



## International Trauma Questionnaire – Child and Adolescent Version (ITQ-CA)

### Instructions:

Below are problems people can have after an upsetting or a stressful event. Thinking about that event, select how much the following things have bothered you in the PAST MONTH.

		Never	A little bit	Sometimes	A lot	Almost Always
1	Bad dreams reminding me of what happened.	0	1	2	3	4
2	Pictures in my head of what happened. Feels like it is happening right now.	0	1	2	3	4
3	Trying not to think about what happened. Or to not have feelings about it.	0	1	2	3	4
4	Staying away from anything that reminds me of what happened (people, places, things, situations, talks).	0	1	2	3	4
5	Being overly careful (checking to see who is around me).	0	1	2	3	4
6	Being jumpy.	0	1	2	3	4
		Yes			No	
7	Have any of the above problems interfered with getting along with friends?	1			0	
8	Have they interfered with getting along with family?	1			0	
9	Have they interfered with your school work?	1			0	
10	Have they interfered with anything else that is important to you (hobbies, other relationships)?	1			0	
11	Have they interfered with your general happiness?	1			0	
		Never	A little bit	Sometimes	A lot	Almost Always
12	<small>Below are problems people report after traumatic or stressful events. They are about how you feel, what you believe about yourselves and others. Select how much the following things have bothered you in the past month.</small> Having trouble calming down when I am upset (angry, scared or sad).	0	1	2	3	4
13	Not being able to have any feelings or feeling empty inside.	0	1	2	3	4
14	Feeling like a failure.	0	1	2	3	4



		Never	A little bit	Sometimes	A lot	Almost Always
15	Thinking I am not a good person.	0	1	2	3	4
16	Not feeling close to other people.	0	1	2	3	4
17	Having a hard time staying close to other people.	0	1	2	3	4
		Yes			No	
18	Have any of the above problems interfered with getting along with friends?	1			0	
19	Have they interfered with getting along with family?	1			0	
20	Have they interfered with your schoolwork?	1			0	
21	Have they interfered with anything else that is important to you (hobbies, other relationships)?	1			0	
22	Have they interfered with your general happiness?	1			0	

**Developer Reference:**

Cloitre, M., Shevlin, M., Brewin, C. R., Bisson, J. I., Roberts, N. P., Maercker, A., ... Hyland, P. (2018). The International Trauma Questionnaire: Development of a self-report measure of ICD-11 PTSD and complex PTSD. *Acta psychiatrica Scandinavica*, 138(6), 536–546.

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