

# *posttraumatic cognitions inventory (pcti)*

*your name:*

*today's date:*

We are interested in the kind of thoughts which you may have had after a traumatic experience. Below are a number of statements that may or may not be representative of your thinking. Please read each statement carefully and tell us how much you AGREE or DISAGREE with each by putting the appropriate number between 1 & 7 in the box to the right of the statement. People react to traumatic events in many different ways. There are no right or wrong answers to these statements.

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
<i>totally disagree</i>	<i>disagree very much</i>	<i>disagree slightly</i>	<i>neutral</i>	<i>agree slightly</i>	<i>agree very much</i>	<i>totally agree</i>

1.	the event happened because of the way I acted	
2.	I can't trust that I will do the right thing	
3.	I am a weak person	
4.	I will not be able to control my anger and will do something terrible	
5.	I can't deal with even the slightest upset	
6.	I used to be a happy person but now I am always miserable.	
7.	people can't be trusted	
8.	I have to be on guard all the time	
9.	I feel dead inside	
10.	you can never know who will harm you	
11.	I have to be especially careful because you never know what can happen next	
12.	I am inadequate	
13.	if I think about the event, I will not be able to handle it	
14.	the event happened to me because of the sort of person I am	
15.	my reactions since the event mean that I am going crazy	
16.	I will never be able to feel normal emotions again	
17.	the world is a dangerous place	
18.	somebody else would have stopped the event from happening	
19.	I have permanently changed for the worse	
20.	I feel like an object, not like a person	
21.	somebody else would not have gotten into this situation	
22.	I can't rely on other people	
23.	I feel isolated and set apart from others	
24.	I have no future	
25.	I can't stop bad things from happening to me	
26.	people are not what they seem	
27.	my life has been destroyed by the trauma	
28.	there is something wrong with me as a person	
29.	my reactions since the event show that I am a lousy copper	
30.	there is something about me that made the event happen	
31.	I feel like I don't know myself anymore	
32.	I can't rely on myself	
33.	nothing good can happen to me anymore	

Note, the original version of this inventory contained a further three questions, but the authors described them as “experimental” and did not include scores for these questions in the total score.

***total score =***

The total score is simply the sum of the individual scores for the 33 statements. In Foa et al’s original paper (see below), the median score (with standard deviation) for non-traumatized subjects was 45.5 (34.8), for traumatized subjects without PTSD 49.0 (23.6) and for traumatized subjects with PTSD the median score was 133.0 (44.2) – see table below.

The inventory also yields three subscales – negative cognitions about the self (statements 2, 3, 4, 5, 6, 9, 12, 14, 16, 17, 20, 21, 24, 25, 26, 28, 29, 30, 33, 35 & 36), negative cognitions about the world (statements 7, 8, 10, 11, 18, 23 & 27) and self-blame (1, 15, 19, 22 & 31). To allow for the different numbers of statements making up each subscale, the scores are calculated by taking the total for the subscale and dividing it by the number of statements involved – giving an average score per statement for each subscale.

***negative cognitions about self score (total/21) =***

***negative cognitions about world score (total/7) =***

***self-blame (total/5) =***

	<i>no trauma</i>		<i>trauma but no ptsd</i>		<i>trauma with ptsd</i>	
	<i>median</i>	<i>sd</i>	<i>median</i>	<i>sd</i>	<i>median</i>	<i>sd</i>
<i>neg self</i>	<i>1.08</i>	<i>0.76</i>	<i>1.05</i>	<i>0.63</i>	<i>3.60</i>	<i>1.48</i>
<i>neg world</i>	<i>2.07</i>	<i>1.43</i>	<i>2.43</i>	<i>1.42</i>	<i>5.00</i>	<i>1.25</i>
<i>self-blame</i>	<i>1.00</i>	<i>1.45</i>	<i>1.00</i>	<i>1.02</i>	<i>3.20</i>	<i>1.74</i>
<i>total</i>	<i>45.50</i>	<i>34.76</i>	<i>49.00</i>	<i>23.52</i>	<i>133.00</i>	<i>44.17</i>

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Foa, E. B., A. Ehlers, et al. (1999). "The posttraumatic cognitions inventory (PTCI): Development and validation." *Psychological Assessment* **11**(3): 303-314. (Free full text available from <http://www.octc.co.uk/files/pdfs/PTCI.pdf>) This article describes the development and validation of a new measure of trauma-related thoughts and beliefs, the Posttraumatic Cognitions Inventory (PTCI), whose items were derived from clinical observations and current theories of post-trauma psychopathology. The PTCI was administered to 601 volunteers, 392 of whom had experienced a traumatic event and 170 of whom had moderate to severe posttraumatic stress disorder (PTSD). Principal-components analysis yielded 3 factors: Negative Cognitions About Self, Negative Cognitions About the World, and Self-Blame. The 3 factors showed excellent internal consistency and good test-retest reliability; correlated moderately to strongly with measures of PTSD severity, depression, and general anxiety; and discriminated well between traumatized individuals with and without PTSD. The PTCI compared favorably with other measures of trauma-related cognitions, especially in its superior ability to discriminate between traumatized individuals with and without PTSD.

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