

Posttraumatic Cognitions Inventory (PCTI)

We are interested in the kind of thoughts which you may have had after a traumatic experience.

1) Please read each statement carefully and tell us how much you AGREE or DISAGREE with each statement. People react to traumatic events in many different ways. There are no right or wrong answers to these statements.

Continue

2) The event happened because of the way I acted.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

3) I can't trust that I will do the right thing.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

4) I am a weak person.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

5) I will not be able to control my anger and will do something terrible.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

6) I can't deal with even the slightest upset.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

7) I used to be a happy person but now I am always miserable.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

8) People can't be trusted.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

9) I have to be on guard all the time.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

10) I feel dead inside.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

11) You can never know who will harm you.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

12) I have to be especially careful because you never know what can happen next.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

13) I am inadequate.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

14) If I think about the event, I will not be able to handle it.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

15) The event happened to me because of the sort of person I am.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

16) My reactions since the event mean that I am going crazy.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

17) I will never be able to feel normal emotions again.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

18) The world is a dangerous place.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

19) Somebody else would have stopped the event from happening.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

20) I have permanently changed for the worse.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

21) I feel like an object, not like a person.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

22) Somebody else would not have gotten into this situation.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

23) I can't rely on other people.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

24) I feel isolated and set apart from others.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

25) I have no future.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

26) I can't stop bad things from happening to me.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

27) People are not what they seem.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

28) My life has been destroyed by the trauma.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

29) There is something wrong with me as a person.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree

30) My reactions since the event show that I am a lousy copier.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

31) There is something about me that made the event happen.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

32) I feel like I don't know myself anymore.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

33) I can't rely on myself.

- Totally disagree
 - Disagree very much
 - Disagree slightly
 - Neutral
 - Agree slightly
 - Agree very much
 - Totally agree
-

34) Nothing good can happen to me anymore.

- Totally disagree
- Disagree very much
- Disagree slightly
- Neutral
- Agree slightly
- Agree very much
- Totally agree