



## Harvard trauma questionnaire

Posttraumatic stress disorder is one of the long term consequence of psychological traumatization. Symptoms of PTSD could be a significant burden on everyday functioning within society, on the working place and within the family.

### Module

• Awareness

### Submodules

• Symptoms

### Group size

• Individual

### Duration

• 20 - 30 min

### Keywords

psychotrauma, PTSD, symptoms

### Aims

To assess symptoms and signs of posttraumatic reaction.

### Participants

Number is not limited. It is usually taken individually.

### Description

It is a part of Harvard trauma questionnaire called Trauma Symptoms (IV part of questionnaire). Harvard trauma questionnaire is developed to be used in a number of world languages. It consists of 40 possible symptoms of posttraumatic reaction that need to be assessed in the 4 ranges: from not at all (score 1), a little (score 2), quite a bit (score 3) and extremely (score 4). One needs to assign item scores of each question. Sum should be divided by the total number of the answers.

The total score 2,5 and bigger are considered symptomatic for PTSD.

### Material

Online or paper test.

### Method

It could be taken as assessment or as self-assessment tool.

### Advice for Facilitators

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### Source (APA)

Alden, K.; Frančišković, T.; Lavelle, J.; Mathias, M.; McInnes, K.; Mollica, R.F.; Moro, L.J. Harvard trauma manual,

Harvard program in refugee trauma ,Cambridge,USA.

## Handouts

Download the handout from [here](#).

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<https://posttraumatic-integration.eu/>