**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.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>totally disagree</td>
<td>disagree very much</td>
<td>disagree slightly</td>
<td>neutral</td>
<td>agree slightly</td>
<td>agree very much</td>
<td>totally agree</td>
</tr>
</tbody>
</table>

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 coper
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.

<table>
<thead>
<tr>
<th>Subscale</th>
<th>No Trauma</th>
<th>Trauma but No PTSD</th>
<th>Trauma with PTSD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Median</td>
<td>SD</td>
<td>Median</td>
</tr>
<tr>
<td>Neg Self</td>
<td>1.08</td>
<td>0.76</td>
<td>1.05</td>
</tr>
<tr>
<td>Neg World</td>
<td>2.07</td>
<td>1.43</td>
<td>2.43</td>
</tr>
<tr>
<td>Self-blame</td>
<td>1.00</td>
<td>1.45</td>
<td>1.00</td>
</tr>
<tr>
<td>Total</td>
<td>45.50</td>
<td>34.76</td>
<td>49.00</td>
</tr>
</tbody>
</table>


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.