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Childhood Traumatic Events Scale

For the following questions, answer each item that is relevant. Be as honest as you can. Each question refers to any event that you may have experienced **prior to the age of 17**.

1. Prior to the age of 17, did you experience a death of a very close friend or family member? _____ If yes, how old were you? _____
If yes, how traumatic was this? (using a 7-point scale, where 1 = not at all traumatic, 4 = somewhat traumatic, 7 = extremely traumatic) _____
If yes, how much did you confide in others about this traumatic experience at the time? (1 = not at all, 7 = a great deal) _____
2. Prior to the age of 17, was there a major upheaval between your parents (such as divorce, separation)? _____ If yes, how old were you? _____
If yes, how traumatic was this? (where 7 = extremely traumatic) _____
If yes, how much did you confide in others? (7 = a great deal) _____
3. Prior to the age of 17, did you have a traumatic sexual experience (raped, molested, etc.)? _____ If yes, how old were you? _____
If yes, how traumatic was this? (7 = extremely traumatic) _____
If yes, how much did you confide in others? (7 = a great deal) _____
4. Prior to the age of 17, were you the victim of violence (child abuse, mugged or assaulted -- other than sexual)? _____ If yes, how old were you? _____
If yes, how traumatic was this? (7 = extremely traumatic) _____
If yes, how much did you confide in others? (7 = a great deal) _____
5. Prior to the age of 17, were you extremely ill or injured? _____ If yes, how old were you? _____
If yes, how traumatic was this? (7 = extremely traumatic) _____
If yes, how much did you confide in others? (7 = a great deal) _____
6. Prior to the age of 17, did you experience any other major upheaval that you think may have shaped your life or personality significantly? _____ If yes, how old were you? _____
If yes, what was the event? _____
If yes, how traumatic was this? (7 = extremely traumatic) _____
If yes, how much did you confide in others? (7 = a great deal) _____

Recent Traumatic Events Scale

For the following questions, again answer each item that is relevant and again be as honest as you can. Each question refers to any event that you may have experienced **within the last 3 years**.

1. Within the last 3 years, did you experience a death of a very close friend or family member?

- If yes, how traumatic was this? (1 = not at all traumatic, 7 = extremely traumatic) _____
- If yes, how much did you confide in others about the experience at the time? (1 = not at all, 7 = a great deal) _____
2. Within the last 3 years, was there a major upheaval between you and your spouse (such as divorce, separation)? _____
- If yes, how traumatic was this? _____
- If yes, how much did you confide in others? _____
3. Within the last 3 years, did you have a traumatic sexual experience (raped, molested, etc.)? _____
- If yes, how traumatic was this? _____
- If yes, how much did you confide in others? _____
4. Within the last 3 years, were you the victim of violence (other than sexual)? _____
- If yes, how traumatic was this? _____
- If yes, how much did you confide in others? _____
5. Within the last 3 years, were you extremely ill or injured? _____
- If yes, how traumatic was this? _____
- If yes, how much did you confide in others? _____
6. Within the last 3 years, has there been a major change in the kind of work you do (e.g., a new job, promotion, demotion, lateral transfer)? _____
- If yes, how traumatic was this? _____
- If yes, how much did you confide in others? _____
7. Within the last 3 years, did you experience any other major upheaval that you think may have shaped your life or personality significantly? _____
- If yes, what was the event? _____
- If yes, how traumatic was this? _____
- If yes, how much did you confide in others? _____