### PROTECT Study - CPBQ – SCORING GUIDE

### Subscale scores can be calculated by adding the corresponding scores shown below for the subscales shown below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Rumination subscale: Items 1, 2 & 3 .**  **Guilt subscale: Items 4 & 5.** | ***Disagree a lot = 0*** | ***Disagree a bit = 1*** | ***Agree a bit = 2*** | ***Agree a lot = 3*** |
| 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | ***“Since the event....”***  **Disocciation subscale: Items 1-5.**  **Thought suppression subscale: Items 6-11.** | ***Not at all or only one time= 0*** | ***Once in a while= 1*** | ***Some of the time= 2*** | ***A lot of the time = 3*** |
| 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. | [ ] | [ ] | [ ] | [ ] |