

Childhood Trauma Questionnaire - Adult Version (CTQ)

The CTQ is a self-report instrument for retrospectively measuring the frequency and severity of five major types of maltreatment experienced during childhood: emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical neglect. It provides a total score as well as scores for each dimension, and also includes a minimization/denial scale to assess the respondent's tendency to underestimate or deny their experiences of maltreatment.

Number of questions	28 questions
Estimated duration	10 minutes
Language	English
Original name	Childhood Trauma Questionnaire - Adult Version
Target audience	Adults
Authors	David P. Bernstein, Laura Fink, Mark D. Handelsman (1994)
Category	PTSD

Preview of the 28 questions

When I was growing up...

I didn't have enough to eat.

Never true | Rarely true | Sometimes true | Often true | Very often true

When I was growing up...

I knew that there was someone to take care of me and protect me.

Never true | Rarely true | Sometimes true | Often true | Very often true

When I was growing up...

People in my family called me things like "stupid," "lazy," or "ugly."

Never true | Rarely true | Sometimes true | Often true | Very often true

When I was growing up...

My parents were too drunk or high to take care of the family.

Never true | Rarely true | Sometimes true | Often true | Very often true

When I was growing up...

There was someone in my family who helped me feel that I was important or special.

Never true | Rarely true | Sometimes true | Often true | Very often true

Scoring & interpretation

Each item is rated on a 5-point Likert scale ranging from "Never True" (1) to "Very Often True" (5). The scores for each subscale (emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect) are summed to provide a total score for each type of maltreatment. Cutoffs are used to categorize the severity of each type of abuse (low, moderate, severe). A high score on the minimization/denial scale may indicate that the respondent is underestimating their experiences.

Usage

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