

INTERNATIONAL TRAUMA EXPOSURE MEASURE (ITEM)

OVERVIEW: The *International Trauma Exposure Measure* (ITEM) is a new checklist developed to capture traumatic life events, and their associated features, in a manner consistent with the ICD-11's descriptions of different trauma-related disorders.

The ITEM measures exposure to different traumatic life events across different developmental periods (childhood, adolescence, adulthood, and lifetime); frequency of exposure to one's most distressing traumatic event; and the main emotion associated with one's most distressing traumatic event. The ITEM is freely available to the research and clinical communities and may be used without permission.

Please use the following reference, for now:

Hyland, P., Shevlin, M., Karatzias, T. & Cloitre, M. The International Trauma Exposure Measure (ITEM), version 1.2. Unpublished measure.

International Trauma Exposure Measure

Instructions: We are interested to know if you experienced any of the following traumatic life events during different periods of your life. Please read each description of a traumatic event, and tell us if you experienced each event in childhood, adolescence, and/or adulthood.

	Did this event happen...		
	before or during your time in primary school (up to age 12)	during your time in secondary school (between ages 13-18)	after your time in secondary school (after the age of 18)
1. You were diagnosed with a life-threatening illness.			
2. Someone close to you died in an awful manner.			
3. Someone close to you was diagnosed with a life-threatening illness or experienced a life-threatening accident.			
4. Someone threatened your life with a weapon (knife, gun, bomb etc.)			
5. You were physically assaulted (punched, kicked, slapped, mugged, robbed etc.) by a parent or guardian.			
6. You were physically assaulted (punched, kicked, slapped, mugged, robbed etc.) by someone other than a parent or guardian.			
7. You were sexually assaulted (anal, vaginal, or oral penetration, or any contact with sexual parts) by a parent or guardian.			

8. You were sexually assaulted (anal, vaginal, or oral penetration, or any contact with sexual parts) by someone other than a parent or guardian.			
9. You were sexually harassed (unwanted sexualized comments or behaviours).			
10. You were exposed to war or combat (as a soldier or as a civilian).			
11. You were held captive and/or tortured.			
12. You caused extreme suffering or death to another person.			
13. You witnessed another person experiencing extreme suffering or death.			
14. You were involved in an accident (e.g., transportation, work, home, leisure) where your life was in danger.			
15. You were exposed to a natural disaster (e.g., hurricane, tsunami, earthquake) where your life was in danger.			
16. You were exposed to a man-made disaster (e.g., terrorist attack, chemical spill, public shooting) where your life was in danger.			
17. Another person stalked you.			
18. You were repeatedly bullied (online or offline).			
19. You were humiliated, put down, or insulted by another person.			
20. You were made to feel unloved, unwelcome, or worthless.			

21. You were neglected, ignored, rejected, or isolated.			
22. Any other event not listed (please specify). -----			

1. Please tell us which event you found the most distressing by entering the number that corresponds to that event from the list above:

2. If you experienced this event more than once in your life, please tell us approximately how many times you experienced this event?

3. How long ago did this event occur?

- Less than one month ago
- 1-6 months ago
- 6-12 months ago
- 1-5 years ago
- 6-10 years ago
- More than 10 years ago

4. What is the main emotion that you associate with this event?

- Fear
- Anger
- Disgust
- Sadness
- Shame
- Guilt
- No emotion