

ITQ Clinician Scoring Directions

Companion cover for the attached **Clinician Scoring Sheet** and two-page **Client Questionnaire**

Packet order: these directions → clinician scoring sheet → client questionnaire (two pages). Give the questionnaire to the client; then transfer and score responses on the clinician sheet. Keep every response anchored to the same identified experience throughout.

First: keep the scoring rule consistent.

This packet uses the threshold printed on the attached clinician scoring sheet: **ENDORSED = 2 OR HIGHER** — **Moderately, Quite a bit, or Extremely**. Apply that rule to every symptom and functional-impairment item. Here, “Moderately” is the difference between a checked box and an unchecked box.

Score in this order

1 Check the form.	Confirm that the client completed both questionnaire pages , selected one index experience, and used the 0–4 response scale. P1–P9 concern the past month; C1–C6 concern typical patterns; C7–C9 ask about past-month functional impact.
2 Mark each cluster.	A symptom cluster is met when either item in its pair is ≥2 . Example: P1 = 1 and P2 = 2 means Re-experiencing is met. Do not average the pair. Do not require both items.
3 Score impairment separately.	PTSD impairment: one or more of P7–P9 is ≥2. DSO impairment: one or more of C7–C9 is ≥2. The two impairment sets are not interchangeable.
4 Apply the algorithm.	Use the checked boxes on the clinician sheet to determine the provisional ITQ result . Then calculate dimensional scores as a description of symptom burden — not as a diagnostic cut-off.

Provisional diagnostic result

PTSD: Re-experiencing + Avoidance + Sense of Threat + PTSD functional impairment are all met; DSO is not fully met.

CPTSD: PTSD criteria are met *and* Affective Dysregulation + Negative Self-Concept + Disturbed Relationships + DSO functional impairment are all met.

Neither: PTSD criteria are incomplete, or DSO criteria are met without PTSD criteria. A person is classified as PTSD *or* CPTSD, not both.

Dimensional scores

PTSD score (0–24): P1 + P2; P3 + P4; P5 + P6; then add the three pair totals.

DSO score (0–24): C1 + C2; C3 + C4; C5 + C6; then add the three pair totals.

Do not include P7–P9 or C7–C9 in the dimensional totals. Do not use a total score as a diagnostic cut-off. Follow scores over time only when the same form, scoring rule, and clinical context are retained.

Document the result without letting the form do the whole job

Suggested note: “Client completed the 18-item ITQ in relation to [index experience]. The provisional self-report algorithm result was [PTSD / CPTSD / no ITQ PTSD or CPTSD result]. PTSD dimensional score: ___/24. DSO dimensional score: ___/24. Findings were reviewed within the broader trauma, differential-diagnostic, functional, and safety assessment.”

The ITQ supports a **provisional self-report assessment**; it does not substitute for clinical interview, diagnostic judgment, risk assessment, or a thoughtful formulation. A checklist has never met a nervous system. [2]

Sources and scope. The ITQ is an 18-item self-report measure for ICD-11 PTSD and CPTSD. [1][2] The official ITQ site advises against using cut-off totals to interpret responses; caseness is determined with the diagnostic algorithm. [3]

[1] Cloitre, M., et al. (2018). *The International Trauma Questionnaire: Development of a self-report measure of ICD-11 PTSD and complex PTSD*. *Acta Psychiatrica Scandinavica*, 138(6), 536–546. PMID 30178492. [2] U.S. Department of Veterans Affairs, National Center for PTSD. *International Trauma Questionnaire (ITQ)*. [3] *International Trauma Questionnaires*.

For qualified clinician use. This directions page supplements — and does not alter — the attached ITQ materials.

ITQ - Clinician Scoring Sheet

Diagnostic & Dimensional Scoring

Cloitre, Shevlin, Brewin, Bisson, Roberts, Maercker, Karatzias, & Hyland (2018)

Client: _____ Date: _____

Endorsement threshold: score ≥ 2 on any item

PTSD Diagnostic Scoring

Re-experiencing (Re_dx)

P1 or P2 ≥ 2

☐

Met

Avoidance (Av_dx)

P3 or P4 ≥ 2

☐

Met

Sense of Threat (Th_dx)

P5 or P6 ≥ 2

☐

Met

Functional Impairment (PTSDFI)

At least one of P7, P8, or P9 ≥ 2

☐

Met

PTSD Diagnosis:

Re_dx AND Av_dx AND Th_dx AND PTSDFI all met

☐

Met

DSO Diagnostic Scoring (for CPTSD)

Affective Dysregulation (AD_dx)

C1 or C2 ≥ 2

☐

Met

Negative Self-Concept (NSC_dx)

C3 or C4 ≥ 2

☐

Met

Disturbed Relationships (DR_dx)

C5 or C6 ≥ 2

☐

Met

Functional Impairment (DSOFI)

At least one of C7, C8, or C9 ≥ 2

☐

Met

CPTSD Diagnosis:

PTSD criteria met AND AD_dx AND NSC_dx AND DR_dx AND DSOFI all met

☐

Met

Note: A person receives either PTSD or CPTSD, not both.

Dimensional Scoring

Re-experiencing (Re)

P1 + P2 =

____ / 8

Avoidance (Av)

P3 + P4 =

____ / 8

Sense of Threat (Th)

P5 + P6 =

____ / 8

PTSD Score

Re + Av + Th =

____ / 24

Affective Dysreg. (AD)

C1 + C2 =

____ / 8

Negative Self-Concept (NSC)

C3 + C4 =

____ / 8

Disturbed Relationships (DR)

C5 + C6 =

____ / 8

DSO Score

AD + NSC + DR =

____ / 24

International Trauma Questionnaire (ITQ)

Client Questionnaire

Cloitre, Shevlin, Brewin, Bisson, Roberts, Maercker, Karatzias, & Hyland (2018)

Name: _____ Date: _____

Please identify the experience that troubles you most and answer the questions in relation to this experience.

Brief description of experience: _____

When did the experience occur? (circle one)

< 6 months

6-12 months

1-5 years

5-10 years

10-20 years

> 20 years

Not at all A little bit Moderately Quite a bit Extremely

PTSD Symptoms - In the past month:

Re-experiencing in the here and now

P1 Having upsetting dreams that replay part of the experience or are clearly related to the experience? ☐ ☐ ☐ ☐ ☐

P2 Having powerful images or memories that sometimes come into your mind in which you feel the experience is happening again in the here and now? ☐ ☐ ☐ ☐ ☐

Avoidance

P3 Avoiding internal reminders of the experience (for example, thoughts, feelings, or physical sensations)? ☐ ☐ ☐ ☐ ☐

P4 Avoiding external reminders of the experience (for example, people, places, conversations, objects, activities, or situations)? ☐ ☐ ☐ ☐ ☐

Sense of current threat

P5 Being "super-alert", watchful, or on guard? ☐ ☐ ☐ ☐ ☐

P6 Feeling jumpy or easily startled? ☐ ☐ ☐ ☐ ☐

In the past month have the above problems:

P7 Affected your relationships or social life? ☐ ☐ ☐ ☐ ☐

P8 Affected your work or ability to work? ☐ ☐ ☐ ☐ ☐

P9 Affected any other important part of your life such as parenting, or school or college work, or other important activities? ☐ ☐ ☐ ☐ ☐

International Trauma Questionnaire (ITQ)

Client Questionnaire - Page 2

Below are problems that people who have had stressful or traumatic events sometimes experience. The questions refer to ways you typically feel, ways you typically think about yourself and ways you typically relate to others.

Not at all A little bit Moderately Quite a bit Extremely

Disturbances in Self-Organization (DSO) - How true is this of you?

Affective Dysregulation

C1 When I am upset, it takes me a long time to calm down.

☐☐☐☐☐

C2 I feel numb or emotionally shut down.

☐☐☐☐☐

Negative Self-Concept

C3 I feel like a failure.

☐☐☐☐☐

C4 I feel worthless.

☐☐☐☐☐

Disturbances in Relationships

C5 I feel distant or cut off from people.

☐☐☐☐☐

C6 I find it hard to stay emotionally close to people.

☐☐☐☐☐

In the past month, have the above problems in emotions, in beliefs about yourself and in relationships:

C7 Created concern or distress about your relationships or social life?

☐☐☐☐☐

C8 Affected your work or ability to work?

☐☐☐☐☐

C9 Affected any other important parts of your life such as parenting, or school or college work, or other important activities?

☐☐☐☐☐