

Disclosure of Trauma Questionnaire (DTQ) (Version 11.02.11)

Please indicate the extent to which you agree or disagree with each of the following statements.

	I agree			
	not at all	slightly	mostly	completely
1. There are several people I have told the whole story to more than once.				
2. It is important for me to talk repeatedly about what happened and how it happened.				
3. The more often I talk about the event, the clearer it becomes to me.				
4. When I talk about my experiences, I try to imagine everything as it was.				
5. I often describe feelings of fear, shock, humiliation, or of feeling paralyzed.				
6. I think considerably more about the incident than I talk about it.				
7. If I tell my friends about the incident, I will only shock them.				
8. I must get the experience clear in my mind.				
9. I have not told anybody about the event.				
10. It is much more important to clarify my feelings about the situation than to describe the incident precisely.				
11. I feel like I need to talk about the event a lot.				
12. I only describe the things that happened using the same few words or phrases.				
13. My voice often fails when I describe my experiences in full.				
14. I often describe how helpless I felt in the situation.				
15. After I talk about the event, I always feel exhausted.				
16. Telling somebody about the incident would not be of any help to me.				
17. I find it difficult to talk to people about the incident.				
18. I never find the right time to talk about what I experienced during the event.				
19. The more I talk about the incident, the better I can express how I felt during the situation.				
20. I often leave out details when I describe the incident.				
21. I feel extremely tense when I describe the incident.				
22. After I have described everything about the incident, I feel relieved.				
23. I find it more comfortable not to talk about the incident.				
24. I do not want to burden my partner, family, or friends by telling them about the incident.				
25. I find it easy to talk about my experiences of the situation.				
26. I feel compelled to talk about my experiences of the situation again and again.				

	I agree			
	not at all	slightly	mostly	comple- tely
27. I like to talk about the event as often as possible.				
28. My family/friends criticize me for only ever talking about the incident.				
29. It is difficult for me to speak about the incident in detail.				
30. Describing the event makes me feel very sad.				
31. When I describe the incident in detail, I feel like I am back in the event.				
32. When I describe the incident, my heart starts to pound, I start to sweat, or I start to shake.				
33. I often think about the event, but do not talk about it very much.				
34. I have not told anyone exactly what happened during the event.				

Scoring key

1. Score values from 0 ("not at all") to 3 ("completely").

2. Recode Item 1

3. Subscales

A. Reluctance to talk

1_{rec} _____
8 _____
9 _____
12 _____
16 _____
17 _____
18 _____
20 _____
23 _____
24 _____
29 _____
33 _____
34 _____

B. Urge to talk

2 _____
3 _____
4 _____
5 _____
11 _____
19 _____
22 _____
25 _____
26 _____
27 _____
28 _____

C. Emotional reactions

6 _____
7 _____
10 _____
13 _____
14 _____
15 _____
21 _____
30 _____
31 _____
32 _____

Sum A: _____

Sum B: _____

Sum C: _____

4. Total Score:

Sum A:

Sum B:

Sum C:

Total Score

Reference:

Mueller, J., Beauducel, A., Raschka, J., & Maercker, A. (2000). Kommunikationsverhalten nach politischer Haft in der DDR - Entwicklung eines Fragebogens zum Offenlegen der Traumaerfahrungen [Communication after political imprisonment: disclosure of the traumatic experiences]. *Zeitschrift fuer Politische Psychologie*, 8(4), 413-427.

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