



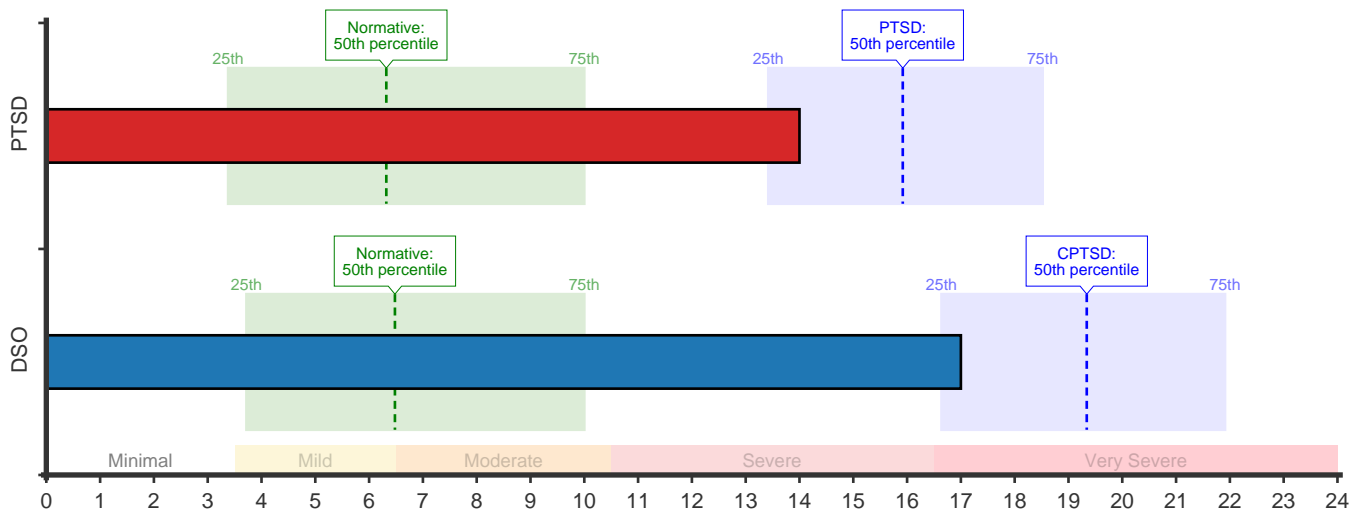
International Trauma Questionnaire (ITQ)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	1 Apr 2025
<i>Date of birth (age)</i>	1 Jan 1990 (35)	<i>Time taken</i>	2 min 56s
<i>Assessor</i>	Dr Simon Baker		

Results

	Raw Score (0-24)	Percentile	Descriptor	Diagnostic Criteria
PTSD	14	91	Severe	Criteria met
DSO	17	97	Very Severe	Criteria met

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



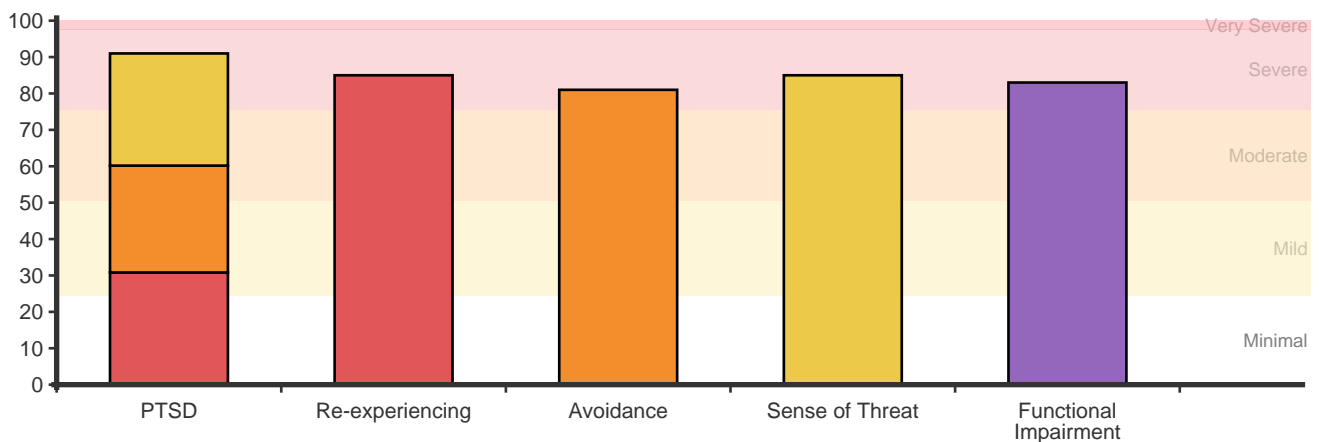


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PTSD Symptoms and Functioning

	Raw Score	Percentile	Descriptor	Diagnostic Criteria
Re-experiencing (0-8)	4	85	Severe	Present
Avoidance (0-8)	5	81	Severe	Present
Sense of threat (0-8)	5	85	Severe	Present
Functional impairment (0-12)	6	83	Severe	Present

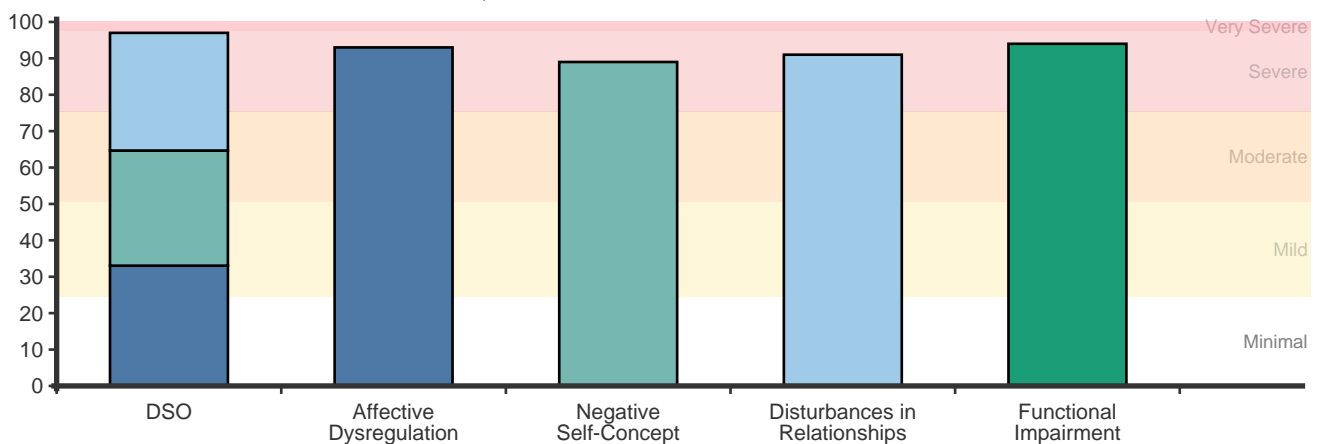
ITQ PTSD Normative Percentiles



DSO Symptoms and Functioning

	Raw Score	Percentile	Descriptor	Diagnostic Criteria
Affective dysregulation (0-8)	6	93	Severe	Present
Negative self-concept (0-8)	5	89	Severe	Present
Disturbances in relationships (0-8)	6	91	Severe	Present
Functional impairment (0-12)	8	94	Severe	Present

ITQ DSO Normative Percentiles





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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 91st percentile when compared to adults in a trauma-exposed normative sample, which is within the Severe range. When compared to adults meeting the ITQ's diagnostic criteria for PTSD, the respondent's PTSD symptom severity score is on the 31st percentile.

The respondent's DSO symptom severity score is on the 97th percentile when compared to adults in a trauma-exposed normative sample, which is within the Very Severe range. When compared to adults meeting the ITQ's diagnostic criteria for CPTSD, the respondent's DSO symptom severity score is on the 28th percentile.

PTSD Symptoms and Functioning:

The respondent's **Re-experiencing** symptom cluster score is on the 85th percentile when compared to adults 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. *Having upsetting dreams that replay part of the experience or are clearly related to the experience? (Moderately)*
- 2. *Having powerful images or memories that sometimes come into your mind in which you feel the experience is happening again in the here and now? (Moderately)*

The respondent's **Sense of Threat** symptom cluster score is on the 85th percentile when compared to adults in a trauma-exposed normative sample, which is within the Severe 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. *Feeling jumpy or easily startled? (Quite a bit)*
- 5. *Being "super-alert", watchful, or on guard? (Moderately)*

The respondent's **PTSD related functional impairment** score is on the 83rd percentile when compared to adults in a trauma-exposed normative sample, which is within the Severe range. This indicates that PTSD symptoms are significantly impacting the respondent's daily life, including relationships, work or education, and other important areas of functioning. This impairment may manifest as difficulties maintaining social connections, reduced performance or attendance at work, and limitations in engaging in previously valued activities or responsibilities. The degree of functional disruption suggests that these symptoms are actively interfering with quality of life. The items within this indicator were rated as follows:

- 7. *In the past month have the above problems affected your relationships or social life? (Moderately)*
- 8. *Affected your work or ability to work? (Moderately)*



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Interpretation (cont.)

- 9. Affected any other important part of your life such as parenting, or school or college work, or other important activities? (Moderately)

The respondent's **Avoidance** symptom cluster score is on the 81st percentile when compared to adults in a trauma-exposed normative sample, which is within the Severe 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. *Avoiding internal reminders of the experience (for example, thoughts, feelings, or physical sensations)? (Quite a bit)*
- 4. *Avoiding external reminders of the experience (for example, people, places, conversations, objects, activities, or situations)? (Moderately)*

DSO Symptoms and Functioning:

The respondent's **DSO related functional impairment** score is on the 94th percentile when compared to adults in a trauma-exposed normative sample, which is within the Severe range. This indicates that disturbances in self-organization (affective dysregulation, negative self-concept, and disturbances in relationships) are significantly impacting the respondent's daily life. These difficulties may manifest as problems in workplace interactions, family relationships, and engagement in social or community activities. The degree of functional disruption suggests that these symptoms are actively interfering with quality of life. The items within this indicator were rated as follows:

- 16. *Created concern or distress about your relationships or social life? (Quite a bit)*
- 18. *In the past month, have the above problems affected any other important parts of your life such as parenting, or school or college work, or other important activities? (Quite a bit)*
- 17. *In the past month, have the above problems affected your work or ability to work? (Moderately)*

The respondent's **Affective Dysregulation** symptom cluster score is on the 93rd percentile when compared to adults 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:

- 10. *When I am upset, it takes me a long time to calm down. (Quite a bit)*
- 11. *I feel numb or emotionally shut down. (Quite a bit)*

The respondent's **Disturbances in Relationships** symptom cluster score is on the 91st percentile when compared to adults 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:

- 14. *I feel distant or cut off from people (Quite a bit)*





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Interpretation (cont.)

- 15. I find it hard to stay emotionally close to people. (Quite a bit)

The respondent's **Negative Self-Concept** symptom cluster score is on the 89th percentile when compared to adults 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:

- 13. I feel worthless. (Quite a bit)
- 12. I feel like a failure (Moderately)

Scoring and Interpretation Information

The International Trauma Questionnaire (ITQ) 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 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 10 and 11) - 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 12 and 13) - 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 14 and 15) - evaluates difficulties in forming and



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Scoring and Interpretation Information (cont.)

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 the domains of social, occupational, and other important areas of life.

- PTSD related functional impairment (Items 7, 8, and 9) - measures the impact of PTSD symptoms on relationships, social life, work capabilities, and other important areas of life, indicating how significantly these symptoms disrupt daily functioning

- DSO related functional impairment (Items 16, 17, and 18) - measures the impact of DSO symptoms on relationships, social life, work capabilities, and other important areas of life, indicating how significantly these disturbances disrupt daily functioning

Each item is rated on a 5-point Likert-type scale from 0 to 5.

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 or functional impairment item indicates the presence (i.e., endorsement) of that symptom or impairment.

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 10 to 15 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 adults, contextualising their scores relative to the typical scores of adults in this normative sample. For example, the 50th percentile represents the typical level of symptom severity for an adult 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



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Scoring and Interpretation Information (cont.)

percentiles.

- “Minimal” - Below the 25th percentile (subscale score between 0 and 3)
- “Mild” - 25th to 50th percentile (subscale score between 4 and 6)
- “Moderate” - 51st to 75th percentile (subscale score between 7 and 10)
- “Severe” - 76th to 95th percentile (subscale score between 11 and 16)
- “Very Severe” - Above the 95th percentile (subscale score between 17 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 adults (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 adults; and (2) a diagnostic sample. For the PTSD symptom severity score, this diagnostic sample consists of adults meeting the ITQ's criteria for PTSD. For DSO symptom severity scores, the diagnostic sample consists of adults meeting the ITQ'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 6 or more points in the PTSD symptom severity score, and a meaningful change in DSO symptom severity is defined as a change of 7 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

		Not at all	A little bit	Moderately	Quite a bit	Extremely
1	Having upsetting dreams that replay part of the experience or are clearly related to the experience?	0	1	2	3	4
2	Having powerful images or memories that sometimes come into your mind in which you feel the experience is happening again in the here and now?	0	1	2	3	4



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Client Responses (cont.)

		Not at all	A little bit	Moderately	Quite a bit	Extremely
3	Avoiding internal reminders of the experience (for example, thoughts, feelings, or physical sensations)?	0	1	2	3	4
4	Avoiding external reminders of the experience (for example, people, places, conversations, objects, activities, or situations)?	0	1	2	3	4
5	Being "super-alert", watchful, or on guard?	0	1	2	3	4
6	Feeling jumpy or easily startled?	0	1	2	3	4
7	In the past month have the above problems affected your relationships or social life?	0	1	2	3	4
8	Affected your work or ability to work?	0	1	2	3	4
9	Affected any other important part of your life such as parenting, or school or college work, or other important activities?	0	1	2	3	4
10	<small>Below are problems that people who have had stressful or traumatic events sometimes experience. The questions refer to ways you TYPICALLY feel, ways you TYPICALLY think about yourself and ways you TYPICALLY relate to others. Answer the following thinking about how true each statement is of you.</small> When I am upset, it takes me a long time to calm down.	0	1	2	3	4
11	I feel numb or emotionally shut down.	0	1	2	3	4
12	I feel like a failure	0	1	2	3	4
13	I feel worthless.	0	1	2	3	4
14	I feel distant or cut off from people	0	1	2	3	4
15	I find it hard to stay emotionally close to people.	0	1	2	3	4
16	<small>In the past month, have the above problems in emotions, in beliefs about yourself and in relationships:</small> Created concern or distress about your relationships or social life?	0	1	2	3	4
17	In the past month, have the above problems affected your work or ability to work?	0	1	2	3	4
18	In the past month, have the above problems affected any other important parts of your life such as parenting, or school or college work, or other important activities?	0	1	2	3	4



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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	91	31	Severe	Criteria met
Re-experiencing (0-8)	4	5	85	31	Severe	Present
Avoidance (0-8)	5	6.25	81	30	Severe	Present
Sense of threat (0-8)	5	6.25	85	30	Severe	Present
PTSD related functional impairment (0-12)	6	5	83	36	Severe	Present
DSO (0-24)	17	7.08	97	28	Very Severe	Criteria met
Affective dysregulation (0-8)	6	7.5	93	33	Severe	Present
Negative self-concept (0-8)	5	6.25	89	18	Severe	Present
Disturbances in relationships (0-8)	6	7.5	91	27	Severe	Present
DSO related functional impairment (0-12)	8	6.67	94	31	Severe	Present