

Trauma Assessment Measures

Standardized measures are an important tool to screen for history of abuse and trauma as well as to assess for level of emotional and behavioral symptoms in the child and caregiver. The use of standardized measures helps to:

- assess symptoms and pressing concerns;
- determine whether treatment is appropriate at this time;
- determine *what type* of treatment is best suited for this child/family;
- determine if trauma-focused treatment is indicated;
- develop the treatment plan and;
- assess progress in treatment over time

A variety of measures have been developed for these purposes. Section I below provides a list of measures that are brief, easy to administer and readily available. Section II provides some additional measures that may be useful for further assessment, depending on the needs of a particular child and family.

Section I: Brief Screening Measures

Trauma History and PTSD

UCLA PTSD-RI: screens for exposure to trauma and abuse. Clinical cut-off = 38

Steinberg, A. M., Brymer, M. J., Decker, K. B., & Pynoos, R. S. (2004). The University of California at Los Angeles Post-traumatic Stress Disorder Reaction Index. *Current Psychiatry Reports*, 6, 96-100.

Child PTSD Symptom Scale (CPSS): Assesses posttraumatic stress symptoms. Child version (7-18 years) valid and reliable; Parent version, no reliability and validity established.
12+ = clinical

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For more information on the CPSS: http://www.nctsnet.org/nccts/nav.do?pid=msr_detail&id=5

Depressive Symptoms

Moods and Feelings Questionnaire (MFQ): quick screening measure to assess depressive symptoms. (7-18 years).
11+ =clinical

Angold, A., Costello, E. J., Messer, S. C., Pickles, A., Winder, F., & Silver, D. (1995). The development of a short questionnaire for use in epidemiological studies of depression in children and adolescents. *International Journal of Methods in Psychiatric Research*, 5, 237 - 249.

Messer, S. C., Angold, A., Costello, E.J., Loeber, R., Van Kammen, W., & Stouthamer-Loeber, M. (1995). Development of a short questionnaire for use in epidemiological studies of depression in children and adolescents: Factor composition and structure across development. *International Journal of Methods in Psychiatric Research*, 5, 251-262.

Behavior Problems

Pediatric Symptom Checklist (PSC): Measures overall problems, externalizing, internalizing and attention problems. Parent completed for children 4-17 years.

Total Score	15 = clinical	(sum all 17 items; range: 0 - 34)
Internalizing	5 = clinical	(sum 5, 6, 9, 10, 11; range: 0 - 10)
Attention	7 = clinical	(sum 1, 2, 3, 4, 7; range: 0 - 10)
Externalizing	7 = clinical	(sum 8, 12, 13, 14, 15, 16, 17; range: 0 - 14)

Strengths & Difficulties Questionnaire: Brief screen for behavioral problems (ages 3-16)

For info: <http://www.sdqinfo.com/>

Alabama Parenting Questionnaire: assess the frequency of certain types of parenting behaviors. The domains assessed by this measure include: parental involvement, positive parenting, poor monitoring/supervision, inconsistent discipline, and use of corporal punishment. There are no cut-off scores. Instead the measure is used to get an idea of where parents 'fall' along the different domains to help identify areas of focus for treatment.

Essau, C. A., Sasagawa, S., & Frick, P.J. (2006). Psychometric properties of the Alabama Parenting Questionnaire. *Journal of Child and Family Studies, 15*, 597-616.

Frick, P.J., Christian, R.E., & Wootton, J.M. (1999). Age trends in the association between parenting practices and conduct problems. *Behavior Modification, 23(1)*, 106-128.

Shelton, K.K., Frick, P.J., & Wootton, J.M. (1996). Assessment of parenting practices in families of elementary school-age children. *Journal of Clinical Child Psychology, 25(3)*, 317-329.

Section II: Additional Assessment Measures

Note: This list is not intended to be exhaustive; it just provides suggestions for some additional measures to consider, depending on the needs of a particular child/family.

Children's Depression Inventory: measures depressive symptoms in children ages 8-13.

Kovacs, M. (1992). *Children's Depression Inventory manual*. North Tonawanda, NY: Multi-Health Systems.

Child Behavior Problems

Child Behavior Checklist (CBCL): measure of general behavioral and social maladjustment in children

Achenbach, T. M. (1991). *Manual for the Child Behavior Checklist/4-18 and 1991 Profile*. Burlington, VT: University of Vermont, Department of Psychiatry.

Eyberg Behavior Checklist (ECBI) (Boggs, Eyberg, & Reynolds, 1990). Measure of child disruptive behavior problems. Available in English and Spanish.

Trauma Symptom Checklist: measures trauma-related symptoms among children and adolescents (ages 8-18) (anger, anxiety, depression, dissociation, posttraumatic stress, and sexual concerns).

Briere, J. (1996). *Trauma Symptom Checklist for Children (TSCC)*. Odessa, FL: Psychological Assessment Resources.

Children's Sexual Behavior Inventory (CSBI) a 38-item, behavior checklist assessing sexual behavior in children 2-12 yrs old.

Friedrich, W.N., Fisher, J.L., Dittner, C. A., Acton, R., Berliner, L., Butler, J., Damon, L., Davies, W.H., Gray, A., & Wright, J. (2001). Child Sexual Behavior Inventory: Normative, psychiatric, and sexual abuse comparisons. *Child Maltreatment, 6*, 37-49.

Adult Assessment Measures

Brief Child Abuse Potential Inventory (CAPI): brief version of the Child Abuse Potential Inventory (CAP; Milner, 1986), which is the most widely used and researched predictive measure of parental child abuse risk.

Risk cut-off score = 9

Clinical Cut-off score =12

Ondersma, S.J., Chaffin, M.J., Mullins, S.M., LeBreton, J.M (2005). A brief form of the Child Abuse Potential Inventory: Development and Validation. *Journal of Clinical Child and Adolescent Psychology, 34*, 301-311.

The Brief Symptom Inventory- (BSI; Derogatis, 1993) – assess adult psychological function. Used as a brief screening tool for depression, anxiety, and somatization (Derogatis, 2000)

Derogatis, L. R. (1993). *The Brief Symptom Inventory (BSI): Administration, Scoring and Procedures Manual, 3rd Ed.* Minneapolis, MN: National Computer Systems.