

**RESOURCES FOR ASSESSING TRAUMA, ATTACHMENT for Adult Clients**

Table of Resources for Clinical Practice by Allison Sampson, PhD

FOCUS AREA	MEASURE/ASSESSMENT	PURPOSE	RESOURCE
<b>Trauma Screening Tools</b>			
<b>Adverse Childhood Experiences</b>	ACE measure	<p>Kaiser Permanente's Department of Preventative Medicine in San Diego in collaboration with the US Centers of Disease Control and Prevention (CDC)</p> <p>Looks at how ACE factors are a major public health risk factor for many medical and mental health conditions</p> <p>Free Questionnaires</p>	<p><a href="http://www.cdc.gov/ace/pyramid.htm">http://www.cdc.gov/ace/pyramid.htm</a></p>
		ACE Measure	<p><a href="http://www.cestudy.org/files/AR-V1N4.pdf">http://www.cestudy.org/files/AR-V1N4.pdf</a></p>
		ACE website (under construction)	<p><a href="http://www.cestudy.org/">http://www.cestudy.org/</a></p>
<b>Trauma Screening Questionnaire</b>	TSQ measure	<p>The TSQ is a 10-item symptom screen that was designed for use with survivors of all types of traumatic stress. The TSQ is based on items from the PTSD Symptom Scale – Self Report (PSS-SR; Foa et al., 1993) and has 5 re-experiencing items and 5 arousal items. Respondents are asked to endorse those items that they have experienced at least twice in the past week. Brewin et al. (2002) considered the screen “positive” when at least 6 items were endorsed. The authors recommended that screening be conducted 3-4 weeks post-trauma to allow for normal recovery processes to take place. Those screening positive should then be assessed with a structured interview for PTSD.</p>	<p><a href="mailto:c.brewin@ucl.ac.uk">c.brewin@ucl.ac.uk</a></p>

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<b>Trauma Screening</b>	Life Events Checklist	<p>The Life Events Checklist (LEC) is a brief, 17-item, self-report measure designed to screen for potentially traumatic events in a respondent's lifetime. The LEC assesses exposure to 16 events known to potentially result in PTSD or distress and includes one item assessing any other extraordinarily stressful event not captured in the first 16 items. For each item, the respondent checks whether the event (a) happened to them personally, (b) they witnessed the event, (c) they learned about the event, (d) they are not sure if the item applies to them, and (e) the item does not apply to them.</p> <p>The LEC was developed concurrently with the Clinician Administered PTSD Scale (CAPS) and is administered before the CAPS.</p>	<a href="http://www.ptsd.va.gov/professional/pages/assessments/life_events_checklist.asp">http://www.ptsd.va.gov/professional/pages/assessments/life_events_checklist.asp</a>
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<b>Trauma Assessment Measures</b>			
<b>Trauma</b>	TSI (Trauma Symptom Inventory)	Need to assess trauma and symptoms to best address them	<a href="http://www.johnbriere.com/tsi.htm">http://www.johnbriere.com/tsi.htm</a>
		<p>The TSI is a global measure of trauma sequelae; items are not keyed to a specific traumatic event. It is a 100-item self-report measure of posttraumatic stress and other psychological sequelae of traumatic events. Respondents are asked to rate how often each symptom has happened to them in the past 6 months. Items are rated on a 4-point frequency scale ranging from 0 ("never") to 3 ("often").</p>	<a href="http://www.johnbriere.com/psych_tests.htm">http://www.johnbriere.com/psych_tests.htm</a>
		<p>The TSI has 10 clinical scales that assess a variety of symptom domains related to trauma: Anxious Arousal, Depression, Anger/Irritability, Intrusive Experiences, Defensive Avoidance, Dissociation, Sexual Concerns, Dysfunctional Sexual Behavior, Impaired Self-reference, and Tension Reduction Behavior. The TSI also includes 3 validity scales that may be useful in identifying response tendencies that would invalidate the test results. These scales assess Atypical Responses, Response Level (very low reporting), and Inconsistent Responses.</p>	<a href="http://www.ptsd.va.gov/professional/pages/assessments/tsi.asp">http://www.ptsd.va.gov/professional/pages/assessments/tsi.asp</a>
			<a href="http://www4.parinc.com/Products/Product.aspx?ProductID=TSI-2#Items">http://www4.parinc.com/Products/Product.aspx?ProductID=TSI-2#Items</a>

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<b>Trauma</b>	Clinician Administered PTSD Scale	<p>The CAPS is the gold standard in PTSD assessment. The CAPS is a 30-item structured interview that corresponds to the DSM-IV criteria for PTSD. The CAPS can be used to make a current (past month) or lifetime diagnosis of PTSD or to assesses symptoms over the past week. In addition to assessing the 17 PTSD symptoms, questions target the impact of symptoms on social and occupational functioning, improvement in symptoms since a previous CAPS administration, overall response validity, overall PTSD severity, and frequency and intensity of five associated symptoms (guilt over acts, survivor guilt, gaps in awareness, depersonalization, and derealization). For each item, standardized questions and probes are provided. As part of the trauma assessment (Criterion A), the Life Events Checklist (LEC) is used to identify traumatic stressors experienced. CAPS items are asked in reference to up to three traumatic stressors.</p> <p>The CAPS was designed to be administered by clinicians. Full interview takes 45-60 minutes to administer, but it is not necessary to administer all parts (e.g., associated symptoms).</p>	<p><a href="http://www.ptsd.va.gov/professional/pages/assessments/caps.asp">http://www.ptsd.va.gov/professional/pages/assessments/caps.asp</a></p>
	PTSD Checklist (PCL) (over age of 15)		<p><a href="http://www.ptsd.va.gov/professional/pages/assessments/ptsd-checklist.asp">http://www.ptsd.va.gov/professional/pages/assessments/ptsd-checklist.asp</a></p> <p><a href="http://www.mirecc.va.gov/docs/visn6/3_PTSD_CheckList_and_Scoring.pdf">http://www.mirecc.va.gov/docs/visn6/3_PTSD_CheckList_and_Scoring.pdf</a></p>

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<b>Trauma Resiliency</b>	Post Traumatic Growth Inventory (PTGI)	More and more we are learning to measure strengths and resiliency factors and learning to bolster these factors in our clients, this measure can be used to assess positive attributes that clients and caregivers have through the experience of a trauma	<a href="http://cust-cf.apa.org/ptgi/">http://cust-cf.apa.org/ptgi/</a>
<b>Attachment Measures</b>			
<b>Anxiety/Avoidance in Relationship</b>	Adults: ECR-R	Supports “measuring” or assessing the types of attachment styles adults and possibly adolescents have using a four categorical model: Secure; Preoccupied; Dismissing; and Fearful	<a href="http://www.psych.uiuc.edu/~rcfraley/measures/ecrr.htm">http://www.psych.uiuc.edu/~rcfraley/measures/ecrr.htm</a>
		Actual ECR-R measure	<a href="http://www.psych.uiuc.edu/~rcfraley/measures/ecrritems.htm">http://www.psych.uiuc.edu/~rcfraley/measures/ecrritems.htm</a>
		Information about scoring ECR-R measure	<a href="http://www.psych.uiuc.edu/~rcfraley/measures/measures.html">http://www.psych.uiuc.edu/~rcfraley/measures/measures.html</a>
	Adults: AAI	The Adult Attachment Interview was developed to assess attachment styles in adults. During the AAI, the participant is asked to provide five adjectives that describe each parent and an example of an episode that illustrates each adjective.	<a href="http://www.patcrittenden.com/incluide/adult_attachment_interview.htm">http://www.patcrittenden.com/incluide/adult_attachment_interview.htm</a>  <b>Information on the AAI and training in administering it</b>

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	Adults: AAI	<p>Interviewers inquire about the following:</p> <ul style="list-style-type: none"> <li>■ How caregivers responded to them when s/he was upset;</li> <li>■ Whether caregiver threatened her/him;</li> <li>■ Whether s/he felt rejected;</li> <li>■ Explanation for caregivers behavior;</li> <li>■ Affect of these childhood experiences on her/his adult personality</li> </ul> <p>(George, Kaplan, &amp; Main, 1984)</p>	<p><a href="http://www.patcrittenden.com/include/courses.htm">http://www.patcrittenden.com/include/courses.htm</a></p> <p><b>Measures across the LifeSpan for attachment including the AAI</b></p>
	Adult Attachment Projective Picture System	<p>A measure that takes less intensive training and was designed to assess the same adult attachment patterns as the AAI</p> <ul style="list-style-type: none"> <li>- 8 pictures</li> <li>- Agency of Self</li> <li>- Connectedness</li> <li>- Synchrony</li> <li>- Attachment Defensive processes</li> </ul>	<p><a href="http://attachmentprojective.com/background/">http://attachmentprojective.com/background/</a></p>
	Trauma and Attachment Belief Scale (TABS)	<p>The TABS is the revised version of the Traumatic Stress Institute (TSI) Belief Scale and was designed for use with individuals who have experienced traumatic events. However, it has also been used by researchers to assess the effects of vicarious traumatization. It assesses beliefs/cognitive schema in five areas that may be affected by traumatic experiences: 1) Safety, 2) Trust, 3) Esteem, 4) Intimacy, and 5) Control.</p> <p>The measure yields a total TABS score and scores on ten subscales: 1) Self-Safety, 2) Other-Safety, 3) Self Trust, 4) Other-Trust, 5) Self-Esteem, 6) Other-Esteem, 7) Self-Intimacy, 8) Other-Intimacy, 9) Self-Control, and 10) Other-Control.</p>	<p><a href="http://www.nctsn.org/content/trauma-and-attachment-belief-scale-tabs">http://www.nctsn.org/content/trauma-and-attachment-belief-scale-tabs</a></p> <p><a href="http://portal.wpspublish.com/portal/page?_pageid=53,70476&amp;_dad=portal&amp;_schema=PORTAL">http://portal.wpspublish.com/portal/page?_pageid=53,70476&amp;_dad=portal&amp;_schema=PORTAL</a></p>

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	Trauma and Attachment Belief Scale (TABS)	The TABS can "help identify possible trauma history, psychological themes in trauma materials, document progress in treatment, and help direct clinicians focus their treatment" (Pearlman, 2003).	
<b>Cognitive Distortions</b>			
	Tennessee Self Concept Scale (TSCS-2)	Widely used self-esteem scale, includes 15 scales. Includes 6 scales of self-concept (physical, moral, personal, family, social and academic/work) and a total self-concept score.	<a href="http://portal.wpspublish.com/portal/page? pageid=53,70247&amp; dad=portal&amp; schema=PORTAL">http://portal.wpspublish.com/portal/page? pageid=53,70247&amp; dad=portal&amp; schema=PORTAL</a>
	Cognitive Distortion Scale (CDS)	Includes 40 items and focuses on 5 types of cognitive distortions: <b>Self-Criticism (SC)</b> —Low self-esteem and self-devaluation as expressed in the tendency to criticize or devalue oneself.  <b>Self-Blame (SB)</b> —Extent to which the respondent blames himself or herself for negative, unwanted events in his or her life, including events outside the respondent's control.  <b>Helplessness (HLP)</b> —Perception of being unable to control important aspects of one's life.  <b>Hopelessness (HOP)</b> —Extent to which the respondent believes that the future is bleak and that he or she is destined to fail <b>Preoccupation With Danger (PWD)</b> —Tendency to view the world, especially the interpersonal domain, as a dangerous place.	<a href="http://www4.parinc.com/Products/Product.aspx?ProductID=COG-DS">http://www4.parinc.com/Products/Product.aspx?ProductID=COG-DS</a>

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**NOTES:**