### PROTECT Study - CPBQ - Version 1

### We would like to ask you some questions about how you think about the frightening event that happened to you. There are no right or wrong answers to these questions.

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| --- | --- | --- | --- | --- | --- |
|  |  | *Disagree a lot* | *Disagree a bit* | *Agree a bit* | *Agree a lot* |
| 1. | I keep wishing over and over that I could go back in time and stop the event from happening. | [ ] | [ ] | [ ] | [ ] |
| 2. | I keep wondering again and again why it happened to me. | [ ] | [ ] | [ ] | [ ] |
| 3. | I can’t stop thinking if only the event hadn’t happened. | [ ] | [ ] | [ ] | [ ] |
| 4. | I made the event happen. | [ ] | [ ] | [ ] | [ ] |
| 5. | It was my fault the event happened. | [ ] | [ ] | [ ] | [ ] |

### Below are some feelings and ways of coping which some children have told us about following a frightening experience. Please think back over the last two weeks and tell us how often these have happened to you. There are no right or wrong answers.

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| --- | --- | --- | --- | --- | --- |
|  | ***“Since the event....”*** | *Not at all or only one time* | *Once in a while* | *Some of the time* | *A lot of the time* |
| 1. | I’ve been so shocked that I didn’t feel anything | [ ] | [ ] | [ ] | [ ] |
| 2. | I’ve not really noticed what was going on around me (like being in a bubble) | [ ] | [ ] | [ ] | [ ] |
| 3. | I’ve felt like I was in a dream | [ ] | [ ] | [ ] | [ ] |
| 4. | I’ve felt like I was outside my body, or that my body didn’t belong to me | [ ] | [ ] | [ ] | [ ] |
| 5. | I’ve felt in a daze. | [ ] | [ ] | [ ] | [ ] |
| 6. | If pictures of the event popped into my mind I’ve tried to push them away. | [ ] | [ ] | [ ] | [ ] |
| 7. | I’ve tried to stop myself having any thoughts about the frightening event. | [ ] | [ ] | [ ] | [ ] |
| 8. | I’ve tried to keep any memories of what happened to me out of my head. | [ ] | [ ] | [ ] | [ ] |
| 9. | When I’ve had thoughts or memories about what happened I’ve tried to think about something else instead. | [ ] | [ ] | [ ] | [ ] |
| 10. | When I’ve had thoughts or memories about what happened I’ve kept busy doing other things. | [ ] | [ ] | [ ] | [ ] |
| 11. | When I’ve had thoughts or memories about what happened I’ve tried to control how I feel. | [ ] | [ ] | [ ] | [ ] |