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## The Trauma Recovery Measure (TRM): Norms, Percentile Rankings, and Qualitative Descriptors

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The Trauma Recovery Measure (TRM) is a 15-item self-report questionnaire designed to assess psychological recovery following trauma exposure in adult populations. Developed by Smith (2022), the TRM conceptualises trauma recovery as a cognitive process whereby individuals move from negative self-perceptions toward acceptance, empowerment, and self-compassion. This technical paper synthesises research on the TRM's psychometric properties, providing clinicians with comprehensive scoring frameworks and interpretive guidelines. Normative data from both clinical and general population samples are presented, allowing for percentile-based interpretation and classification into Early, Middle, and Late recovery stages. The TRM offers clinicians a robust framework for conceptualising trauma recovery, measuring treatment progress, and identifying specific cognitive domains for targeted intervention.

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[View the TRM on NovoPsych.com.au](https://www.novopsych.com.au)

**May 2025**



## Developer & Author

The Trauma Recovery Measure (TRM) was developed by Smith (2022):

Smith, S. (2022). *The cognitive path to trauma recovery: Examining the role of posttrauma cognitions in the maintenance of PTSD and the facilitation of trauma recovery for survivors of interpersonal violence*. Doctoral Thesis.

[https://research.bond.edu.au/files/262000048/Sharelle\\_Smith\\_Thesis.pdf](https://research.bond.edu.au/files/262000048/Sharelle_Smith_Thesis.pdf)

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This document was developed by NovoPsych to review contemporary literature and to describe original scoring methodologies and to provide interpretation material, enhance normative data and provide qualitative descriptors.

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<https://novopsych.com/assessments/outcome-monitoring/trauma-recovery-measure-trm/>

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## Description

The Trauma Recovery Measure (TRM) is a 15-item self-report questionnaire developed to measure psychological recovery following exposure to trauma in adult populations (ages 18+). Trauma recovery has been defined as an individual process of cognitive change, leading to enhanced emotional and behavioural control and the attainment of intrapersonal mastery, empowerment, and hope for oneself and the future (Smith, 2022). Trauma Recovery is proposed to exist along a continuum, as the survivor moves away from self-loathing, blaming, and self-condemnation, towards a sense of acceptance, empowerment, and self-compassion. This cognitive shift allows the individual to move away from a predominance of negative, deficit-driven cognitive processes that have been demonstrated to precipitate and maintain maladaptive behavioural and emotional reactions, towards a mastery of safe, secure, strengths-based cognitive processes that reinforce the individuals' sense of autonomy, safety, and self-control.

The TRM provides a total scale score and three subscale scores that evaluate an individual's cognitions following the experience of traumatic events. The three subscales within the TRM include:

- **Validation:** This subscale measures a survivor's approval and acceptance of themselves as they are, despite their experience of trauma, and assesses the development of internal value and worthiness;
- **Liberation:** This subscale measures a survivor's ability to release or set themselves free from the control, imprisonment, and/or oppression of their trauma and to live a life in which they feel capable and confident to make positive decisions for themselves and others; and
- **Positive Self:** This subscale measures the presence of positive cognitions that generate feelings of care, compassion, and/or comfort towards oneself.

Scores on the TRM provide an evaluation of the individual's current recovery journey, with low scores indicating the individual to be in the early stage of recovery and high scores indicating engagement in the late stage of recovery.

## Psychometric Properties

The TRM has been validated within a clinical, trauma-exposed population of individuals with the self-reported experience of traumatic life events (N = 316; Smith, 2022). The TRM has been demonstrated to have an acceptable factor structure and an adequate overall model fit (CFI = 0.95; IFI = 0.95; TLI = 0.94). The internal consistency of the TRM within the clinical sample has been demonstrated to be excellent for

the TRM total scale score ( $\alpha = .95$ ), and for the three subscales of Validation ( $\alpha = .93$ ), Liberation ( $\alpha = .83$ ), and Positive Self ( $\alpha = .88$ ). The convergent validity of the TRM has been demonstrated with measures of PTSD ( $r = -.70$ ), psychological distress ( $r = -.60$ ), and posttrauma cognitions ( $r = -.77$ ); and convergent validity has been demonstrated with a measure of self-compassion ( $r = .25$ ; Smith, 2022). The construct validity of the TRM was assessed using group difference tests, with individuals reporting clinically significant PTSD symptomatology scoring significantly lower than individuals with lower or sub-threshold PTSD symptoms on the TRM ( $F = 220.04$ , Smith, 2022). The three subscales of the TRM have also been identified to be significant independent predictors of PTSD ( $R^2 = 0.47$ ,  $F(3,423) = 126.95$ ,  $p < .001$ ;  $f^2 = 0.89$ ; Smith, 2022).

The TRM has also been validated within a general population sample ( $N = 319$ ; Morgan, 2025). Within the general population sample, there were no participants who met the clinical criteria for a likely diagnosis of PTSD. The reliability of the TRM within the general population sample was demonstrated to be excellent for the total scale score ( $\alpha = .95$ ) and the subscales of Validation ( $\alpha = .93$ ) and Positive Self ( $\alpha = .88$ ), and adequate for the subscale of Liberation ( $\alpha = .79$ ; Morgan, 2025). Convergent validity of the TRM within the non-clinical population was demonstrated with measures of PTSD ( $r = -.33$ ), complex PTSD ( $r = -.56$ ), and disturbances of self-organisation ( $r = -.68$ ; Morgan, 2025).

Percentiles have been calculated for the clinical, trauma-exposed population with current PTSD symptoms ( $N = 316$ ;  $M = 46.52$ ;  $SD = 14.20$ ; Smith, 2022) and a general population sample ( $N = 319$ ,  $M = 54.73$ ;  $SD = 13.73$ ; Morgan, 2025). A normative percentile of 50 is indicative of an average score for the non-clinical population and a clinical percentile of 50 is indicative of an average score for the clinical population.

The distance from the normative mean was used to produce descriptors within the identified stages of recovery (based upon the clinical population):

- Early Stage of Recovery:  $< 1$  SD below the mean (total scores of 31 or less)
- Middle Stage of Recovery: Total scores between 32 and 61
- Late Stage of Recovery:  $> 1$  SD above the mean (total scores of 62 or higher)

## Scoring & Interpretation

The total score on the Trauma Recovery Measure (TRM) ranges from 15 to 75, with higher scores indicating the individual to be in the later stage of recovery following their experience of trauma. Average scores for

subscales are presented to allow for a comparison across subscales given they have different numbers of items. Percentiles are also presented for the total score and subscales in comparison to a clinical population sample. The clinical population is representative of individuals who have been exposed to traumatic experiences who are currently experiencing clinically significant PTSD symptoms.

A stage of recovery descriptor is also presented based upon the score's distance from the mean. There are three possible stages of recovery:

- **Early Stage of Recovery:** (< 1 SD below the mean): This stage suggests the individual is in the beginning phase of their trauma recovery journey. They are working towards developing adaptive cognitions related to their trauma experience, with emerging awareness of self-worth, personal autonomy, and self-compassion.
- **Middle Stage of Recovery:** (Between 1 SD below and 1 SD above the mean): This stage suggests the individual is making progress in their trauma recovery journey. They are developing more adaptive cognitions related to their trauma experience and are able to experience moments of self-acceptance, personal control, and positive self-regard.
- **Late Stage of Recovery:** (> 1 SD above the mean): This stage suggests the individual has made significant progress in their trauma recovery journey. They frequently experience adaptive cognitions related to their trauma and demonstrate consistent self-acceptance, personal autonomy, and self-compassion.

These stages of recovery obviously mean different things for each subscale and are outlined explicitly in the Interpretation text. Refer to the '*Stages of Trauma Recovery for the TRM*' table below for more details.

Results are presented for the three subscales within the TRM:

- **Validation** (items 1, 4, 5, 8, 10, 13): This subscale measures a respondent's approval and acceptance of themselves as they are, despite their experience of trauma, and assesses the development of internal value and worthiness;
- **Liberation** (items 2, 3, 6): This subscale measures a respondent's ability to release or set themselves free from the control, imprisonment, and/or oppression of their trauma and to live a life in which they feel capable and confident to make positive decisions for themselves and others; and

- Positive Self (items 7, 9, 11, 12, 14, 15): This subscale measures the presence of positive cognitions that generate feelings of care, compassion, and/or comfort towards oneself.

On first administration a plot is presented showing the total and subscale clinical percentiles. The recovery stage is displayed in the background of the plot to aid in interpretation. At the end of the report a comparison plot provides information about where the respondent's score sits in relation to the normative and clinical population samples, with the shaded areas around the means indicative of the two middle quartiles (between 25<sup>th</sup> and 75<sup>th</sup> percentile). This graph can assist in conceptualising TRM scores in comparison to the distribution of responses among clinical and non-clinical populations.

When administered on a regular basis, longitudinal plots for both the total score and the subscale percentiles provide information about the change in cognitions over time and can be used as a positive outcome measure for Trauma Recovery.

## Supporting Information

### Percentile Calculations

#### Clinical Sample - (Smith, 2022)

	<b>Total Score</b>	<b>Validation</b>	<b>Liberation</b>	<b>Positive Self</b>
<b>N</b>	316	316	316	316
<b>Mean</b>	46.52	2.92	3.17	3.25
<b>Std. Deviation</b>	14.2	1.12	1.08	.99

<b>Percentile</b>	<b>5</b>	<b>10</b>	<b>25</b>	<b>50</b>	<b>75</b>	<b>90</b>	<b>95</b>
<b>Total Score</b>	23	27	36	47	56	66	70.2
<b>Validation</b>	1.2	1.3	2.0	3.0	3.8	4.5	4.8
<b>Liberation</b>	1.3	1.7	2.3	3.3	4.0	4.7	5.0
<b>Positive Self</b>	1.5	1.8	2.5	3.3	4.0	4.5	4.7

#### Normative Sample – (Morgan, 2025)

	<b>Total Score</b>	<b>Validation</b>	<b>Liberation</b>	<b>Positive Self</b>
<b>N</b>	319	319	319	319
<b>Mean</b>	54.73	3.52	3.80	3.70
<b>Std. Deviation</b>	13.73	1.06	0.91	0.93

<b>Percentile</b>	<b>5</b>	<b>10</b>	<b>25</b>	<b>50</b>	<b>75</b>	<b>90</b>	<b>95</b>
<b>Total Score</b>	28	36	46	56	65	72	74
<b>Validation</b>	1.5	2.0	2.8	3.7	4.3	4.8	5.0
<b>Liberation</b>	2.0	2.7	3.3	4.0	4.3	5.0	5.0
<b>Positive Self</b>	1.8	2.3	3.2	3.8	4.5	4.8	5.0

Table 1. Total Score

Score	Clinical Percentile	Normative Percentile	Stage of Recovery	
15	1.3	0.2	Early	
16	1.6	0.24		
17	2	0.3		
18	2.2	0.4		
19	2.6	0.5		
20	3	0.6		
21	3.6	0.7		
22	4	1		
23	5	1.5		
24	6	2		
25	6.5	2.5		
26	7	3		
27	10	4		
28	11	5		
29	12	5.5		
30	14	6		
31	16	6.5		
32	18	7		Middle
33	20	7.5		
34	22	8		
35	24	9		
36	25	10		
37	27	11		
38	29	12		
39	31	14		
40	33	15		
41	35	17		
42	37	19		
43	39	21		
44	41	22		
45	43	24		
46	46	25		
47	50	27		
48	53	29		
49	56	31		
50	59	33		
51	62	35		
52	65	37		
53	68	40		
54	71	43		
55	73	47		
56	75	50		
57	77	53		
58	79	56		
59	81	59		
60	82	62		
61	84	65		
62	85	68		
63	86	71		
64	87	73		
65	89	75		
66	90	79		
67	91	81		
68	93	83		
69	94	85	Late	
70	95	87		
71	96	88		
72	96.4	90		
73	97	93		
74	97.4	95		
75	98	97		

Table 2. Validation

Score	Clinical Percentile	Normative Percentile	Stage of Recovery
1.0	1	1	Early
1.2	5	2	
1.3	10	4	
1.5	14	5	
1.7	18	7	
1.8	21	9	
2.0	25	10	
2.2	29	13	
2.3	33	16	
2.5	38	19	
2.7	42	22	
2.8	46	25	
3.0	50	30	
3.2	55	35	
3.3	60	40	
3.5	65	45	
3.7	70	50	
3.8	75	56	
4.0	79	62	Late
4.2	83	68	
4.3	87	75	
4.5	90	80	
4.7	93	85	
4.8	95	90	
5.0	97	95	

Table 4. Positive Self

Score	Clinical Percentile	Normative Percentile	Stage of Recovery
1.0	0.5	0.2	Early
1.2	1	0.5	
1.3	3	1	
1.5	5	2	
1.7	8	4	
1.8	10	5	
2.0	14	7	
2.2	18	9	
2.3	22	10	
2.5	25	13	
2.7	30	16	
2.8	35	19	
3.0	40	22	
3.2	45	25	
3.3	50	31	
3.5	56	37	
3.7	62	43	
3.8	68	50	
4.0	75	56	Late
4.2	80	62	
4.3	85	68	
4.5	90	75	
4.7	95	83	
4.8	97	90	
5.0	99	95	

Table 3. Liberation

Score	Clinical Percentile	Normative Percentile	Stage of Recovery
1.0	1	0.5	Early
1.3	5	1	
1.7	10	2	
2.0	17	5	
2.3	25	8	
2.7	33	10	
3.0	41	17	Middle
3.3	50	25	
3.7	63	38	
4.0	75	50	
4.3	83	75	
4.7	90	83	
5.0	95	90	

*Interpretive Text*

*Stages of Trauma Recovery for the TRM*

Stages of Trauma Recovery			
	Early	Middle	Late
Validation	The individual <b>is working towards</b> an acceptance and approval of themselves and <b>is developing an awareness of</b> thoughts and feelings of internal value and worthiness.	The individual <b>is developing</b> an acceptance and approval of themselves and <b>is able to</b> experience thoughts and feelings of internal value and worthiness.	The individual <b>possesses</b> an acceptance and approval of themselves and <b>frequently</b> experiences thoughts and feelings of internal value and worthiness.
Liberation	The individual <b>is working towards</b> a personal sense of autonomy and control and is <b>developing an awareness of</b> thoughts and feelings relating to confidence, capability, and self-determination.	The individual <b>is developing</b> a personal sense of autonomy and control and <b>is able to</b> experience thoughts and feelings relating to confidence, capability, and self-determination.	The individual <b>possesses</b> a personal sense of autonomy and control and <b>frequently</b> experiences thoughts and feelings relating to confidence, capability, and self-determination.
Positive Self	The individual <b>is working towards</b> a strong positive self-identity and is <b>developing an awareness of</b> thoughts and feelings related to care and compassion for themselves.	The individual <b>is developing</b> a strong positive self-identity and <b>is able to</b> experience thoughts and feelings related to care and compassion for themselves.	The individual <b>possesses</b> a strong positive self-identity and <b>frequently</b> experiences thoughts and feelings related to care and compassion for themselves.

The interpretive report for the Trauma Recovery Measure (TRM) is constructed from several components that are conditionally displayed based on the client's scores and assessment history. The report follows a structured format designed to provide clinicians with meaningful insights into the client's trauma recovery progress.

### **Comparison to Previous Results**

If the client has completed the TRM previously, the report begins with a comparison of current results to previous scores:

- "The client's current total score on the Trauma Recovery Measure (TRM), as assessed on [date], is [score] (Clinical Percentile: [percentile]), which has [increased/decreased/remained unchanged] from [previous score] (assessed on [previous date]) [and indicates progression from/and indicates movement from/while remaining in] the [previous stage] to [current stage] stage of trauma recovery."

For comparative interpretation, changes in raw scores are evaluated against the previous assessment, with attention to whether these changes have resulted in movement between recovery stages (Early, Middle, or Late).

### **Overall Recovery Stage Interpretation**

The report always includes an interpretation of the overall recovery stage based on the total score:

- "This suggests the client is [in the beginning phase of their recovery journey, working towards developing adaptive cognitions related to their trauma experience / making progress in their recovery journey and is developing more adaptive cognitions related to their trauma experience / has made significant progress in their recovery journey and frequently experiences adaptive cognitions related to their trauma experience]."

The interpretation text varies based on the recovery stage categories, which are defined as:

- Early Stage (Total score  $\leq 32$ ): "This suggests the client is in the beginning phase of their recovery journey, working towards developing adaptive cognitions related to their trauma experience."
- Middle Stage (Total score 33-60): "This suggests the client is making progress in their recovery journey and is developing more adaptive cognitions related to their trauma experience."
- Late Stage (Total score  $\geq 61$ ): "This suggests the client has made significant progress in their recovery journey and frequently experiences adaptive cognitions related to their trauma experience."

### **Subscale Interpretations**

The report includes detailed interpretations for each of the three subscales (Validation, Liberation, and Positive Self), with comparison to previous scores when available:

#### *Validation Subscale*

- "The client's Validation subscale score is [score] [(increased/decreased from/unchanged from) previous score], indicating they are in the [Early/Middle/Late] stage."

Specific interpretive text is provided based on the recovery stage:

- Early Stage: "This suggests the client is working towards an acceptance and approval of themselves and is developing an awareness of thoughts and feelings of internal value and worthiness."
- Middle Stage: "This suggests the client is developing an acceptance and approval of themselves and is able to experience thoughts and feelings of internal value and worthiness."
- Late Stage: "This suggests the client possesses an acceptance and approval of themselves and frequently experiences thoughts and feelings of internal value and worthiness."

#### *Liberation Subscale*

- "The client's Liberation subscale score is [score] [(increased/decreased from/unchanged from) previous score], indicating they are in the [Early/Middle/Late] stage."

Specific interpretive text is provided based on the recovery stage:

- Early Stage: "This suggests the client is working towards a personal sense of autonomy and control and is developing an awareness of thoughts and feelings relating to confidence, capability, and self-determination."
- Middle Stage: "This suggests the client is developing a personal sense of autonomy and control and is able to experience thoughts and feelings relating to confidence, capability, and self-determination."
- Late Stage: "This suggests the client possesses a personal sense of autonomy and control and frequently experiences thoughts and feelings relating to confidence, capability, and self-determination."

#### *Positive Self Subscale*

- "The client's Positive Self subscale score is [score] [(increased/decreased from/unchanged from) previous score], indicating they are in the [Early/Middle/Late] stage."

Specific interpretive text is provided based on the recovery stage:

- Early Stage: "This suggests the client is working towards a strong positive self-identity and is developing an awareness of thoughts and feelings related to care and compassion for themselves."
- Middle Stage: "This suggests the client is developing a strong positive self-identity and is able to experience thoughts and feelings related to care and compassion for themselves."
- Late Stage: "This suggests the client possesses a strong positive self-identity and frequently experiences thoughts and feelings related to care and compassion for themselves."

#### **Clinical Implications**

The report concludes with an analysis of clinical implications that varies based on whether previous scores are available:

##### For Follow-up Assessments

When comparing to previous scores, the report identifies:

- Areas of improvement and deterioration across subscales
- The subscale with most notable improvement or decline
- Targeted treatment recommendations based on the pattern of change

Example:

- "The client is showing progress in their trauma recovery, with the most notable improvement in the [subscale] domain. Treatment may continue to build on these gains while addressing domains with less pronounced improvement."

##### *For Initial Assessments*

For first-time assessments, the report provides treatment recommendations based on recovery stages and identified areas needing attention:

- When subscales are in the Early stage, these are highlighted as focus areas
- When no subscales are in the Early stage, significant percentile discrepancies (>25 points) between subscales are identified as potential focus areas

Example:

- "Treatment may focus on supporting the client to develop more adaptive self-cognitions, specifically targeting domains where they are in the early stage of recovery (i.e., [subscales]). This might include cognitive interventions that address self-acceptance, personal autonomy, and self-compassion."

The clinical implications section is tailored to provide practical guidance for treatment planning based on the client's current recovery profile and progress over time.

### Developer

Smith, S. (2022). *The cognitive path to trauma recovery: Examining the role of posttrauma cognitions in the maintenance of PTSD and the facilitation of trauma recovery for survivors of interpersonal violence*.

Doctoral Thesis. [https://research.bond.edu.au/files/262000048/Sharelle\\_Smith\\_Thesis.pdf](https://research.bond.edu.au/files/262000048/Sharelle_Smith_Thesis.pdf)

### References

Morgan, L. (2025). *Childhood Trauma, PTSD, CPTSD, Maladaptive and Adaptive Schemas, Trauma Recovery, Resilience, and Wellbeing*. Doctoral Thesis. Unpublished Manuscript



## Assessment Questions



NovoPsych

### Trauma Recovery Measure (TRM)

**Instructions:**

Please consider how you have thought and felt about yourself over the last week and indicate the degree to which you believe the statements provided below are true for you.

		True of Me	Somewhat True of Me	Neither True or Untrue of Me	Somewhat Untrue of Me	Untrue of Me
1	I respect myself	5	4	3	2	1
2	I am free to make my own decisions	5	4	3	2	1
3	I am in control of my life and my decisions	5	4	3	2	1
4	I accept all parts of myself	5	4	3	2	1
5	I know my worth as a person	5	4	3	2	1
6	I am empowered to pursue my goals	5	4	3	2	1
7	I have overcome my traumatic experiences	5	4	3	2	1
8	I like myself	5	4	3	2	1
9	I have hope for my future	5	4	3	2	1
10	I am worthy of love	5	4	3	2	1
11	I can rely on myself	5	4	3	2	1
12	I choose to focus on myself and my future	5	4	3	2	1
13	I am enough	5	4	3	2	1
14	I have changed for the better	5	4	3	2	1
15	I can cope with life's ups and downs	5	4	3	2	1

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Smith, S. (2022). The cognitive path to trauma recovery: Examining the role of posttrauma cognitions in the maintenance of PTSD and the facilitation of trauma recovery for survivors of interpersonal violence. Doctoral Thesis. [https://research.bond.edu.au/files/262000048/Sharelle\\_Smith\\_Thesis.pdf](https://research.bond.edu.au/files/262000048/Sharelle_Smith_Thesis.pdf)

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## Sample Result



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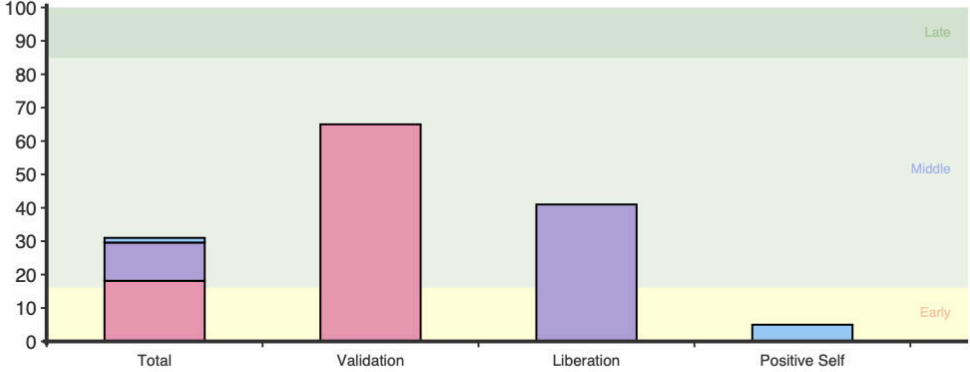
Trauma Recovery Measure (TRM)			
<i>Client Name</i>	Generic Client	<i>Date administered</i>	7 Apr 2025
<i>Date of birth (age)</i>	14 Dec 1975 (49)	<i>Time taken</i>	25s
<i>Assessor</i>	Dr David Hegarty		

Results				
	Raw Score	Average Score	Clinical Percentile	Recovery Stage
Total (15 to 75)	39	2.6	31	Middle
Validation	21	3.5	65	Middle
Liberation	9	3.0	41	Middle
Positive Self	9	1.5	5	Early

### Trauma Recovery Measure (TRM) Total and Subscale Clinical Percentiles



Subscale	Raw Score	Clinical Percentile	Recovery Stage
Total	39	31	Middle
Validation	21	65	Middle
Liberation	9	41	Middle
Positive Self	9	5	Early


  

### Interpretation

The client's total score on the Trauma Recovery Measure (TRM), as assessed on 07 April 2025, is 39 (the 31st clinical percentile), which indicates they are in the **Middle** stage of trauma recovery. This suggests the client is making progress in their recovery journey and is developing more adaptive cognitions related to their trauma experience.

The client's **Validation** subscale score is 21 (average score of 3.5 which is at the 65th clinical percentile) indicating they are in the **Middle** stage. This suggests the client is developing an acceptance and approval of themselves and is able to experience thoughts and feelings of internal value and worthiness.

The client's **Liberation** subscale score is 9 (average score of 3.0 which is at the 41st clinical percentile) indicating they are in the **Middle** stage. This suggests the client is developing a personal sense of autonomy and control and is able to experience thoughts and feelings relating to confidence, capability, and self-determination.



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**Client Name** Generic Client

**Interpretation (cont.)**

The client's **Positive Self** subscale score is 9 (average score of 1.5 which is at the 5th clinical percentile), indicating they are in the **Early** stage. This suggests the client is working towards a strong positive self-identity and is developing an awareness of thoughts and feelings related to care and compassion for themselves.

Treatment may focus on reinforcing the client's developing adaptive self-cognitions, with particular focus on areas where they remain in the early stage of recovery or show less improvement (i.e., Positive Self). Supportive therapeutic approaches that strengthen feelings of self-worth, control, and self-care are likely to be beneficial.

**Scoring and Interpretation Information**

For comprehensive information on the TRM, [see here](#).

The total score on the Trauma Recovery Measure (TRM) ranges from 15 to 75, with higher scores indicating the individual to be in the later stage of recovery following their experience of trauma. Average scores for subscales are presented to allow for a comparison across subscales given they have different numbers of items. Percentiles are also presented for the total score and subscales in comparison to a clinical population sample. The clinical population is representative of individuals who have been exposed to traumatic experiences who are currently experiencing clinically significant PTSD symptoms.

Results are presented for the three subscales within the TRM:

- Validation (items 1, 4, 5, 8, 10, 13): This subscale measures a respondent's approval and acceptance of themselves as they are, despite their experience of trauma, and assesses the development of internal value and worthiness;
- Liberation (items 2, 3, 6): This subscale measures a respondent's ability to release or set themselves free from the control, imprisonment, and/or oppression of their trauma and to live a life in which they feel capable and confident to make positive decisions for themselves and others; and
- Positive Self (items 7, 9, 11, 12, 14, 15): This subscale measures the presence of positive cognitions that generate feelings of care, compassion, and/or comfort towards oneself.

On first administration a plot is presented showing the total and subscale clinical percentiles. The recovery stage is displayed in the background of the plot to aid in interpretation. At the end of the report a comparison plot provides information about where the respondent's score sits in relation to the normative and clinical population samples, with the shaded areas around the means indicative of the two middle quartiles (between 25th and 75th percentile). This graph can assist in conceptualising TRM scores in comparison to the distribution of responses among clinical and non-clinical populations.

When administered on a regular basis, longitudinal plots for both the total score and the subscale percentiles provide information about the change in cognitions over time and can be used as a positive outcome measure for Trauma Recovery.

**Client Responses**



**Client Name** | Generic Client

		True of Me	Somewhat True of Me	Neither True or Untrue of Me	Somewhat Untrue of Me	Untrue of Me
1	I respect myself	5	4	3	2	1
2	I am free to make my own decisions	5	4	3	2	1
3	I am in control of my life and my decisions	5	4	3	2	1
4	I accept all parts of myself	5	4	3	2	1
5	I know my worth as a person	5	4	3	2	1
6	I am empowered to pursue my goals	5	4	3	2	1
7	I have overcome my traumatic experiences	5	4	3	2	1
8	I like myself	5	4	3	2	1
9	I have hope for my future	5	4	3	2	1
10	I am worthy of love	5	4	3	2	1
11	I can rely on myself	5	4	3	2	1
12	I choose to focus on myself and my future	5	4	3	2	1
13	I am enough	5	4	3	2	1
14	I have changed for the better	5	4	3	2	1
15	I can cope with life's ups and downs	5	4	3	2	1



<b>Client Name</b>	Generic Client
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**Full Results**

	Raw Score	Average Score	Clinical Percentile	Normative Percentile	Recovery Stage
Total (15 to 75)	39	2.6	31	14	Middle
Validation	21	3.5	65	45	Middle
Liberation	9	3.0	41	17	Middle
Positive Self	9	1.5	5	2	Early

**Trauma Recovery Measure (TRM) Score in Comparison to Clinical and Normative Distributions**

