Assessment Tools--Examples
Trauma-informed assessments recognize that the traumas experienced by clients of the public mental health system
- constitute a core, life-shaping experience with complicated and shifting sequelae over the course of one’s life
- is not a discrete event with a definable course and relatively circumscribed time limits
- Cause impacts that may appear in multiple life domains that may not be apparently related to the traumatic event
In the context of a comprehensive mental health assessment, the trauma information may contribute to a formal diagnostic decision (Harris & Fallot).

The National Center for Post-Traumatic Stress Disorder (PTSD) is dedicated to research and education on trauma and PTSD. They work to assure that the latest research findings help those exposed to trauma. Their assessment overview is available at http://www.ptsd.va.gov/professional/assessment/overview/index.asp

Information on measures on this website is extensive and is available to everyone. However, the assessment tools themselves can only be distributed to qualified mental health professionals and researchers. A list of all measures is available (for children, adults).

Children with Serious Emotional Disturbance

University of California at Los Angeles Posttraumatic Stress Disorder Reaction Index (UCLA-PTSD RI)
To obtain the UCLA PTSD (Email/Website): HFinley@mednet.ucla.edu

This instrument assesses reactions to trauma in children and adolescents. It can be used as a self-report (completed on paper, suitable for one to one or group administration), or given verbally where questions are read to the child. The test has excellent psychometric properties, and has been used across a variety of trauma types, age ranges, settings, and cultures.

There are three versions: Child, Adolescent and Parent's Report. Questions match the DSM-IV criterion. Although the instrument was not designed to make a formal diagnosis, it can provide preliminary diagnostic information. In Part I, a brief review of the traumatic experience sets the stage for the subsequent questions, helps the child recall details of the traumatic event (Criterion A1). Part II includes questions related to A1 and A2 criteria which are scored "yes" or "no". Part III asks about the frequency of PTSD symptoms during the past month (rated from 0=none of the time to 4=most of the time). These items map directly onto the DSM-IV PTSD criterion B (intrusion), criterion C (avoidance / numbing), and criterion D (arousal). Twenty of these items assess PTSD symptoms; two additional items assess associated features--fear of recurrence and trauma-related guilt.
The test takes around 20-30 minutes to complete depending on age, reading ability and method of administration.

**Impact of Events Scale *8-Item Child/Adolescent Scale (IES-8)**
Available at:  
http://www.psicotraumatologia.com/impact_of_event_scale_bambini.htm
The IES-8 has probably been the most widely used measure of post-traumatic stress, with a focus on the classic avoidance and intrusion symptoms.

**Trauma Symptom Checklist for Children**
Psychological Assessment Resources website: http://www4.parinc.com

The TSCC measures severity of posttraumatic stress and related psychological symptomatology (anxiety, depression, anger, dissociation) in children ages 8-16 years who have experienced traumatic events, such as physical or sexual abuse, major loss, or natural disasters. Appropriate for individual or group administration.

**Trauma Symptom Checklist for Young Children**

The TSCYC is a 90-item caretaker-report instrument developed for the assessment of trauma-related symptoms in children ages 3-12. It contains two reporter validity scales and eight clinical scales. The scales allow a detailed evaluation of posttraumatic stress symptoms and a tentative PTSD diagnosis. It also provides information on other symptoms such as anxiety, depression, anger, and abnormal sexual behavior.

**Psychological Testing** is useful in differentiating diagnosis and in identifying the presence of trauma symptoms as well as the degree of functional impairment. Evaluation should include an assessment of cognitive and emotional development. The Trauma Symptom Checklist, Child Behavior Checklist (General behavioral measure), Clinicians Assessment of PTSD Symptoms – Child and Adolescent versions are useful adjunct tools.

**Adults with serious mental illness including older adults**

**Trauma Assessment for Adults - Self-report (TAA)**
http://www.istss.org/AM/Template.cfm?Section=TraumaAssessmentandDiagnosisSIG&Template=/CM/ContentDisplay.cfm&ContentID=3227

The 17-item self-report Trauma Assessment for Adults (TAA) examines different types of stressful life events. It assesses 14 life events such as combat exposure
during military service, physical or sexual assault, surviving a serious car accident, and others stressful events using a yes/no format. Each life event endorsed asks about presence of injury ("yes" or "no"), perception of danger ("yes" or "no"), and ages when it happened (first and last time). The TAA is appropriate for clinical or research purposes.

**Trauma Symptom Inventory (TSI)**
Psychological Assessment Resources, Inc.
Address: P.O. Box 998, Odessa, FL, 33556
Phone: 1-800-331-TEST

The TSI is used in the evaluation of acute and chronic posttraumatic symptomatology, including the effects of rape, spouse abuse, physical assault, combat experiences, major accidents, and natural disasters, as well as the lasting sequelae of childhood abuse and other early traumatic events. The various scales of the TSI assess a wide range of psychological impacts. These include not only symptoms typically associated with posttraumatic stress disorder (PTSD) or acute stress disorder (ASD), but also those intra- and interpersonal difficulties often associated with more chronic psychological trauma.