

Name: _____

Complex Trauma Screener (CTS)

A. Have you ever had experiences where you felt horrified, very afraid, and/or helpless?	
Yes (1)	No (0)
B. – Have you had experiences that others might label as traumatic?	
Yes (1)	No (0)

If you answered “Yes (1)” to either A or B above, please continue with this questionnaire.				
In the past month, how much have you been bothered by:				
	Not at all	A little bit	Quite a bit	Very much
1. Bad dreams about the experiences or strong memories in which you felt like they were happening again	0	1	2	3
2. Trying not to think about the experiences or staying away from things, people or places that remind you of them	0	1	2	3
3. Being very watchful or easily startled (“jumpy”)	0	1	2	3
4. Having trouble feeling happy or feeling detached from things around you	0	1	2	3
5. Acting reckless, or being too emotional or aggressive	0	1	2	3
6. Feeling worthless or blaming yourself for the traumatic experiences	0	1	2	3
7. Feeling lonely, misunderstood, or unable to connect with others	0	1	2	3

Complex Trauma Screener (CTS) Scoring Procedures

Posttraumatic Stress Disorder (PTSD) subscale = $Q1 + Q2 + Q3$

Disturbances in Self-Organization (DSO) subscale = $Q4 + Q5 + Q6 + Q7$

Complex PTSD scale = PTSD + DSO

Note: Empirically-derived interpretation guidelines are currently under development. Until these guidelines are published, here are 2 potential ways to interpret the CTS:

1. PTSD scores greater than or equal to 4 and CPTSD scores greater than or equal to 10 suggest the respondent should be further evaluated for a trauma disorder.
2. Respondents who score at least a 1 (“A little bit”) on each of the three PTSD items or six of the seven CPTSD items should be further evaluated for a trauma disorder.