**CHILD TRAUMA QUESTIONAIRE (CTQ) – SHORT FORM**

These questions ask about some of your experiences growing up as a child and a teenager. For each question, circle (or select in any other way if completing online) the number that best describes how you feel. Although some of these questions are of a personal nature, please try to answer as honestly as you can. Your answers will be kept confidential.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Q** | **QUESTION** | **NEVER TRUE** | **RARELY TRUE** | **SOMETIMES TRUE** | **OFTEN TRUE** | **VERY OFTEN TRUE** |
| **When I was growing up** | | | | | | |
| 1 | I didn't have enough to eat. | 1 | 2 | 3 | 4 | 5 |
| 2 | I knew that there was someone to take care of me and protect me. | 1 | 2 | 3 | 4 | 5 |
| 3 | People in my family called me things like "stupid", "lazy", or "ugly". | 1 | 2 | 3 | 4 | 5 |
| 4 | My parents were too drunk or high to take care of the family. | 1 | 2 | 3 | 4 | 5 |
| 5 | There was someone in my family who helped me feel important or special | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 6 | I had to wear dirty clothes | 1 | 2 | 3 | 4 | 5 |
| 7 | I felt loved. | 1 | 2 | 3 | 4 | 5 |
| 8 | I thought that my parents wished I had never been born | 1 | 2 | 3 | 4 | 5 |
| 9 | I got hit so hard by someone in my family that I had to see a doctor or go to the hospital. | 1 | 2 | 3 | 4 | 5 |
| 10 | There was nothing I wanted to change about my family. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 11 | People in my family hit me so hard that it left me with bruises or marks. | 1 | 2 | 3 | 4 | 5 |
| 12 | I was punished with a belt, a board, a cord (or some other hard object). | 1 | 2 | 3 | 4 | 5 |
| 13 | People in my family looked out for each other. | 1 | 2 | 3 | 4 | 5 |
| 14 | People in my family said hurtful or insulting things to me. | 1 | 2 | 3 | 4 | 5 |
| 15 | I believe that I was physically abused. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 16 | I had the perfect childhood. | 1 | 2 | 3 | 4 | 5 |
| 17 | I got hit or beaten so badly that it was noticed by someone like a teacher, neighbour, or doctor. | 1 | 2 | 3 | 4 | 5 |
| 18 | Someone in my family hated me. | 1 | 2 | 3 | 4 | 5 |
| 19 | People in my family felt close to each other. | 1 | 2 | 3 | 4 | 5 |
| 20 | Someone tried to touch me in a sexual way or tried to make me touch them. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 21 | Someone threatened to hurt me or tell lies about me unless I did something sexual with them. | 1 | 2 | 3 | 4 | 5 |
| 22 | I had the best family in the world. | 1 | 2 | 3 | 4 | 5 |
| 23 | Someone tried to make me do sexual things or watch sexual things. | 1 | 2 | 3 | 4 | 5 |
| 24 | Someone molested me (took advantage of me sexually). | 1 | 2 | 3 | 4 | 5 |
| 25 | I believe that I was emotionally abused. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 26 | There was someone to take me to the doctor if I needed it | 1 | 2 | 3 | 4 | 5 |
| 27 | I believe that I was sexually abused. | 1 | 2 | 3 | 4 | 5 |
| 28 | My family was a source of strength and support. | 1 | 2 | 3 | 4 | 5 |

Copyright (1995) David P. Bernstein (Berstein et al., 2003)

Re-designed retaining exact same contact as original by Tor Alexander Bruce (2019) for use in academic studies

**Childhood Trauma Questionnaire (28 item Short Form) Scoring Instructions**

**Copyright 1996 David P. Bernstein, Ph.D.**

**Instructions:** To compute CTQ clinical scale scores, fill in the blanks with item raw scores, then sum the item scores for each scale.  All items with an asterisk (\*) must be reverse coded before summing: 1=5, 2=4, 3=3, 4=2, 5=1.  All clinical scales have a possible range of 5 to 25.

            Emotional        Physical           Sexual             Emotional        Physical

            Abuse              Abuse              Abuse              Neglect            Neglect

              3.\_\_\_\_             9.\_\_\_\_           20.\_\_\_\_             \*5.\_\_\_\_             1.\_\_\_\_

              8.\_\_\_\_           11.\_\_\_\_           21.\_\_\_\_             \*7.\_\_\_\_           \*2.\_\_\_\_

            14.\_\_\_\_           12.\_\_\_\_           23.\_\_\_\_           \*13.\_\_\_\_             4.\_\_\_\_

            18.\_\_\_\_           15.\_\_\_\_           24.\_\_\_\_           \*19.\_\_\_\_             6.\_\_\_\_

            25.\_\_\_\_           17.\_\_\_\_           27.\_\_\_\_           \*28.\_\_\_\_         \*26.\_\_\_\_

            sum\_\_\_\_          sum\_\_\_\_          sum\_\_\_\_          sum\_\_\_\_          sum\_\_\_\_

To compute the score for the Minimization/Denial validity scale, give one point for each item given a response of “5” (“Very often true”).  The Minimization/Denial scale has a possible range of 0 to 3.

                                                Minimization/Denial

                                                10.\_\_\_\_

                                                16\_\_\_\_\_

                                                22.\_\_\_\_

                                                sum\_\_\_\_