

The Trauma Screening Questionnaire¹ (TSQ) is a brief 10-item self-report measure designed to screen for posttraumatic stress disorder (PTSD). Each item is derived from the DSM-IV² criteria and describes either a reexperiencing symptom of PTSD (items 1 through 5) or an arousal symptom of PTSD (items 6 through 10). Avoidance and numbing symptoms, though also listed in the DSM-IV criteria, were not included in the TSQ in keeping with the authors' goal of creating a useful screening instrument that was "short and contain[ed] the minimum number of items necessary for accurate case identification."¹ The lead author states that "what the TSQ gains in simplicity and clarity more than compensates for the absence of symptoms that may be difficult to understand and judgements that may be difficult to make."³ Preliminary psychometric data⁴ from 2 samples (rail crash survivors and crime victims) indicate that, for PTSD screening purposes, the TSQ enables excellent levels of prediction (see *Scoring and Interpretation*, below).

Trauma Screening Questionnaire

Your Own Reactions Now to the Traumatic Event

Please consider the following reactions which sometimes occur after a traumatic event. This questionnaire is concerned with your personal reactions to the traumatic event which happened a few weeks ago. Please indicate whether or not you have experienced any of the following AT LEAST TWICE IN THE PAST WEEK:

	YES, AT LEAST TWICE IN THE PAST WEEK	NO
1. Upsetting thoughts or memories about the event that have come into your mind against your will		
2. Upsetting dreams about the event		
3. Acting or feeling as though the event were happening again		
4. Feeling upset by reminders of the event		
5. Bodily reactions (such as fast heartbeat, stomach churning, sweateness, dizziness) when reminded of the event		
6. Difficulty falling or staying asleep		
7. Irritability or outbursts of anger		
8. Difficulty concentrating		
9. Heightened awareness of potential dangers to yourself and others		
10. Being jumpy or being startled at something unexpected		

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Scoring and Interpretation: The authors suggest administering the TSQ at least 3 weeks after the traumatic event "to allow for natural recovery processes." An optimal cutoff point was found to be a YES response to *at least* 6 reexperiencing or arousal symptom items, in any combination. A PTSD diagnosis was present in 86% of individuals in the rail crash survivors sample and 91% of those in the crime victims sample who made a YES response to *at least* 6 reexperiencing or arousal symptom items, in any combination. A PTSD diagnosis was *not* present in 93% of individuals in the rail crash survivors sample and 92% of those in the crime victims sample who made a YES response to *fewer than* 6 reexperiencing or arousal symptom items, in any combination.

¹Brewin CR, Rose S, Andrews B, Green J, Tata P, McEvedy C, Turner S, & Foa EB. Brief screening instrument for post-traumatic stress disorder. *British Journal of Psychiatry*, 181:158-162, 2002.

²Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV), Washington DC: American Psychiatric Association, 1994.

³Brewin CR. *British Journal of Psychiatry*, 181:535, 2002. [Correspondence]

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