APPRAISAL items:

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| **THEME** | **ITEMS** |
| Permanent change/symptoms as threatening | 27. My child was so badly scared by the frightening event that they won’t get over it.  25. My child is always going to be anxious and upset now.  8. My child has been emotionally scarred by the frightening event.  5. My child has been permanently damaged by the frightening event.  12. My child is not going to be able to cope in the future now.  17. My child would not be able to deal with being reminded of what happened.  9. My child might easily go to pieces if I don’t protect them from their fears.  18. If my child has any more stress it will seriously damage him/her. |
| Family change & damage | 1. Our family will never be the same again.  29. Our family will not get back to the way we were before the event happened.  10. Our family has been disrupted really badly by what happened.  38. Our family cannot cope very well with stress now.  28. Our family cannot recover from this sort of stress. |
| Vulnerability & threat  (external? Particular vulnerabilities about the child?) | 23. My child could be hurt by anyone.  13. My child is not safe when they are away from me.  19. My child is not tough enough to cope with things that can happen.  21. The world is too dangerous for my child.  39. Anything could happen to my child when I am not around. |
| Other people’s reactions | 44. Others must think I am a terrible parent.  16. Others must wonder if I am safe looking after children.  34. Others blame me for what happened to my child.  33. Others have judged me for what happened.  4. What happened has changed the way that people see our family for the worse. |
| Inflated responsibility for ensuring safety? | 31. I am not going to risk my child being hurt again in the future.  2. I have to make sure I can protect my child all the time.  35. It’s completely up to me to make sure that my child is safe.  30. I cannot trust anyone else to look after my child.  24. Good parents keep an eye on their children 100% of the time. |
| Rumination | 26. I keep on wishing that I could go back in time and stop the event from happening.  14. I ask myself over and over why this happened to my child.  43. I can’t stop thinking about what could have been done to stop the event from happening.  42. I keep wishing we could have the life we had before the event happened.  20. I keep thinking again and again “If only this hadn’t happened to us.”  3. I keep thinking how it could have been even worse than it was. |
| Self-blame | 7. What happened to my child is down to me as a parent.  32. I should have done more to keep my child safe.  22. I failed to look after my child properly.  11. Another parent would not have let this happen.  6. I blame myself for what happened. |
| Parental tolerance of emotion | 40. I could not bear it if my child was ever hurt or threatened again.  15. I get upset or angry when I am reminded of what happened to my child.  41. I can’t bear to think about what happened to my child.  36. It is extremely upsetting to imagine how my child felt during the frightening event.  37. I find it hard to control my feelings about happened to my child. |

44 items

BEHAVIOURAL items:

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| **THEME** | **ITEMS** |
| Overprotectiveness | 34. I need to know where my child is all the time, since the event happened.  27. Since the event I have stopped my child from going some places that they used to go to.  2. I take extra care to make sure that our family is safe.  10. I don’t let my child do anything that might be risky now.  18. Since the event I make sure I can always contact my child if s/he is not with me.  5. I check every place we visit now, to make sure that there is nothing dangerous. |
| Discussions with child regarding danger/safety | 12. I warn my child about possible dangers whenever I can.  30. I tell my child never to take any risks.  22. I try to make my child understand that the world isn’t safe.  28. I plan with my child what they should do in an emergency.  33. I tell my child not to trust anyone. |
| Avoidance of discussion re: trauma, versus allowing or encouraging talk about what happened | 24. I try to stop other people talking about what happened in front of my child.  1. I avoid talking about the event because I don’t want to upset my child.  21. When someone in my family mentions the event, I tell them to stop bringing it up.  4. I try to keep conversations away from what happened in the event.  3. If my child mentions what happened I try to distract them so they talk about something else instead.  29. I don’t discuss what happened in front of my child.  14. I tell my child not to think about what happened.  15. I tell my child to put any thoughts or worries about what happened out of their head.  23. I talk about the frightening event with my child just like I do anything else. (R)  17. If my child brings up what happened then I make sure I spend some time talking about it with them. (R)  11. I’ll talk about what happened openly, even if my child is there. (R)  7. I’ve talked to my child about how they felt at the time of the frightening event. (R)  32. I answer any questions my child has about what happened as fully as I can. (R)  13. I’ve talked to my child about their feelings when they remember what happened. (R) |
| Avoiding reminders  (i.e. Ensure that child is not reminded of what happened) | 9. I try never to take my child near reminders of what happened.  6. I am careful about what we watch on the television and internet, so my child is not reminded of what happened.  8. I avoid places, people or activities that might remind my child of what happened.  31. I have stopped my child from doing certain things so that he/she is not reminded of what happened.  25. I’ve taken my child places that are likely to remind them of what happened. (R)  20. I’ve tried not to change my child’s usual routine since the event. (R)  16. Since the event, I try to get my child to do exactly the same things that they always did. (R)  19. I try not to let my child’s possible fears or worries after the event change what we do. (R)  26. I’ve tried to keep our lives as normal as possible since what happened. (R) |

23 negative items + 11 ‘adaptive processing’ (Denoted by R)