

**Lancaster and Northgate Trauma  
Scale for Intellectual Disabilities.  
*Informant Version***

LANCASTER  
UNIVERSITY



**Cumbria, Northumberland,  
Tyne and Wear**  
NHS Foundation Trust

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This measure is a list of statements describing the ways people may behave if they have experienced stressful life events.

Your name:

Date:

The name of the person who you are completing the form about:

Please read the questions and indicate the frequency and severity of the behaviour during the **past month**, by circling the scores in the boxes.

When rating the severity please consider the following:

**Mild** – although present within the past month the behaviour has *little or no impact* on the person themselves or those around them.

**Moderate** – the behaviour has a *moderate impact* on the person's functioning or those around them. The behaviour *may be compensated for* e.g. by increasing carer support.

**Severe** – the behaviour *severely disrupts the person's functioning* in daily living or is severely disruptive to those around them e.g. restricts their access to community facilities.

E.g. suppose the person was mugged and since then they have been avoiding going out of the house in the evening. As a result they have missed going out with their boyfriend, and going to the pictures with friends. The person has still been going out during the day and friends have visited on an evening.

So for question 7 - '*Avoiding certain things due to fear or anxiety, more than is usual for them e.g. particular people, situations, or going out.*' - you would tick '*several times a week*', and '*moderate*'.

If the person was not leaving the house at all, and no one was visiting them you would tick '*several times a day*', and '*severe*'.

If the behaviour is always present and no change has occurred please indicate 'same as usual'; please also indicate frequency and severity for these items.

There may be questions that you cannot answer because you are not with the person all the time e.g. about sleep. You may be able to get the information from another person e.g. night staff. Otherwise please indicate if you don't know.

	Don't know	Same as usual	New	Frequency							Severity (see below**)		
				None	Monthly	Weekly	Several times a week	Daily	Several times a day	Mild	Moderate	Severe	
													1
1. More repetitive behaviour or movements than is usual for them - e.g. rocking or pacing.	1	1	2	1	2	3	4	5	6	1	2	3	
2. More obsessive than is usual for them e.g. in cleaning or personal care.	1	1	2	1	2	3	4	5	6	1	2	3	
3. Social withdrawal e.g. isolating themselves, and spending more time alone than is usual for them. Avoiding social contact and avoiding being around people.	1	1	2	1	2	3	4	5	6	1	2	3	
4. Loss of daily living skills in which they were previously independent e.g. preparing a sandwich or a drink, getting dressed, or using public transport.	1	1	2	1	2	3	4	5	6	1	2	3	
5. More difficulty regulating emotions than is usual for them – e.g. sometimes elated, and sometimes depressed.	1	1	2	1	2	3	4	5	6	1	2	3	
6. More difficulty than usual in maintaining relationships e.g. may not be getting on with people they usually get on with.	1	1	2	1	2	3	4	5	6	1	2	3	
7. Avoiding certain things due to fear or anxiety, more than is usual for them e.g. particular people, situations, or going out.	1	1	2	1	2	3	4	5	6	1	2	3	
8. More verbal aggression than is usual for them e.g. shouting at people, threatening people.	1	1	2	1	2	3	4	5	6	1	2	3	
9. More physical aggression towards other people than is usual for them e.g. attacking people or fighting.	1	1	2	1	2	3	4	5	6	1	2	3	

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**Moderate** – the behaviour has a *moderate impact* on the person's functioning or those around them. The behaviour *may be compensated* for e.g. by increasing carer support.

**Severe** – the behaviour *severely disrupts* the person's functioning in daily living or is severely disruptive to those around them.



	Don't know	Same as usual	New	Frequency						Severity**		
				None	Monthly	Weekly	Several times a week	Daily	Several times a day	Mild	Moderate	Severe
10. Describing flashbacks (feeling or behaving as though the stressful event was happening again).	1	1	2	1	2	3	4	5	6	1	2	3
11. Expressing more feelings of guilt or self-blame than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
12. Extremely alert to danger more than is usual for them e.g. often checking or watching for something bad to happen.	1	1	2	1	2	3	4	5	6	1	2	3
13. More difficulty concentrating than is usual for them e.g. finding it hard to attend to a task that would previously engage them e.g. looking at magazines, watching TV.	1	1	2	1	2	3	4	5	6	1	2	3
14. More irritability than is usual for them, e.g. easily losing their temper, having a lower threshold than usual for becoming annoyed or argumentative.	1	1	2	1	2	3	4	5	6	1	2	3
15. Taking recreational drugs.	1	1	2	1	2	3	4	5	6	1	2	3
16. Reporting more bad dreams or nightmares than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
17. Harming self e.g. cutting, hitting, biting or severely scratching self, banging their head, swallowing inedible objects.	1	1	2	1	2	3	4	5	6	1	2	3
18. More easily startled, jumpy or nervous than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3

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**Severe** – the behaviour *severely disrupts* the person's functioning in daily living or is severely disruptive to those around them.



	Don't know	Same as usual	New	Frequency						Severity**		
				None	Monthly	Weekly	Several times a week	Daily	Several times a day	Mild	Moderate	Severe
19. Expressing lower self esteem than is usual for them e.g. seeing self in a poor light compared to other people.	1	1	2	1	2	3	4	5	6	1	2	3
20. Less verbal communication or less talkative than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
21. A change for the worse in their functioning at work, or college, or day placement.	1	1	2	1	2	3	4	5	6	1	2	3
22. Symptoms of depression e.g. low mood, crying, sadness.	1	1	2	1	2	3	4	5	6	1	2	3
23. Symptoms of anxiety e.g. sweating, shaking, difficulty breathing, or palpitations.	1	1	2	1	2	3	4	5	6	1	2	3
24. Seeking reassurance more than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
25. Expressing more mistrust, wariness or suspicion of people than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
26. More paranoid than is usual for them e.g. they are worried (without good reason) that people are getting at them.	1	1	2	1	2	3	4	5	6	1	2	3

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	Don't know	Same as usual	New	Frequency							Severity**		
				None	Monthly	Weekly	Several times a week	Daily	Several times a day	Mild	Moderate	Severe	
27. Changes in appetite – eating more or less than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3	
28. Being run down and reporting more minor ailments than is usual for them e.g. headaches, stomach upsets, aches and pains or infections.	1	1	2	1	2	3	4	5	6	1	2	3	
29. Appearing less aware of their surroundings than is usual for them – being in a daze.	1	1	2	1	2	3	4	5	6	1	2	3	
30. A flare up of long-standing health complaints – a recurrence or worsening of existing psychiatric or physical illness.	1	1	2	1	2	3	4	5	6	1	2	3	
31. More overly sexualized behaviour than is usual for them e.g. shouting sexual phrases, preoccupation with sex, or inappropriate touch.	1	1	2	1	2	3	4	5	6	1	2	3	
32. Being intimate and over friendly with people sometimes but cold towards them at other times – something which is not usual for them.	1	1	2	1	2	3	4	5	6	1	2	3	
33. Talking about the same worries over and over again - more than they usually do.	1	1	2	1	2	3	4	5	6	1	2	3	
34. A lack of interest in planning for the future, or in what positive things the future could hold. A negative view of the future – which is out of character for them.	1	1	2	1	2	3	4	5	6	1	2	3	
<p><b>**Mild</b> – although present within the past month the behaviour has <i>little or no impact</i> on the person themselves or those around them.</p> <p><b>Moderate</b> – the behaviour has a <i>moderate impact</i> on the person's functioning or those around them. The behaviour <i>may be compensated for</i> e.g. by increasing carer support.</p> <p><b>Severe</b> – the behaviour <i>severely disrupts</i> the person's functioning in daily living or is severely disruptive to those around them.</p>													



	Don't know	Same as usual	New	Frequency						Severity**		
				None	Monthly	Weekly	Several times a week	Daily	Several times a day	Mild	Moderate	Severe
35. Instances of acute distress.	1	1	2	1	2	3	4	5	6	1	2	3
36. Less interest in personal care than is usual for them e.g. in their appearance, showering, or changing their clothes.	1	1	2	1	2	3	4	5	6	1	2	3
37. Smoking or drinking more than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
38. Causing more physical damage to property than is usual for them e.g. smashing, breaking, or throwing things.	1	1	2	1	2	3	4	5	6	1	2	3
39. Reporting an increase in disturbed sleep patterns e.g. difficulty getting to sleep, or waking up in the night and not being able to get back to sleep.	1	1	2	1	2	3	4	5	6	1	2	3
40. Demonstrating more hyper-vigilance (watching out for something bad to happen) than is usual for them.	1	1	2	1	2	3	4	5	6	1	2	3
41. Lack of interest in activities that used to be very important to them e.g. hobbies.	1	1	2	1	2	3	4	5	6	1	2	3
42. More social anxiety than is usual for them e.g. anxious in groups, or in public places.	1	1	2	1	2	3	4	5	6	1	2	3
43. Fearful – expressing an expectation that something bad will happen.	1	1	2	1	2	3	4	5	6	1	2	3

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