

Instructions for the CTI

(First, administer the Trauma History Screen [Carlson et al., 2011] or equivalent trauma history questionnaire)

After reading each symptom, think about how **ALL** the traumatic experience(s) you previously identified affected you within the past month. Please indicate (circle) how intense the following symptoms are **AND** how often you experienced the following symptoms **within the past month**:

Symptoms	Intensity					Frequency					Severity
	When you experience the symptom(s), how much do they bother you? (Note: Select "0" if it has not happened in the past month)					How often have the symptoms bothered you within the past month?					Average the Intensity and Frequency Scores
	Not at all	A little bit	Moderately	Quite a bit	Extremely	None	1-2 times a month	1-2 times a week	3-5 times a week	Daily or almost daily	(Intensity + Frequency)/2
1. Having bad dreams or nightmares about the traumatic event(s)	0	1	2	3	4	0	1	2	3	4	
2. Having to not talk/think about stressful experience(s) to minimize negative feelings	0	1	2	3	4	0	1	2	3	4	
3. Being "superalert" or on guard/watchful	0	1	2	3	4	0	1	2	3	4	
4. Being sensitive or having feelings easily hurt	0	1	2	3	4	0	1	2	3	4	
5. Feeling defeated or worthless	0	1	2	3	4	0	1	2	3	4	
6. Feeling distant from other people	0	1	2	3	4	0	1	2	3	4	
7. Feeling or acting as if you were reliving stressful experience(s) again	0	1	2	3	4	0	1	2	3	4	
8. Trying not to think about the traumatic experience(s)	0	1	2	3	4	0	1	2	3	4	
9. Feeling like you have to watch for dangers or threats	0	1	2	3	4	0	1	2	3	4	
10. Difficulty experiencing positive emotions (ex. unable to feel happy or feel love towards people close to you)	0	1	2	3	4	0	1	2	3	4	

	Not at all	A little bit	Moderately	Quite a bit	Extremely	Never	1-2 times a month	1-2 times a week	3-5 times a week	Daily or almost daily	(Intensity + Frequency)/2
11. Feeling that you are bad or that something is wrong with you	0	1	2	3	4	0	1	2	3	4	
12. Having difficulty maintaining relationships with other people	0	1	2	3	4	0	1	2	3	4	
13. Experiencing physical reactions when reminded of stressful experience(s) (ex. heart pounding, sweating, difficulty breathing)	0	1	2	3	4	0	1	2	3	4	
14. Trying to stay away from people, places or activities that remind you of the traumatic experience(s)	0	1	2	3	4	0	1	2	3	4	
15. Being easily startled or "jumpy"	0	1	2	3	4	0	1	2	3	4	
16. Feeling unreal as if living in a dream	0	1	2	3	4	0	1	2	3	4	
17. Blaming yourself for the stressful experience(s) or consequences of the stressful experience(s)	0	1	2	3	4	0	1	2	3	4	
18. Feeling isolated from other people	0	1	2	3	4	0	1	2	3	4	
19. Having outbursts of anger or irritable behavior	0	1	2	3	4	0	1	2	3	4	
20. Deliberately trying to hurt yourself (ex. cutting, scratching, biting or burning yourself) or put yourself in dangerous situations	0	1	2	3	4	0	1	2	3	4	

Complex Trauma Inventory (CTI) Scoring Procedures

1. Average the Intensity and Frequency scores to create the Severity Scores (Range is 0 – 4)
2. Average the following Severity Scores together to create six subscales:

Subscales	Calculating Subscale Averages
Reexperiencing (RE)	(Item 1 + Item 7 + Item 13)/3 = (+ +)/3 =
Avoidance (AV)	(Item 2 + Item 8 + Item 14)/3 = (+ +)/3 =
Sense of Threat (SOT)	(Item 3 + Item 9 + Item 15)/3 = (+ +)/3 =
Affect Dysregulation (AD)	(Item 4 + Item 10 + Item 16 + Item 19 + Item 20)/5 = (+ + + +)/5 =
Negative Self-Concept (NSC)	(Item 5 + Item 11 + Item 17)/3 = (+ +)/3 =
Disturbances in Relationships (DR)	(Item 6 + Item 12 + Item 18)/3 = (+ +)/3 =

3. Average the following subscales together to create the ICD-11-consistent, second-order composite scores:

Composite Scores	Calculating Composite Scores
Posttraumatic Stress Disorder (PTSD)	(RE + AV + SOT)/3 = (+ +)/3 =
Disturbances in Self-Organization (DSO)	(AD + NSC + DR)/3 = (+ +)/3 =
Complex PTSD	(PTSD + DSO)/2 = (+)/2 =

Note: Empirically-derived interpretation guidelines are currently under development. Also, clinicians may find it useful to monitor intensity and frequency scores across time to track progress and changes diluted by the severity scoring procedure.

Reference in APA Format:

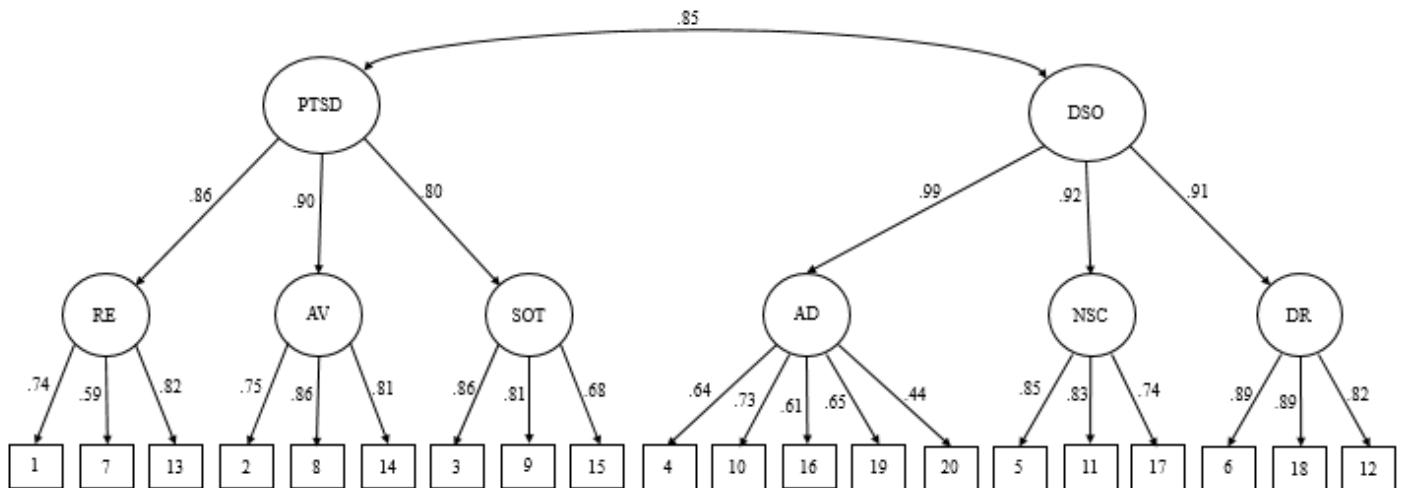
Litvin, J. M., Kaminski, P. L., & Riggs, S. A. (2017). The complex trauma inventory: A self-report measure of posttraumatic stress disorder and complex posttraumatic stress disorder. *Journal of Traumatic Stress, 30*(6), 602-613. doi: 10.1002/jts.22231

Psychometric Information

Abstract from Litvin, Kaminski, and Riggs (2017)

The work group editing trauma disorders for the International Classification of Diseases (ICD-11) made several changes (Maercker et al., 2013). Specifically, they simplified the criteria for posttraumatic stress disorder (PTSD) and added a new trauma disorder called “complex PTSD” (CPTSD). These proposed changes to taxonomy require new instruments to assess these novel constructs. We developed a measure of PTSD and CPTSD (The Complex Trauma Inventory; CTI) according to the proposed domains, creating several items to assess each domain. We examined the factor structure of the CTI in two separate samples of diverse college students ($n_1 = 391$; $n_2 = 391$) who reported exposure to at least one traumatic event and at least occasional functional impairment. After reducing the original 50 items to 20 items, confirmatory factor analyses supported two highly-correlated second-order factors (PTSD and Disturbances in Self-Organization; DSO), with PTSD (i.e., Reexperiencing, Avoidance, Sense of Threat) and DSO (i.e., Affect Dysregulation, Negative Self-Concept and Disturbances in Relationships) each loading on three of the six ICD-11-consistent first-order factors (RMSEA = .056 [.048-.064], CFI = .956, TLI = .948, SRMR = .043, BIC = 641.55, $\chi^2 = 361.02$ [163], $p < .001$). Internal consistencies for PTSD and DSO were good to excellent ($\alpha = .89$ -.92). Supplementary analyses supported the **gender invariance** of the CFA model, as well as **convergent and discriminant validity** of the CTI. The validity of the CTI supports the distinction between CPTSD and PTSD. Moreover, the CTI will assist clinicians with diagnosis, symptom tracking, treatment planning, and assessing outcomes.

Complex Trauma Inventory (CTI) Factor Structure



Adapted from *Figure 2* in Litvin, Kaminski, & Riggs (2017).

Standardized parameter latent variable (LV) loadings and LV correlation for the preferred confirmatory factor analysis model (Model 4). For simplicity, the error terms of endogenous and observed variables are not displayed. **The numbers in the boxes refer to the items on the Complex Trauma Inventory (CTI).** PTSD = Posttraumatic Stress Disorder; CPTSD = Complex PTSD; DSO = Disturbances in Self-Organization; RE = Reexperiencing; AV = Avoidance; SOT = Sense of Threat; AD = Affect Dysregulation; NSC = Negative Self-Concept; DR = Disturbances in Relationships.

Cronbach's alphas

When examining the internal consistencies of PTSD (.89), DSO (.92), RE (.78), AV (.84), SOT (.82), AD (.76), NSC (.84), and DR (.89) in the total sample, the Cronbach's alphas ranged from acceptable to excellent.