



## Handout: Harvard trauma questionnaire

### **TRAUMA SYMPTOMS**

The following are the symptoms that people sometimes have after experiencing hurtful or terrifying events in their lives. Please read each one and decide how much the symptoms bothered you **in the past week**.

		(1) Not at all	(2) A little	(3) Quite a bit	(4) Extremely
1.	Recurrent thoughts or memories of the most hurtful or terrifying events				
2.	Feeling as though the event is happening again				
3.	Recurrent nightmares				
4.	Feeling detached or withdrawn from people				
5.	Unable to feel emotions				
6.	Feeling jumpy, easily emotions				
7.	Difficulty concentrating				
8.	Trouble sleeping				
9.	Feeling on guard				
10.	Feeling irritable or having outbursts of anger				
11.	Avoiding activities that remind you of the traumatic or hurtful event				
12.	Inability to remember parts of the most hurtful or traumatic event				
13.	Less interest in daily activities				
14.	Feeling as if you don't have a future				
15.	Avoiding thoughts or feelings associated with the traumatic or hurtful events				
16.	Sudden emotional or physical reaction when reminded of the most hurtful or traumatic event				
17.	Feeling that you have less skills than you have before				



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18.	Having difficulty dealing with new situations				
19.	Feeling exhausted				
20.	Body pain				
21.	Troubled by physical problems				
22.	Poor memory				
23.	Finding out or being told by other people that you have done something that you cannot remember				
24.	Difficulty paying attention				
25.	Feeling as if you are split into two people and one of you is watching what the other is doing				
26.	Feeling unable to make daily plans				
27.	Blaming yourself for things that happened				
28.	Feeling guilty for having survived				
29.	Without hope				
30.	Feeling ashamed of the hurtful or traumatic events that have happened to you				
31.	Feeling that people do not understand what happened to you				
32.	Feeling others are hostile to you				
33.	Feeling that you have no one to rely upon				
34.	Feeling someone you trusted betrayed you				
35.	Feeling humiliated by your experience				
36.	Feeling no trust in others				
37.	Feeling powerless to help others				
38.	Spending time thinking why these events happened to you				
39.	Feeling that you are the only one that suffered these events				
40.	Feeling a need for revenge				



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## SCORING OF TRAUMA SYMPTOMS

Assign the numbers from 1 to 4 for each answered item and divide by total number of answered items.

Individuals with scores higher than 2.5 are considered symptomatic for PTSD.