

The Subjective Traumatic Outlook Questionnaire

Please think back upon the most stressful or traumatic event in your life and answer the following questions in an honest and sincere way, by circling a number from 1 to 5.

	Not at all	A little bit	Moderately	Much	Very Much
	1	2	3	4	5
1. Looking on your condition, do you feel that you suffer from psychological trauma?	1	2	3	4	5
2. Looking back, do you see a fracture line between your life before the event and after the event?	1	2	3	4	5
3. Do you feel that the event controls your life?	1	2	3	4	5
4. Parallel to your daily functioning, do you feel that there is a debilitated inner world that will never recuperate from the trauma?	1	2	3	4	5
5. Do you feel that since the traumatic event no one can understand what you are going through?	1	2	3	4	5

Note: Scoring of the STO is the sum of all the items.

>11 is consistent w/ PTSD