**CHILD TRAUMA QUESTIONAIRE (CTQ) – SHORT FORM**

These questions ask about some of your experiences growing up as a child and a teenager. For each question, circle (or select in any other way if completing online) the number that best describes how you feel. Although some of these questions are of a personal nature, please try to answer as honestly as you can. Your answers will be kept confidential.

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| --- | --- | --- | --- | --- | --- | --- |
| **Q** | **QUESTION** | **NEVER TRUE** | **RARELY TRUE** | **SOMETIMES TRUE** | **OFTEN TRUE** | **VERY OFTEN TRUE** |
| **When I was growing up** | | | | | | |
| 1 | I didn't have enough to eat. | 1 | 2 | 3 | 4 | 5 |
| 2 | I knew that there was someone to take care of me and protect me. | 1 | 2 | 3 | 4 | 5 |
| 3 | People in my family called me things like "stupid", "lazy", or "ugly". | 1 | 2 | 3 | 4 | 5 |
| 4 | My parents were too drunk or high to take care of the family. | 1 | 2 | 3 | 4 | 5 |
| 5 | There was someone in my family who helped me feel important or special | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 6 | I had to wear dirty clothes | 1 | 2 | 3 | 4 | 5 |
| 7 | I felt loved. | 1 | 2 | 3 | 4 | 5 |
| 8 | I thought that my parents wished I had never been born | 1 | 2 | 3 | 4 | 5 |
| 9 | I got hit so hard by someone in my family that I had to see a doctor or go to the hospital. | 1 | 2 | 3 | 4 | 5 |
| 10 | There was nothing I wanted to change about my family. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 11 | People in my family hit me so hard that it left me with bruises or marks. | 1 | 2 | 3 | 4 | 5 |
| 12 | I was punished with a belt, a board, a cord (or some other hard object). | 1 | 2 | 3 | 4 | 5 |
| 13 | People in my family looked out for each other. | 1 | 2 | 3 | 4 | 5 |
| 14 | People in my family said hurtful or insulting things to me. | 1 | 2 | 3 | 4 | 5 |
| 15 | I believe that I was physically abused. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 16 | I had the perfect childhood. | 1 | 2 | 3 | 4 | 5 |
| 17 | I got hit or beaten so badly that it was noticed by someone like a teacher, neighbour, or doctor. | 1 | 2 | 3 | 4 | 5 |
| 18 | Someone in my family hated me. | 1 | 2 | 3 | 4 | 5 |
| 19 | People in my family felt close to each other. | 1 | 2 | 3 | 4 | 5 |
| 20 | Someone tried to touch me in a sexual way or tried to make me touch them. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 21 | Someone threatened to hurt me or tell lies about me unless I did something sexual with them. | 1 | 2 | 3 | 4 | 5 |
| 22 | I had the best family in the world. | 1 | 2 | 3 | 4 | 5 |
| 23 | Someone tried to make me do sexual things or watch sexual things. | 1 | 2 | 3 | 4 | 5 |
| 24 | Someone molested me (took advantage of me sexually). | 1 | 2 | 3 | 4 | 5 |
| 25 | I believe that I was emotionally abused. | 1 | 2 | 3 | 4 | 5 |
| **When I was growing up** | | | | | | |
| 26 | There was someone to take me to the doctor if I needed it | 1 | 2 | 3 | 4 | 5 |
| 27 | I believe that I was sexually abused. | 1 | 2 | 3 | 4 | 5 |
| 28 | My family was a source of strength and support. | 1 | 2 | 3 | 4 | 5 |

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