

International Trauma Questionnaire – Caregiver Version (ITQ-CG)
Ages 7 - 17 years

Date: _____

Name: _____

Mother Father Other caregiver: _____

How worried are you about your child's* behavior, emotions, or relationships?

- Very worried
- A little worried
- Barely worried
- Not worried at all

Have you ever been diagnosed with a mental illness?

- No
- Yes: _____

After filling out the events form, which event do you think is bothering your child the most?

Below are problems children can have after an upsetting or a stressful event. Thinking about that events,

Circle 0, 1, 2, 3 or 4 for how much the following things have bothered your child in the past month

0 = Never / 1 = A little bit / 2 = Sometimes / 3 = A lot / 4 = Almost Always

If you can't answer the question, please mark "I don't know"

	Never	A little Bit	Some-times	A lot	Almost always	I don't know
1. Bad dreams reminding him/her of what happened.	0	1	2	3	4	
2. Pictures in his/her head of what happened. He/she feels like it is happening right now.	0	1	2	3	4	
3. He/she is trying not to think about what happened. Or to not have feelings about it.	0	1	2	3	4	
4. He/she is staying away from anything that reminds him/her of what happened (people, places, things, situations, talks).	0	1	2	3	4	
5. He/she is overly careful (checking to see who is around him/her).	0	1	2	3	4	
6. He/she is jumpy.	0	1	2	3	4	

Please mark yes or no whether the above problems interfered with:

Getting along with friends

Getting along with family

School or work

Anything else that is important your child (hobbies, other relationships)

General happiness

YES	NO

Below are problems children report after traumatic or stressful events. They are about how someone feels, what he or she believes about themselves and others.

Circle 0, 1, 2, 3 or 4 for how much the following things have bothered your child in the past month

0 = Never / 1 = A little bit / 2 = Sometimes / 3 = A lot / 4 = Almost Always

If you can't answer the question, please mark "I don't know"

	Never	A little Bit	Some-times	A lot	Almost always	I don't know
7. He/she is having trouble calming down when he/she is upset (angry, scared or sad).	0	1	2	3	4	
8. He/she is not able to have any feelings or feeling empty inside.	0	1	2	3	4	
9. He/she is feeling like a failure.	0	1	2	3	4	
10. He/she is thinking that he/she is not a good person.	0	1	2	3	4	
11. He/she is not feeling close to other people	0	1	2	3	4	
12. He/she is having a hard time staying close to other people	0	1	2	3	4	

Please mark yes or no whether the above problems interfered with:

YES NO

Getting along with friends

Getting along with family

School or work

Anything else that is important to your child (hobbies, other relationships)

General happiness

Scoring instructions for ITQ-CA

Please note: a caregiver report can never result in a diagnosis, however the caregiver report allows to better understand the mental health of a child/adolescent. Thus why we have added the scoring for the probable diagnoses of PTSD or CPTSD.

PTSD Score: Total sum of items 1 through 6 (range = 0 to 24)

Self-Organization Score: Total sum of items 7-12 (range = 0 to 24)

Complex PTSD: Total sum of items 1 through 12 (range = 0 to 48)

I don't know answers are counted with 0 (= 0)

The diagnostic criteria have not been altered in comparison to the ITQ, so it is correct that only scores ≥ 2 are interpreted as presence of a symptom. In addition to these symptom criteria, impairment in at least one of the five areas is necessary to receive a diagnosis of the respective category (PTSD, CPTSD).

For the actual diagnoses, this means:

For PTSD diagnosis, at least one symptom (score ≥ 2) in each domain of PTSD has to be present (Re, Av, Th) PLUS impairment in relation to PTSD symptomatology in at least one of the five areas listed.

For CPTSD diagnosis, PTSD diagnosis has to be present (as described above) and at least one symptom in each domain of DSO (AD, NSC, DR) PLUS impairment in relation to DSO symptomatology. Only if both criteria are fulfilled (symptoms of PTSD and impairment in relation to these symptoms + symptoms of DSO and impairment in relation to these symptoms), individuals can receive a diagnosis of CPTSD.

This also means that if individuals fulfill the symptom criteria of PTSD or CPTSD diagnosis, but do not experience impairment in relation to the symptoms expressed, they can not receive a diagnosis of PTSD or CPTSD.

Individuals can only receive a diagnosis of PTSD or CPTSD, not both.