

Trauma Appraisal Questionnaire (TAQ)

Measure development citation: DePrince, A.P., Zurbriggen, E.L., Chu, A.T., & Smart, L. (2010). Development of the Trauma Appraisal Questionnaire. *Journal of Aggression, Maltreatment, & Trauma*, 19, 275-299. Available: <http://mysite.du.edu/~adeprinc/TAQ.pdf>

SAMPLE INSTRUCTIONS (yoking responses to study target incident): Please continue thinking about **the incident that happened about a year ago**. We are interested in how you feel **now** when you think about the event. For each of the following items, please circle the number that indicates how much you agree or disagree with the **description of your thoughts, feelings or experiences now** when you think about the event. You may skip any question you do not wish to answer.

1 strongly disagree	2 somewhat disagree	3 neutral	4 somewhat agree	5 strongly agree
---------------------------	------------------------	--------------	---------------------	---------------------

	1 strongly disagree	2	3	4	5 strongly agree
1. I feel humiliated.	1	2	3	4	5
2. I don't feel safe even when others say I am safe.	1	2	3	4	5
3. I deserved what happened to me.	1	2	3	4	5
4. The person who was supposed to be closest to me hurt me the most.	1	2	3	4	5
5. I'm always ready to attack.	1	2	3	4	5
6. I feel ashamed.	1	2	3	4	5
7. The event happened because I wasn't careful enough.	1	2	3	4	5
8. I feel rage.	1	2	3	4	5
9. I don't think I'll survive.	1	2	3	4	5
10. It's as if I'm in a horror movie and can't get out.	1	2	3	4	5
11. I've cut myself off from other people.	1	2	3	4	5
12. I often find myself yelling and screaming at other people.	1	2	3	4	5
13. I'm not safe	1	2	3	4	5
14. I mostly stay to myself.	1	2	3	4	5
15. I am disconnected from people.	1	2	3	4	5
16. I want to physically hurt the people or thing that made the event happen.	1	2	3	4	5
17. Important people (such as parents, partner, friend) let this happen to me.	1	2	3	4	5
18. I must have done something really awful to make this happen.	1	2	3	4	5
19. I let myself down.	1	2	3	4	5

	1 strongly disagree	2	3	4	5 strongly agree
20. If the person really cared about me that person would not have done what they did.	1	2	3	4	5
21. I feel terrified.	1	2	3	4	5
22. I want revenge.	1	2	3	4	5
23. I feel betrayed.	1	2	3	4	5
24. I am always on alert for danger.	1	2	3	4	5
25. I feel double-crossed.	1	2	3	4	5
26. Something bad could happen at any time.	1	2	3	4	5
27. There is a huge void inside me.	1	2	3	4	5
28. I feel lonely.	1	2	3	4	5
29. I am responsible for what happened.	1	2	3	4	5
30. I don't know whether I will live or die.	1	2	3	4	5
31. I feel responsible.	1	2	3	4	5
32. I feel horrified.	1	2	3	4	5
33. I feel disgust.	1	2	3	4	5
34. I feel guilty.	1	2	3	4	5
35. If someone says the wrong thing to me, I might fly off the handle.	1	2	3	4	5
36. Anger gives me power.	1	2	3	4	5
37. I've lost my sense of manhood or womanhood.	1	2	3	4	5
38. I don't want to have to trust anyone.	1	2	3	4	5
39. Someone important (such as a parent, lover, friend) should have kept me safe.	1	2	3	4	5
40. Even though I have friends, I'm still lonely.	1	2	3	4	5
41. I'm a bad person.	1	2	3	4	5
42. I feel afraid.	1	2	3	4	5
43. I feel embarrassed.	1	2	3	4	5
44. If I were good enough, this wouldn't have happened to me.	1	2	3	4	5
45. I've lost a piece of myself.	1	2	3	4	5
46. No shower can wash away how dirty I feel.	1	2	3	4	5
47. I can't get close to people.	1	2	3	4	5
48. I feel angry.	1	2	3	4	5
49. The people that I was supposed to trust the most hurt me.	1	2	3	4	5
50. Danger is always present.	1	2	3	4	5

	1	2	3	4	5
	strongly disagree				strongly agree
51. I am hard on myself about what happened.	1	2	3	4	5
52. I feel violent.	1	2	3	4	5
53. My friends don't understand my reactions.	1	2	3	4	5
54. It's as if my insides are dirty.	1	2	3	4	5