TEC

Traumatic Experiences Checklist (TEC)

The TEC is a self-report questionnaire designed for the structured identification of potentially traumatic experiences over the lifetime, particularly early interpersonal trauma. It explores different types of exposure, including emotional neglect, emotional and physical abuse, sexual harassment, sexual abuse, and other significant events. The tool is mainly used in clinical work with trauma, dissociative disorders, and stress-related disorders to document the trauma history, appraise the cumulative trauma load, and guide the clinical interview. It does not replace a diagnostic assessment but provides a standardized basis that is useful for the history and case formulation.

Number of questions	29 questions
Estimated duration	15 minutes
Language	English
Original name	Traumatic Experiences Checklist
Target audience	Adults
Authors	Ellert R. S. Nijenhuis, Onno van der Hart, Kathy Kruger (2002)
Category	PTSD

Scoring & interpretation

Items are usually scored as the presence or absence of traumatic events, with possible details on the period of life, frequency, duration, relationship with the perpetrator, and subjective impact. Interpretation relies mainly on the number and type of experiences reported, their chronicity, and their interpersonal nature. Higher scores indicate a greater cumulative trauma load. There is no universal diagnostic cutoff; the results must be integrated with the clinical interview and the psychopathological context.