

Trauma-Related Cognitions Scale

Direction: 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 statement using the following rating scale. People react to traumatic events in many different ways. There are no right or wrong answers to these statements.

<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>
1	2	3	4	5	6

01. I can trust my friends
02. I have no future
03. My life has been destroyed by the trauma
04. I knew better than to do what I did
05. The good things that happen in this world far outnumber the bad
06. I have made good and bad choices in life
07. Human nature is basically good
08. This event(s) could have been avoided
09. You never know when something terrible will happen
10. By and large, good people get what they deserve in this world
11. Some people can be trusted
12. I am a weak person
13. I am inadequate
14. I will get upset if someone pushes me too far
15. I am very satisfied with the kind of person I am
16. I blame myself for what happened
17. I did something that went against my values
18. Most people are basically caring
19. My reactions since the event mean that I am going crazy
20. It would not have happened if I would have been paying attention
21. I have lost my sense of freedom
22. I am a bad person
23. I should have known better
24. I will not be able to control my emotions, and something terrible will happen
25. Important people (such as parents, partner, friend) let this happen to me
26. It's as if my insides are dirty
27. I can't deal with even the slightest upset
28. People are basically kind and helpful
29. My emotions are typical of most people
30. Other people can be genuinely loving toward me
31. I hold myself responsible for what happened
32. Nothing good can happen to me anymore

33. Life is sometimes a gamble
34. If I think about the event, I will not be able to handle it
35. People will experience good fortune if they themselves are good
36. Sometimes bad things happen for no good reason
37. I can't trust that I will do the right thing
38. What I did was inconsistent with my beliefs
39. You can never know who will harm you
40. If you look closely enough, you will see that the world is full of goodness
41. I used to be a happy person but now I am always miserable
42. I did the best I could in an unpredictable situation
43. I have permanently changed for the worse
44. The event happened because I wasn't careful enough
45. Life is about surviving challenging events
46. Most people are capable of good things
47. There is something wrong with me as a person
48. I have made some mistakes, but that does not make me a bad person
49. I am not safe
50. The world has good and bad people in it
51. I will never be able to feel normal emotions again
52. The event happened because of the way I acted
53. There is more good than evil in this world
54. My reactions since the trauma show that I am a lousy copier
55. I could have prevented what happened to me
56. I lost my sense of manhood or womanhood
57. I blame myself for something I did, thought, or felt
58. Sometimes good people do bad things
59. I had some feelings that I should not have had
60. No shower can wash away how dirty I feel
61. I will not be able to control my anger and will do something terrible
62. Overall, I am a good person despite some of my faults
63. Danger is always present
64. I have lost respect for myself
65. I will not be able to tolerate my thoughts about the event, and I will fall apart
66. I comfort myself very well when I'm upset
67. One cannot always predict the outcome of a situation
68. The world is a good place
69. Sometimes bad things happen to good people

Scoring Algorithm: To compute the subscales, sum the items within each subscale and divide by the number of items to compute mean scale-score values.

Overaccommodation items: mean (2, 3, 12, 13, 19, 21, 22, 24, 25, 26, 27, 32, 34, 37, 41, 43, 47, 49, 51, 54, 56, 60, 61, 64, 65).

Assimilation items: mean (4, 8, 16, 17, 20, 23, 31, 38, 44, 52, 55, 57, 59).

Accommodation items: mean (6, 9, 14, 33, 36, 39, 42, 45, 48, 50, 58, 62, 63, 67, 69).

Optimism items: mean (1, 5, 7, 10, 11, 15, 18, 28, 29, 30, 35, 40, 46, 53, 66, 68).

Reference: Valdez, C. E., London, M. J., Gregorich, S., & Lilly, M. M. (2021). Development and validation of the Trauma-Related Cognitions Scale. *PLOS ONE*, 1-23. <https://doi.org/10.1371/journal.pone.0250221>