PTCI

Posttraumatic Cognitions Inventory (PTCI)

The Posttraumatic Cognitions Inventory is a self-report questionnaire used in psychotraumatology to identify and quantify negative cognitions related to a traumatic event. It explores three clinically useful dimensions: negative cognitions about the self, negative cognitions about the world and self-blame. This tool helps refine the assessment of posttraumatic stress disorder, support case formulation and monitor cognitive change over the course of treatment, particularly in cognitive-behavioral approaches.

Number of questions	36 questions
Estimated duration	10 minutes
Language	English
Original name	Posttraumatic Cognitions Inventory
Target audience	Adults
Authors	Edna B. Foa, Anke Ehlers, David M. Clark, David F. Tolin, Susan M. Orsillo (1999)
Category	PTSD

Preview of the 36 questions

After a traumatic experience:

The event happened because of the way I acted.

Totally disagree | Disagree very much | Disagree slightly | Neutral | Agree slightly | Agree very much | Totally agree

After a traumatic experience:

I can't trust that I will do the right thing.

Totally disagree | Disagree very much | Disagree slightly | Neutral | Agree slightly | Agree very much | Totally agree

After a traumatic experience:

I am a weak person.

Totally disagree | Disagree very much | Disagree slightly | Neutral | Agree slightly | Agree very much | Totally agree

After a traumatic experience:

I will not be able to control my anger and will do something terrible.

Totally disagree | Disagree very much | Disagree slightly | Neutral | Agree slightly | Agree very much | Totally agree

After a traumatic experience:

I can't deal with even the slightest upset.

Totally disagree | Disagree very much | Disagree slightly | Neutral | Agree slightly | Agree very much | Totally agree

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Scoring & interpretation

Each item is rated from 1 to 7 according to the degree of agreement, with higher scores indicating more dysfunctional posttraumatic cognitions. The standard version includes 36 administered items, but 33 items are usually taken into account in the calculation. Subscores are calculated by adding up the items of each domain and then dividing by the number of items in the domain: 21 items for negative cognitions about the self, 7 for negative cognitions about the world and 5 for self-blame. The total score is the sum of the 33 scored items. There is no universally accepted diagnostic cutoff. Interpretation is based mainly on the subscale profile, the relative intensity of the total score, consistency with the clinical assessment and change over the course of treatment.

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