Disclosure of Trauma Questionnaire (DTQ) (Version 11.02.11)

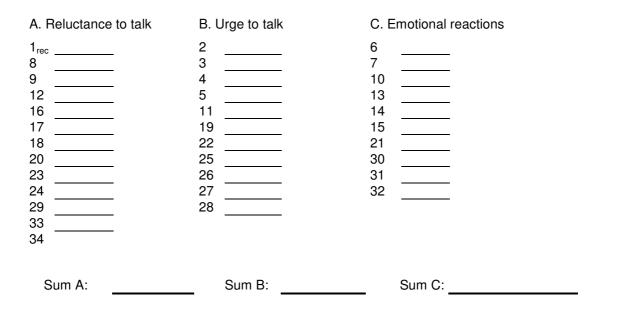
Please indicate the extent to which you agree or disagree with each of the following statements.

| | | l ag | jree | |
|--|---------------|----------|--------|-----------------|
| | not at all | slightly | mostly | comple- tely |
| There are several people I have told the whole story to more than once. | | | | leiy |
| 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. | | | | |
| When I talk about my experiences, I try to imagine everything as it was. 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. | | | | |
| It is much more important to clarify my feelings about the situation than to describe the incident precisely. 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. | | | | |
| Telling somebody about the incident would not be of any help to me. I find it difficult to talk to people about the incident. | | | | |
| 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. | | | | |
| 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. | | | | |
| 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. | | | | |

| | l agree | | | |
|---|---------------|----------|--------|-----------------|
| | not at all | slightly | mostly | comple- tely |
| 27. I like to talk about the event as often as possible. | | | | |
| My family/friends criticize me for only ever talking about the incident. | | n | | |
| 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. | | | | |
| I often think about the event, but do not talk about it very much. | | | | |
| 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



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.

Address: Prof. Andreas Maercker University of Zurich Psychopathology and Clinical Intervention Binzmühlestrasse 14 /17 CH – 8050 Zurich / Switzerland maercker@psychologie.uzh.ch