

Psychological Trauma Risk Checklist

Appendix D

Name:	Grade:	Date:	Counselor:
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Low Risk	Moderate Risk	High Risk
Physical distance from trauma _____ Out of vicinity of crisis site	_____ Present on crisis site	_____ Crisis victim or eyewitness
Emotional distance from trauma _____ Did not know victim(s)	_____ Friend of the victim(s) _____ Acquaintance of victim(s)	_____ Child or sibling of victim(s) _____ Relative of victim(s) _____ Best friend of victim(s)
Internal resilience _____ Active coping style _____ Mentally healthy _____ Socially connected _____ No trauma history _____ High developmental level _____ Good sense of self-efficacy _____ Low psychophysiological arousal level _____ Optimistic outlook on life	_____ No clear coping style _____ Questions exist about precrisis mental health _____ Some difficulties with social connectedness _____ Trauma History _____ At time appears immature _____ Marginal sense of self-efficacy _____ Moderate psychophysiological arousal level _____ Ambivalent outlook in life	_____ Avoidance coping style _____ Precrisis psychopathology _____ Socially withdrawn _____ Significant trauma history _____ Low developmental level _____ Poor sense of self- efficacy _____ High psychophysiological arousal level _____ Pessimistic outlook on life
External resilience _____ Living with nuclear family	_____ Living with some nuclear family	_____ Not living with any nuclear family

_____ Good family functioning _____ No parental traumatic stress _____ No family trauma history _____ Parent(s) mentally healthy _____ Good social resources/relations _____ Acknowledges multiple social resources	members _____ Family functioning at times challenged _____ Some parental traumatic stress _____ Some history of family trauma _____ Possible parental psychopathology _____ Social resources/relations at times challenged _____ Acknowledges few social resources	memebers _____ Poor family functioning _____ Significant parental traumatic stress _____ Family history of PTSD _____ Parent psychopathology _____ Poor or absent social resources/relations _____ Perceived lack of social support
Immediate reactions during the crisis _____ Remained calm during the crisis event	_____ Displayed mild to moderate distress during the crisis event	_____ Displayed acute distress (e.g., fright, panic, dissociation during crisis event)
Current/ongoing reactions and coping _____ Only few common crisis reactions displayed _____ Coping is adaptive (i.e., it allows daily functioning at precrisis levels)	_____ Many common crisis reactions displayed _____ Coping is tentative (e.g., the individual is unsure about how to cope with the crisis)	_____ Mental health referral indicators displayed (e.g., acute dissociation, hyperarousal, depression, psychosis) _____ Coping is absent or maladaptive (e.g., suicidal/homicidal ideation, substance abuse)
Total Low:	Total Moderate:	Total High: