

How I've been thinking and feeling since the frightening event

We would like to know what kinds of thoughts and feelings you've been having after the frightening event.

Below is a list of statements. Please read each statement carefully and tell us how much you AGREE or DISAGREE with each statement by ticking one box.

People react to frightening events in many different ways. There are no right or wrong answers to these statements.

	<i>Don't agree at all</i>	<i>Don't agree a bit</i>	<i>Agree a bit</i>	<i>Agree a lot</i>
1. Anyone could hurt me.	[]	[]	[]	[]
2. Everyone lets me down.	[]	[]	[]	[]
3. I am a coward.	[]	[]	[]	[]
4. My reactions since the frightening event mean I have changed for the worse.	[]	[]	[]	[]
5. I don't trust people.	[]	[]	[]	[]
6. My reactions since the frightening event mean something is seriously wrong with me.	[]	[]	[]	[]
7. I am no good.	[]	[]	[]	[]
8. Not being able to get over all my fears means that I am a failure.	[]	[]	[]	[]
9. Small things upset me.	[]	[]	[]	[]
10. I can't cope when things get tough.	[]	[]	[]	[]
11. I can't stop bad things from happening to me.	[]	[]	[]	[]
12. I have to watch out for danger all the time.	[]	[]	[]	[]
13. My reactions since the frightening event mean I will never get over it.	[]	[]	[]	[]
14. I used to be a happy person but now I am always sad.	[]	[]	[]	[]
15. Bad things always happen.	[]	[]	[]	[]
16. I will never be able to have normal feelings again.	[]	[]	[]	[]
17. I'm scared that I'll get so angry that I'll break something or hurt someone.	[]	[]	[]	[]
18. Life is not fair.	[]	[]	[]	[]
19. My life has been destroyed by the frightening event.	[]	[]	[]	[]
20. I feel like I am a different person since the frightening event.	[]	[]	[]	[]
21. My reactions since the frightening event show that I must be going crazy.	[]	[]	[]	[]
22. Nothing good can happen to me anymore.	[]	[]	[]	[]
23. Something terrible will happen if I do not try to control my thoughts about the frightening event.	[]	[]	[]	[]
24. The frightening event has changed me forever.	[]	[]	[]	[]
25. I have to be really careful because something bad could happen.	[]	[]	[]	[]

Child Post-Traumatic Cognitions Inventory (cPTCI) - scoring

“Disturbing and permanent change” component (13 items)

Items 4, 6, 8, 13, 14, 16, 17, 19, 20, 21, 22, 23, 24

4. My reactions since the frightening event mean I have changed for the worse.
6. My reactions since the frightening event mean something is seriously wrong with me.
8. Not being able to get over all my fears means that I am a failure.
13. My reactions since the frightening event mean I will never get over it.
14. I used to be a happy person but now I am always sad.
16. I will never be able to have normal feelings again.
17. I'm scared that I'll get so angry that I'll break something or hurt someone.
19. My life has been destroyed by the frightening event.
20. I feel like I am a different person since the frightening event.
21. My reactions since the frightening event show that I must be going crazy.
22. Nothing good can happen to me anymore.
23. Something terrible will happen if I do not try to control my thoughts about the frightening event.
24. The frightening event has changed me forever.

“Feeble person in a scary world” component (12 items)

Items 1, 2, 3, 5, 7, 9, 10, 11, 12, 15, 18, 25

1. Anyone could hurt me.
2. Everyone lets me down.
3. I am a coward.
5. I don't trust people.
7. I am no good.
9. Small things upset me.
10. I can't cope when things get tough.
11. I can't stop bad things from happening to me.
12. I have to watch out for danger all the time.
15. Bad things always happen.
18. Life is not fair.
25. I have to be really careful because something bad could happen.

Score: 1, 2, 3, 4 (for Don't agree at all, Don't agree a bit, Agree a bit, and Agree a lot, respectively).
No reverse scored items.

More information about the instrument can be obtained by contacting: r.meiser-stedman@iop.kcl.ac.uk