

Memory Questionnaire (TMQQ)

This is a questionnaire all about your memories of the frightening event. We would like to know what your memories feel and seem like. Please read each sentence and tell us how much you agree with each one, by ticking one box.

	<i>Don't agree at all</i>	<i>Don't agree a bit</i>	<i>Agree a bit</i>	<i>Completely agree</i>
1. My memories of the frightening event are mostly pictures or images.	[]	[]	[]	[]
2. I can't seem to put the frightening event into words.	[]	[]	[]	[]
3. When I have memories of what happened I sometimes hear things in my head that I heard during the frightening event.	[]	[]	[]	[]
4. When I remember the frightening event I feel like it is happening right now.	[]	[]	[]	[]
5. When I think about the frightening event I can sometimes smell things that I smelt when the frightening event happened.	[]	[]	[]	[]
6. I can talk about what happened very easily.	[]	[]	[]	[]
7. I remember the frightening event as a few moments, and each moment is a picture in my mind.	[]	[]	[]	[]
8. My memories of the frightening event are like a film that plays over and over.	[]	[]	[]	[]
9. My memories of the frightening event are very clear and detailed.	[]	[]	[]	[]
10. Remembering what happened during the frightening event is just like looking at photographs of it in my mind.	[]	[]	[]	[]
11. When memories come to mind of what happened, I feel my body is in the same position as when the frightening event occurred.	[]	[]	[]	[]

Scoring:

1, 2, 3, 4. Higher scores indicate more “toxic” memories. **NB:** *Item 6 is reverse coded.*

Citing this measure:

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If you would like a copy of this journal article, please contact Richard Meiser-Stedman.