

Psychological Well-Being – Post-Traumatic Change Questionnaire (PWB-PTCQ)

Think about how you feel about yourself at the present time. Please read each of the following statements and rate how you have changed as a result of the trauma.

5 = Much more so now

4 = A bit more so now

3 = I feel the same about this as before

2 = A bit less so now

1 = Much less so now

- 1. I like myself
- 2. I have confidence in my opinions
- 3. I have a sense of purpose in life
- 4. I have strong and close relationships in my life
- 5. I feel I am in control of my life
- 6. I am open to new experiences that challenge me
- 7. I accept who I am, with both my strengths and limitations
- 8. I don't worry what other people think of me
- 9. My life has meaning
- 10. I am a compassionate and giving person
- 11. I handle my responsibilities in life well
- 12. I am always seeking to learn about myself
- 13. I respect myself
- 14. I know what is important to me and will stand my ground, even if others disagree
- 15. I feel that my life is worthwhile and that I play a valuable role in things
- 16. I am grateful to have people in my life who care for me
- 17. I am able to cope with what life throws at me
- 18. I am hopeful about my future and look forward to new possibilities

Add up your scores to all 18 statements. Scores over 54 indicate the presence of positive change. The maximum score is 90. The higher your score, the more positive score you have experienced.

You may have changed more on some areas than others. Self-acceptance (statements 1,7 & 13), autonomy (statements 2, 8 & 14), purpose in life (statements 3, 9 & 15), relationships (statements 4, 10 & 16), sense of mastery (statements 5 11 & 17), and personal growth (statements 6, 12 & 18).

©Joseph S., Maltby J., Wood A.M., Stockton H., Hunt N., Regel S (2011) The Psychological Well-Being-Post Traumatic Changes Questionnaire (PWB-PTCQ): Reliability and Validity. *Psychological Trauma: Theory, Research, Practice and Policy*. August 15, 2011. doi: 10.1037/a0024740