion, sleep difficulties, irritability, and concentration problems. The hypervigilance may cause the respondent to misinterpret neutral situations as dangerous, affecting their ability to feel safe in everyday environments. The items within this symptom cluster were rated as follows:

- 6. *Being jumpy. (A lot)*
- 5. *Being overly careful (checking to see who is around me). (Sometimes)*

The respondent's **Avoidance** symptom cluster score is on the 69th percentile when compared to young people in a trauma-exposed normative sample, which is within the Moderate range. This indicates the respondent is actively avoiding internal reminders (thoughts, feelings) and/or external reminders (people, places, conversations) associated with the traumatic event. While avoidance may temporarily reduce distress, it can significantly limit engagement in meaningful activities, restrict access to social support, and prevent processing of the traumatic experience, potentially maintaining PTSD symptoms. The items within this symptom cluster were rated as follows:

- 3. *Trying not to think about what happened. Or to not have feelings about it. (A lot)*
- 4. *Staying away from anything that reminds me of what happened (people, places, things, situations, talks). (Sometimes)*

DSO Symptoms and Functioning:



Client Name	Generic Client
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Interpretation (cont.)

The respondent's **Affective Dysregulation** symptom cluster score is on the 90th percentile when compared to young people in a trauma-exposed normative sample, which is within the Severe range. This suggests difficulties in emotional regulation, with the respondent experiencing either heightened emotional reactivity with challenges calming down when upset, emotional numbing, or both. These difficulties can lead to interpersonal problems, impulsive behaviors, and maladaptive coping strategies as the respondent struggles to manage intense emotional states or to connect with their emotions. The items within this symptom cluster were rated as follows:

- 12. *Having trouble calming down when I am upset (angry, scared or sad). (A lot)*
- 13. *Not being able to have any feelings or feeling empty inside. (A lot)*

The respondent's **Disturbances in Relationships** symptom cluster score is on the 89th percentile when compared to young people in a trauma-exposed normative sample, which is within the Severe range. This reflects difficulties in forming and maintaining close relationships, with the respondent feeling distant or cut off from others and/or finding it challenging to stay emotionally close to people. These relationship difficulties can lead to social isolation, reduced access to support networks, and further reinforce negative beliefs about themselves and others, potentially creating a cycle of interpersonal problems. The items within this symptom cluster were rated as follows:

- 16. *Not feeling close to other people. (A lot)*
- 17. *Having a hard time staying close to other people. (A lot)*

The respondent's **Negative Self-Concept** symptom cluster score is on the 86th percentile when compared to young people in a trauma-exposed normative sample, which is within the Severe range. This indicates the respondent holds persistent negative beliefs about themselves, experiencing feelings of worthlessness and/or viewing themselves as a failure. These negative self-perceptions can undermine self-efficacy, contribute to depression and hopelessness, and influence how the respondent interacts with others and approaches challenges in their life. The items within this symptom cluster were rated as follows:

- 15. *Thinking I am not a good person. (A lot)*
- 14. *Feeling like a failure. (Sometimes)*

Scoring and Interpretation Information

The International Trauma Questionnaire - Child and Adolescent Version (ITQ-CA) has two subscales:

- Post Traumatic Stress Disorder (PTSD) - assesses the core symptoms of PTSD according to the ICD-11, focusing on intrusive re-experiencing, deliberate avoidance, and persistent sense of threat.
- Disturbances in Self Organization (DSO) - assesses the additional symptom clusters that, together with PTSD symptoms, constitute Complex PTSD (CPTSD), and which reflect pervasive psychological disturbances that typically arise following prolonged or repeated traumatic experiences

It includes six items measuring PTSD symptoms from three symptom clusters:

- Re-experiencing (Items 1 and 2) - assesses intrusive memories, flashbacks, or nightmares where the traumatic event feels as though it is happening again in the present moment, rather



Client Name	Generic Client
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Scoring and Interpretation Information (cont.)

than being remembered as a past event

- Avoidance (Items 3 and 4) - measures deliberate efforts to avoid internal reminders (thoughts, feelings, physical sensations) and external reminders (people, places, conversations, objects, activities, situations) that evoke memories of the traumatic event

- Sense of threat (Items 5 and 6) - evaluates persistent feelings of current danger, manifesting as hypervigilance (being “on guard” or watchful) and heightened startle response (being jumpy or easily startled)

It also includes six items measuring DSO symptoms from three symptom clusters:

- Affective dysregulation (Items 12 and 13) - measures difficulties managing emotions, including heightened emotional reactivity (difficulty calming down when upset) and emotional numbing (feeling emotionally shut down or disconnected from feelings)

- Negative self-concept (Items 14 and 15) - assesses persistent negative beliefs about oneself, including feelings of worthlessness and viewing oneself as a failure, reflecting a diminished sense of value or identity

- Disturbances in relationships (Items 16 and 17) - evaluates difficulties in forming and maintaining close relationships, feeling distant or cut off from others, and finding it challenging to stay emotionally close to people

The PTSD and DSO subscales are each accompanied by three items measuring associated functional impairments in relation to friends, family, school, other important areas (e.g., hobbies, other relationships), and general happiness.

- PTSD related functional impairment (Items 7, 8, 9, 10, and 11) - measures the impact of PTSD symptoms on relationships with friends and family, schoolwork, other important areas (e.g., hobbies, other relationships), and general happiness, indicating how significantly these symptoms disrupt daily functioning

- DSO related functional impairment (Items 18, 19, 20, 21, and 22) - measures the impact of DSO symptoms on relationships with friends and family, schoolwork, other important areas (e.g., hobbies, other relationships), and general happiness, indicating how significantly these disturbances disrupt daily functioning

Each symptom item is rated on a 5-point Likert-type scale from 0 to 4 and each functional impairment item is answered in a binary Yes (1) or No (0) format.

The scoring approach uses dichotomous scoring for diagnostic purposes and dimensional scoring for symptom severity.

*** Dichotomous Scoring ***

A score of 2 (Likert = “Moderately”) or higher on a symptom item and a score of 1 (“Yes”) on a functional impairment item indicates the presence (i.e., endorsement) of that symptom or impairment.



Client Name	Generic Client
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Scoring and Interpretation Information (cont.)

PTSD is indicated if:

- at least one symptom is present from each PTSD symptom cluster, and
- there is at least one functional impairment associated with these PTSD symptoms.

Complex PTSD (CPTSD) is indicated if:

- at least one symptom is present from each PTSD symptom cluster, there is at least one functional impairment associated with these PTSD symptoms,
- at least one symptom is present from each DSO symptom cluster, and
- there is at least one functional impairment associated with these DSO symptoms.

A person may receive a diagnosis of PTSD or CPTSD, but not both.

*** Dimensional Scoring ***

- The PTSD symptom severity score is the sum of items 1 to 6 and ranges from 0 to 24.
- The DSO symptom severity score is the sum of items 12 to 17 and ranges from 0 to 24.

The respondent's scores are presented as raw scores and as percentiles based on normative data for trauma-exposed children and adolescents, contextualising their scores relative to the typical scores of children and adolescents in this normative sample. For example, the 50th percentile represents the typical level of symptom severity for a child or adolescent who has been exposed to trauma (i.e., "Mild"), while scores on the 90th percentile fall within the top 10% and are considered "Severe".

Qualitative descriptors categorise the respondent's scores based on specific ranges of percentiles.

- "Minimal" - Below the 25th percentile (subscale score between 0 and 3)
- "Mild" - 25th to 50th percentile (subscale score between 4 and 7)
- "Moderate" - 51st to 75th percentile (subscale score between 8 and 11)
- "Severe" - 76th to 95th percentile (subscale score between 12 and 17)
- "Very Severe" - Above the 95th percentile (subscale score between 18 and 24)

A diagnostic criteria descriptor also accompanies each score, indicating whether diagnostic criteria for PTSD and DSO symptoms are met, and whether specific symptom clusters and functional impairments are present, according to the dichotomous scoring threshold. CPTSD is indicated if the diagnostic criteria descriptor says "Criteria met" for both the PTSD subscale and the DSO subscale.

On first administration, graphs are presented showing the respondent's scores as percentiles based on normative data for trauma-exposed children and adolescents (Baker et al., 2025). A graph is also presented comparing the respondent's PTSD and DSO symptom severity scores to two samples: (1) the normative sample of trauma-exposed children and adolescents; and (2) a diagnostic sample. For the PTSD symptom severity score, this diagnostic sample consists of children and adolescents meeting the ITQ-CA's criteria for PTSD. For DSO symptom severity



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

scores, the diagnostic sample consists of children and adolescents meeting the ITQ-CA's criteria for CPTSD. Shaded areas correspond to scores between the 25th and 75th percentile. This graph contextualises the respondent's scores relative to typical symptom severity levels in these samples.

If administered more than once, longitudinal graphs are presented for the respondent's raw PTSD and DSO symptom severity scores, which is useful for monitoring any changes in symptom severity over time and treatment progress and outcomes. A meaningful change in PTSD symptom severity is defined as a change of 7 or more points in the PTSD symptom severity score, and a meaningful change in DSO symptom severity is defined as a change of 6 or more points in the DSO symptom severity score, based on Reliable Change Index (RCI) calculations (i.e., a 6-7 or more point decrease indicates significant improvement; a 6-7 or more point increase indicates significant deterioration; and less than a 6-7 point change indicates no significant change).

Client Responses

		Never	A little bit	Sometimes	A lot	Almost Always
1	Bad dreams reminding me of what happened.	0	1	2	3	4
2	Pictures in my head of what happened. Feels like it is happening right now.	0	1	2	3	4
3	Trying not to think about what happened. Or to not have feelings about it.	0	1	2	3	4
4	Staying away from anything that reminds me of what happened (people, places, things, situations, talks).	0	1	2	3	4
5	Being overly careful (checking to see who is around me).	0	1	2	3	4
6	Being jumpy.	0	1	2	3	4
		Yes		No		
7	Have any of the above problems interfered with getting along with friends?	1		0		
8	Have they interfered with getting along with family?	1		0		
9	Have they interfered with your school work?	1		0		
10	Have they interfered with anything else that is important to you (hobbies, other relationships)?	1		0		
11	Have they interfered with your general happiness?	1		0		



Client Name Generic Client

		Never	A little bit	Sometimes	A lot	Almost Always
12	Below are problems people report after traumatic or stressful events. They are about how you feel, what you believe about yourselves and others. Select how much the following things have bothered you in the past month. Having trouble calming down when I am upset (angry, scared or sad).	0	1	2	3	4
13	Not being able to have any feelings or feeling empty inside.	0	1	2	3	4
14	Feeling like a failure.	0	1	2	3	4
15	Thinking I am not a good person.	0	1	2	3	4
16	Not feeling close to other people.	0	1	2	3	4
17	Having a hard time staying close to other people.	0	1	2	3	4
		Yes		No		
18	Have any of the above problems interfered with getting along with friends?	1		0		
19	Have they interfered with getting along with family?	1		0		
20	Have they interfered with your schoolwork?	1		0		
21	Have they interfered with anything else that is important to you (hobbies, other relationships)?	1		0		
22	Have they interfered with your general happiness?	1		0		



Client Name	Generic Client
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Full Results

	Raw Score	Scaled Score (0-10)	Normative Percentile	Diagnostic Percentile	Descriptor	Diagnostic Criteria
PTSD (0-24)	14	5.83	83	43	Severe	Criteria met
Re-experiencing (0-8)	4	5	81	44	Severe	Present
Avoidance (0-8)	5	6.25	69	35	Moderate	Present
Sense of threat (0-8)	5	6.25	74	43	Moderate	Present
PTSD related functional impairment (0-5)	2	4	44	13	Mild	Present
DSO (0-24)	17	7.08	95	42	Severe	Criteria met
Affective dysregulation (0-8)	6	7.5	90	43	Severe	Present
Negative self-concept (0-8)	5	6.25	86	25	Severe	Present
Disturbances in relationships (0-8)	6	7.5	89	42	Severe	Present
DSO related functional impairment (0-5)	2	4	46	2	Mild	Present