



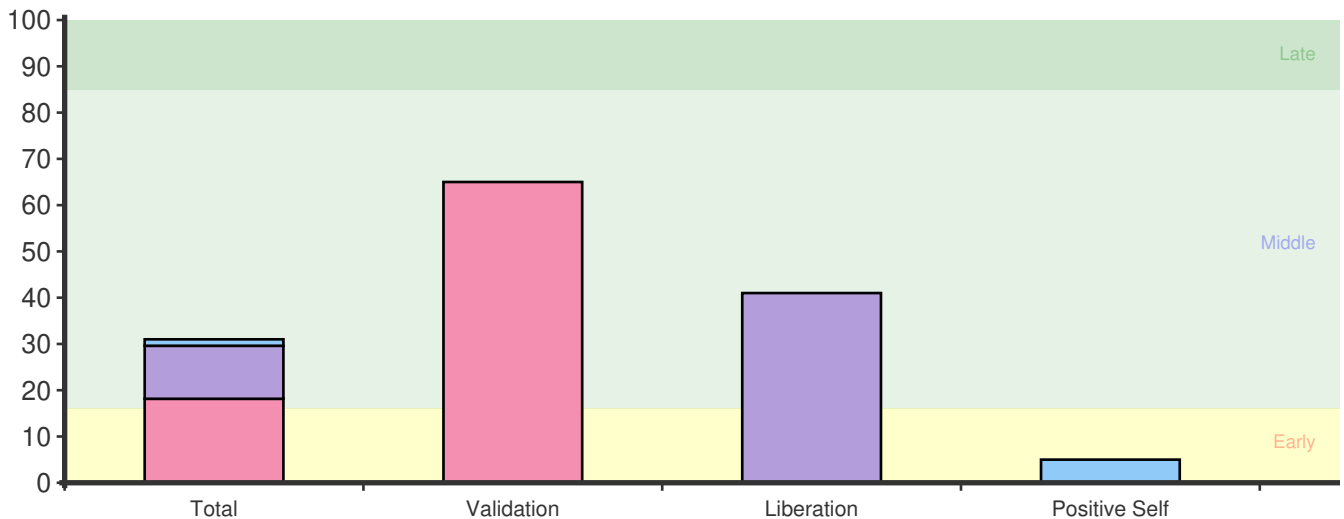
Trauma Recovery Measure (TRM)

<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



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.



Client Name	Generic Client
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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
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		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



Client Name	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

