CHILD AND ADOLESCENT TRAUMA SCREEN 2 (CATS-2)
SELF REPORT (7-17 YEARS)

NAME: _____ DATE: _____

Stressful or scary events happen to many people. Below is a list of stressful and scary events that sometimes happen. Mark YES if it happened to you. Mark NO of it didn't happen to you.

		YES	NO
1.	Serious natural disaster like a flood, tornado, hurricane, earthquake, or fire.	O	O
2.	Serious accident or injury like a car/bike crash, dog bite, or sports injury.	O	O
3.	Threatened, hit or hurt badly in my family.	O	O
4.	Threatened, hit or hurt badly in school or the community.	O	O
5.	Attacked, stabbed, shot at or robbed by threat.	O	O
6.	Seeing someone in my family threatened, hit or hurt badly.	O	O
7.	Seeing someone in school or the community threatened, hit or hurt badly.	O	O
8.	Someone doing sexual things to me or making me do sexual things to them when I couldn't say no. Or when I was forced or pressured.	O	O
9.	On line or in social media, someone asking or pressuring me to do something sexual. Like take or send pictures.	O	O
10.	Someone bullying me in person. Saying very mean things that scare me.	O	O
11.	Someone bullying me online. Saying very mean things that scare me.	O	O
12.	Someone close to me dying suddenly or violently.	O	O
13.	Stressful or scary medical procedure.	O	O
14.	Being around war.	O	O
15.	**Other stressful or scary event?** <u>Describe:</u> _____	O	O

16. Which event(s) are bothering you the most?

    _____

Turn the page and answer the next questions **about all the scary or stressful events that happened to you.**

1.	Upsetting thoughts or memories about what happened pop into my head.	0	1	2	3
2.	Bad dreams reminding me of what happened.	0	1	2	3
3.	Pictures in my head of what happened. Feels like it is happening right now.	0	1	2	3
4.	Feeling very upset when I am reminded of what happened.	0	1	2	3
5.	Strong feelings in my body when I am reminded of what happened (sweating, heart beating fast, upset stomach).	0	1	2	3
6.	Trying not to think about what happened. Or to not have feelings about it.	0	1	2	3
7.	Staying away from anything that reminds me of what happened (people, places, things, situations, talks).	0	1	2	3
8.	Not being able to remember part of what happened.	0	1	2	3
9.	Having negative thoughts, such as:				
	a. I won't have a good life.	0	1	2	3
	b. I can't trust other people.	0	1	2	3
	c. The world is unsafe.	0	1	2	3
	d. I am not good enough.	0	1	2	3
10.	Blaming for the event(s)				
	a. Blaming myself for what happened.	0	1	2	3
	b. Blaming someone else for what happened although it wasn't their fault.	0	1	2	3
11.	Upsetting feelings (afraid, angry, guilty, ashamed) a lot of the time.	0	1	2	3
12.	Not wanting to do things I used to do.	0	1	2	3
13.	Not feeling close to people.	0	1	2	3
14.	Not being able to have happy feelings.	0	1	2	3
15.	Managing strong feelings				
	a. It is very hard to calm down when I am upset.	0	1	2	3
	b. Feeling mad. Having fits of anger and taking it out on others.	0	1	2	3
16.	Doing unsafe things.	0	1	2	3
17.	Being overly careful (checking to see who is around me).	0	1	2	3
18.	Being jumpy.	0	1	2	3
19.	Problems paying attention.	0	1	2	3
20.	Trouble falling or staying asleep.	0	1	2	3

Please mark YES or NO if the problems you marked interfered with:

	YES	NO			YES	NO
1. Getting along with others	O	O		4. Family relationships	O	O
2. Hobbies/Fun	O	O		5. General happiness	O	O
3. School or work	O	O				

DIMENSIONAL SCORING

Child's Name: _____ **Date of Assessment:** _____ **Index Traumatic Event(s):** _____

Scoring for posttraumatic stress symptom intensity (DSM-5 PTSD)

Sum of symptom items #1 to #20. Only count the highest score for #9; #10 and #15.

DSM-5 PTSD Sum = _____

CATS 7-17 Years **Score <15** Normal. Not clinically elevated.	**CATS 7-17 Years** **Score 15-20** Moderate trauma-related distress.	**CATS 7-17 Years** **Score ≥ 21*** Elevated distress. Positive Screening threshold. *	**CATS 7-17 Years** **Score ≥ 25*** High trauma-related distress. Probable PTSD. *

*Validation study: Sachser et al., 2022

Scoring for posttraumatic stress symptom intensity (ICD-11 PTSD)

Sum of symptom items #2, #3, #6, #7, #17, #18.

ICD-11 PTSD Sum = _____

CATS 7-17 Years **Score <5** Normal. Not clinically elevated.	**CATS 7-17 Years** **Score 5-6** Moderate trauma-related distress.	**CATS 7-17 Years** **Score ≥ 7*** Elevated distress. Positive Screening threshold. *	**CATS 7-17 Years** **Score ≥ 9*** High trauma-related distress. Probable PTSD. *

*Validation study: Sachser et al., 2022

Scoring for posttraumatic stress symptom intensity (ICD-11 CPTSD)

Sum of symptom items #2, #3, #6, #7, #9b, #9d, #10a, #13, #14, #15a, #17, #18.

ICD-11 CPTSD Sum = _____

CATS 7-17 Years **Score ≤9*** Normal. Not clinically elevated. *	**CATS 7-17 Years** **Score 10-12*** Moderate trauma-related distress. *	**CATS 7-17 Years** **Score ≥ 13*** Elevated distress. Positive Screening threshold. *	**CATS 7-17 Years** **Score ≥ 16*** High trauma-related distress. Probable CPTSD. *

* clinical approximation, cut-off validation pending.

Child's Name: _____ Date of Assessment: _____ Index Traumatic Event(s): _____

DSM-5 PTSD

DSM-5 Criteria:	# of Symptoms (Only count items rated 2 or 3)	# Symptoms Required	DSM-5 Criteria Met?	
Re-experiencing Items 1-5		1+	☐ Yes	☐ No
Avoidance Items 6-7		1+	☐ Yes	☐ No
Negative Mood/Cognitions Items 8-14 (highest of #9 and #10)		2+	☐ Yes	☐ No
Hyperarousal Items 15-20 (highest of #15)		2+	☐ Yes	☐ No
Functional Impairment Set of 1-5 Yes/No questions		1+	☐ Yes	☐ No
Probable DSM-5 PTSD Diagnosis*			☐ Yes	☐ No

ICD-11 PTSD and CPTSD

ICD-11 Criteria:	# of Symptoms (Only count items rated 2 or 3)	# Symptoms Required	ICD-11 Criteria Met?	
Re-experiencing Items 2,3		1+	☐ Yes	☐ No
Avoidance Items 6, 7		1+	☐ Yes	☐ No
Hyperarousal Items 17,18		1+	☐ Yes	☐ No
Functional Impairment Set of 1-5 Yes/No Questions		1+	☐ Yes	☐ No
Probable ICD-11 PTSD Diagnosis*			☐ Yes	☐ No

CPTSD Criteria (only if ICD-11 PTSD is fulfilled)				
Emotion Regulation Items 14,15a		1+	☐ Yes	☐ No
Negative Self-Concept Items 9d, 10a		1+	☐ Yes	☐ No
Disturbed Relationships Items 9b, 13		1+	☐ Yes	☐ No
Probable ICD-11 CPTSD Diagnosis*			☐ Yes	☐ No

*CATS-2 is constructed as a screening instrument. Elevated scores may be sufficient to suggest a trauma focused treatment, but because it relies on self-report, clinicians should be cautious to use it as a diagnostic tool.