

TRAUMA SCREENING QUESTIONNAIRE - TSQ

The TSQ is a straightforward and easily scored instrument to identify who may need help. It consists of ten simple questions about recent symptoms.

A trauma for one individual may not be for another. Reaction to a trauma is subjective, driven by an individual's experience and personal situation

If you have recently been exposed to a potentially traumatic event (PTE), here is a tool that may help you identify whether or not you should seek additional help in recovering from its effects. Have you recently experienced any of the following:

	YES AT LEAST TWICE IN THE PAST WEEK	NO
1. Upsetting thoughts or memories of the event has come up against your will		
2. Upsetting dreams about the event		
3. Acting or feeling as though the event is happening again		
4. Feeling upset by reminders of the event		
5. Bodily reactions (such as fast heartbeat, stomach churning)		
6. Difficulty falling or staying asleep		
7. Irritability or outbursts of anger		
8. Difficulty concentrating		
9. Heightened awareness of potential dangers		
10. Feeling jumpy or startled by something unexpected		

**More than six positive responses suggests additional help maybe warranted