

Continuous Traumatic Stress Response (CTSR) scale

Traumatic stress symptoms due to continuous exposure to threat (Goral et al., 2021).

- The statements below describe symptoms that may appear following exposure to severe or stressful events. Please read each statement carefully and mark the answer that best describes your feeling over the past month.

No.	Item	To what extent does the following statement represent your feeling over the past month			
		Not at all	to a small extent	To a large extent	To a very large extent
1.	I feel unmotivated	0	1	2	3
2.	I feel mentally exhausted	0	1	2	3
3.	I feel that my life is in danger	0	1	2	3
4.	I feel that my life has no meaning	0	1	2	3
5.	I have difficulty controlling my emotions	0	1	2	3
6.	I find it hard to trust the people around me	0	1	2	3
7.	I feel that no one understands me	0	1	2	3
8.	I have intense feelings of fear or horror	0	1	2	3
9.	I have episodes of rage	0	1	2	3
10.	I feel betrayed	0	1	2	3
11.	I feel that I cannot protect those who depend on me	0	1	2	3
12.	I have appetite changes	0	1	2	3
13.	I feel helpless	0	1	2	3
14.	I feel that I am a victim	0	1	2	3
15.	I feel that I have no control over the future	0	1	2	3

The level of distress and functional impairment associated with CTSR symptoms

- Please indicate the level of distress resulting from the symptoms you mentioned in the table above

No distress	Mild distress	Moderate distress (significant but manageable distress)	Significant, severe distress	Extreme distress, disabling and/or inducing helplessness
1	2	3	4	5

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If you are interested in using this questionnaire please contact Dr. Aviva Goral at
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3. Please indicate the extent of effect the symptoms you marked in the table above have on your function (in one of the following areas: family, work, company, relationship, leisure, etc.)

No effect	Mild effect, minimal functional impairment	Moderate effect, there is a clear impairment but many function aspects remain normal	Severe/significant effect but there are still functional aspects that remain normal	Extreme effect, with no or almost no functional abilities
1	2	3	4	5

Previous exposure to a traumatic event

4. Have you been exposed to a traumatic event in the past?

A traumatic event is defined as a threat to your life or the life of a person close to you, a threat to your or his physical or mental integrity, including serious injury, a threat of death to you or to a close person, death of a close person, or abuse - situations in which you felt terror and helplessness.

- No, I was not exposed to a traumatic event
 Yes, I was exposed to a traumatic event
 I don't remember / don't know

5. Have you ever been diagnosed with a mental health condition (PTSD or other)?

- No
 Yes, It's not mandatory, but we'll appreciate it if you specify which
 1. _____, 2. _____, 3. _____
 I don't remember / don't know

References

Goral A, Feder-Bubis P, Lahad M, Galea S, O'Rourke N, Aharonson-Daniel L. Development and validation of the Continuous Traumatic Stress Response scale (CTSR) among adults exposed to ongoing security threats. PLOS ONE 2021;16(5): e0251724. <https://pubmed.ncbi.nlm.nih.gov/34043646/>

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