TSC-40

Trauma Symptom Checklist (TSC-40)

The Trauma Symptom Checklist-40 is a 40-item self-report questionnaire for adults. It is used to identify the intensity of symptoms frequently associated with trauma experienced in childhood or adulthood. It explores six clinical domains: anxiety, depression, dissociation, sexual abuse trauma index, sexual problems, and sleep disturbance. Used mainly in research and as a complementary measure in clinical assessment, it provides a total score of trauma-related distress and does not, on its own, constitute a complete diagnostic instrument for PTSD.

Number of questions	40 questions
Estimated duration	12 minutes
Language	English
Original name	Trauma Symptom Checklist
Target audience	Adults
Authors	John Briere, Marsha Runtz (1992)
Category	PTSD

Preview of the 40 questions

How often have you experienced each of the following in the last month?

Headaches

0 - Never | 1 | 2 | 3 - Often

How often have you experienced each of the following in the last month?

Insomnia

0 - Never | 1 | 2 | 3 - Often

How often have you experienced each of the following in the last month?

Weight loss (without dieting)

0 - Never | 1 | 2 | 3 - Often

How often have you experienced each of the following in the last month?

Stomach problems

0 - Never | 1 | 2 | 3 - Often

How often have you experienced each of the following in the last month?

Sexual problems

0 - Never | 1 | 2 | 3 - Often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated from 0 to 3 according to the frequency of the symptom. The total score is the sum of the 40 items, with a range of 0 to 120. The subscales are calculated by summing the following items: dissociation 7, 14, 16, 25, 31, 38; anxiety 1, 4, 10, 16, 21, 27, 32, 34, 39; depression 2, 3, 9, 15, 19, 20, 26, 33, 37; SATI 5, 7, 13, 21, 25, 29, 31; sleep disturbance 2, 8, 13, 19, 22, 28; sexual problems 5, 9, 11, 17, 23, 29, 35, 40. Higher scores indicate more marked trauma symptoms. Interpretation is dimensional, focusing on the total score, the subscale profile, and the clinical context, with no universally established clinical diagnostic cutoff.

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- Automatic scoring
- Results sent by email

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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

Basile R. - Clinical Psychologist