## Disclosure of Trauma Questionnaire (DTQ) (Version 11.02.11)

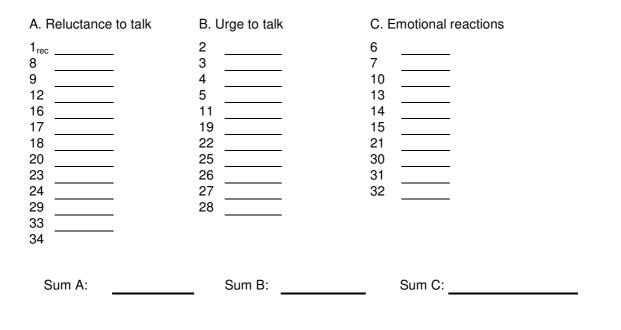
Please indicate the extent to which you agree or disagree with each of the following statements.

		l ag	jree	
	not at all	slightly	mostly	comple- tely
<ol> <li>There are several people I have told the whole story to more than once.</li> </ol>				leiy
<ol> <li>It is important for me to talk repeatedly about what happened and how it happened.</li> </ol>				
3. The more often I talk about the event, the clearer it becomes to me.				
<ol> <li>When I talk about my experiences, I try to imagine everything as it was.</li> <li>I often describe feelings of fear, shock, humiliation, or</li> </ol>		<b></b>		
of feeling paralyzed. 6. I think considerably more about the incident than I				
<ul><li>talk about it.</li><li>7. If I tell my friends about the incident, I will only shock them.</li></ul>				
8. I must get the experience clear in my mind.				
9. I have not told anybody about the event.				
<ol> <li>It is much more important to clarify my feelings about the situation than to describe the incident precisely.</li> <li>I feel like I need to talk about the event a lot.</li> </ol>				
<ul><li>12. I only describe the things that happened using the same few words or phrases.</li></ul>				
<ul><li>13. My voice often fails when I describe my experiences in full.</li></ul>				
14. I often describe how helpless I felt in the situation.				
15. After I talk about the event, I always feel exhausted.				
<ol> <li>Telling somebody about the incident would not be of any help to me.</li> <li>I find it difficult to talk to people about the incident.</li> </ol>				
<ul><li>17. I find it difficult to talk to people about the incident.</li><li>18. I never find the right time to talk about what I</li></ul>		-		
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.				
<ol> <li>After I have described everything about the incident, I feel relieved.</li> </ol>				
23. I find it more comfortable not to talk about the incident.				
<ul><li>24. I do not want to burden my partner, family, or friends by telling them about the incident.</li></ul>				
<ol> <li>I find it easy to talk about my experiences of the situation.</li> </ol>				
26. I feel compelled to talk about my experiences of the situation again and again.				

	l agree			
	not at all	slightly	mostly	comple- tely
27. I like to talk about the event as often as possible.				
<ol> <li>My family/friends criticize me for only ever talking about the incident.</li> </ol>		<b>n</b>		
<ol> <li>It is difficult for me to speak about the incident in detail.</li> </ol>				
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.				
<ol> <li>I often think about the event, but do not talk about it very much.</li> </ol>				
<ol> <li>I have not told anyone exactly what happened during the event.</li> </ol>				

## Scoring key

- 1. Score values from 0 ("not at all") to 3 ("completely").
- 2. Recode Item 1
- 3. Subscales



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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