

International Trauma Questionnaire (ITQ)

The ITQ is designed to assess symptoms of posttraumatic stress disorder (PTSD) and complex posttraumatic stress disorder (CPTSD) according to ICD-11 criteria. It focuses on specific symptom clusters associated with these diagnoses and offers a concise assessment of trauma responses.

Number of questions	18 questions
Estimated duration	10 minutes
Language	English
Original name	International Trauma Questionnaire
Target audience	Adults
Authors	B. O. Cloitre, M. Shevlin, P. Hyland, D. Karatzias (2018)
Category	PTSD

Preview of the 18 questions

How much have you been bothered by this problem in the past month?

Having upsetting dreams that replay part of the experience or are clearly related to the experience?

Not at all | A little bit | Moderately | Quite a bit | Extremely

How much have you been bothered by this problem in the past month?

Having powerful images or memories that sometimes come into your mind in which you feel the experience is happening again in the here and now?

Not at all | A little bit | Moderately | Quite a bit | Extremely

How much have you been bothered by this problem in the past month?

Avoiding internal reminders of the experience (for example, thoughts, feelings, or physical sensations)?

Not at all | A little bit | Moderately | Quite a bit | Extremely

How much have you been bothered by this problem in the past month?

Avoiding external reminders of the experience (for example, people, places, conversations, objects, activities, or situations)?

Not at all | A little bit | Moderately | Quite a bit | Extremely

How much have you been bothered by this problem in the past month?

Being "super-alert", watchful, or on guard?

Not at all | A little bit | Moderately | Quite a bit | Extremely

Scoring & interpretation

Responses to the questions are rated on a Likert scale from 0 to 4. The total score and the scores specific to the different symptom clusters indicate the probable presence and severity of PTSD or CPTSD.