

# **Lancaster and Northgate Trauma Scale for Intellectual Disabilities. *Self Report Version.***

October 2020



**Instructions.**

This measure is designed as a semi structured interview to be completed by a qualified member of staff.

The measure begins with 3 screening questions designed to assess whether the respondent is able to understand the rating system used.

**Screening Questions.**

What is your favourite food?.....

(a.) Do you like.....(*favourite food*)?

No

A little

Sometimes

A lot

What is a food you really hate.....?

(b.) Do you like.....(*hated food*)?

No

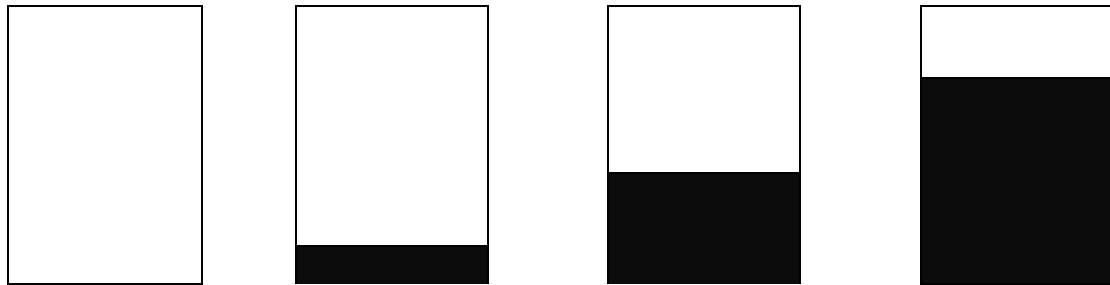
A little

Sometimes

A lot

What is your favourite TV programme?

(c.) Do you like.....(favourite TV programme)?



No

A little

Sometimes

A lot

Screening Question Scoring.

Please indicate the respondent's answers on the grid below.

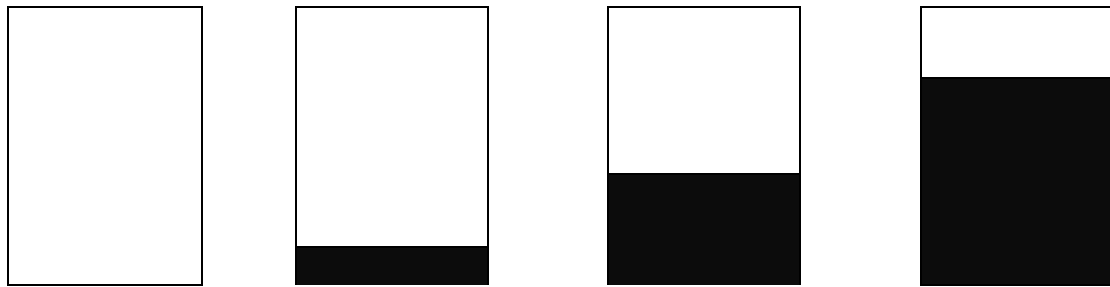
(a.)	No	A little	Sometimes	A lot
(b.)	No	A little	Sometimes	A lot
(c.)	No	A little	Sometimes	A lot

If the respondent's answers fall in the shaded areas continue with the interview. If their responses fall outside the shaded areas end the interview at this point.

Read the following example to the respondent:  
The next questions describe the ways people sometimes feel, after stressful things have happened. Think about how you have been feeling over the past few days. Here is an example:

Question 3.

Worries have been going round and round in my head.



No

A little

Sometimes

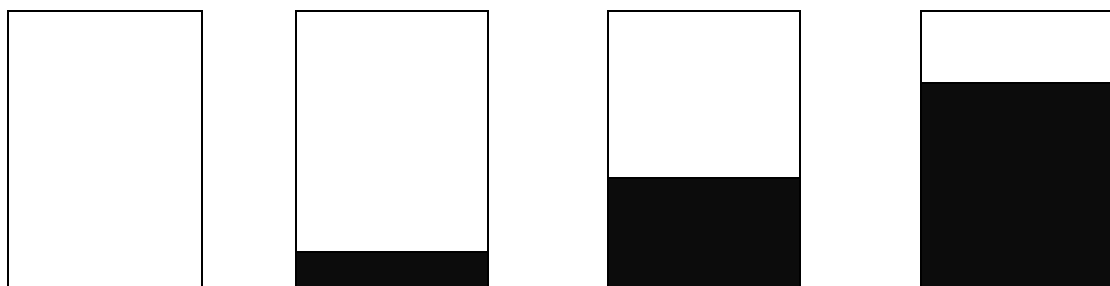
A lot

If worries have been going round and round in your head every day this week you would say 'A lot'.

If worries were going round and round in your head once this week then say 'A little'.

Read the following questions to the respondent and circle their answers. If the respondent does not understand a question please indicate this and go on to the next question.

1. I feel worried – e.g. I feel wound up, I can't breathe properly, and my heart is pounding.



No

A little

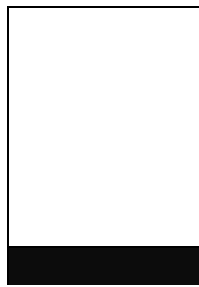
Sometimes

A lot

2. I feel down e.g. I feel sad, I cry a lot, and don't enjoy things.



No



A little

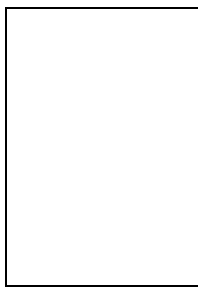


Sometimes

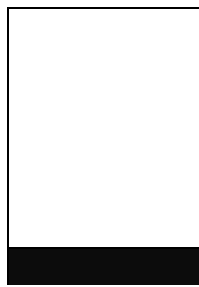


A lot

3. Worries have been going round and round in my head.



No



A little

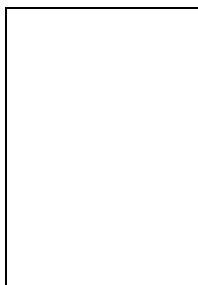


Sometimes

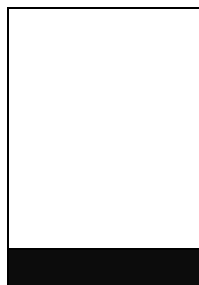


A lot

4. If you get too close or friendly with people, they hurt you.



No



A little



Sometimes

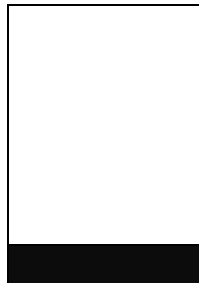


A lot

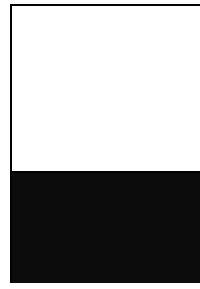
5. I get on with people OK.



No



A little

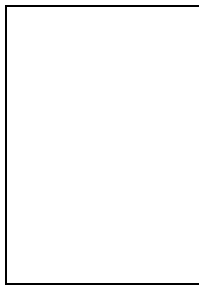


Sometimes

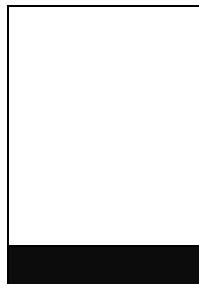


A lot

6. I have bad dreams or nightmares.



No



A little



Sometimes

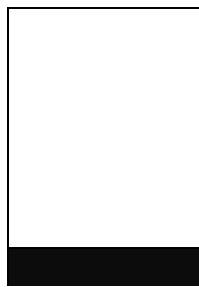


A lot

7. I like myself, e.g. I am as good as other people; I am proud of myself.



No



A little

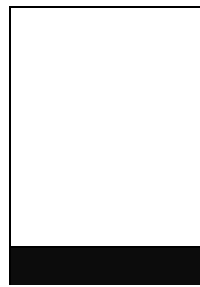
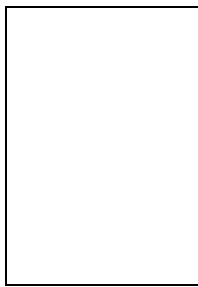


Sometimes



A lot

8. I need help with things I used to be able to do more easily, like getting washed or dressed.



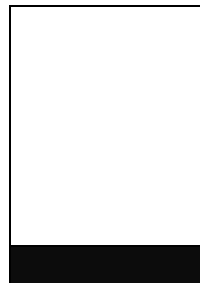
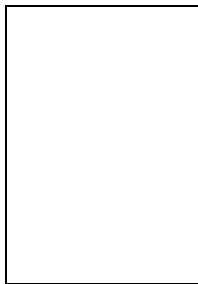
No

A little

Sometimes

A lot

9. I feel frightened, like something bad is going to happen.



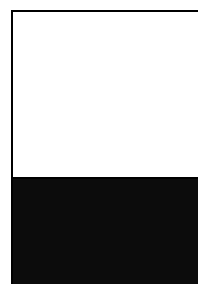
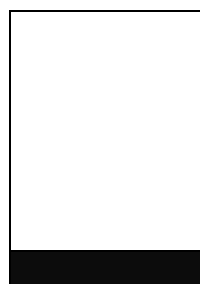
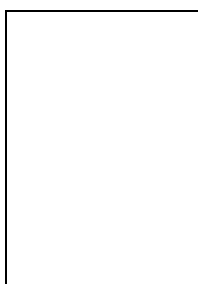
No

A little

Sometimes

A lot

10. My sleep is bad e.g. I can't get to sleep, I keep waking up, or I wake up too early.



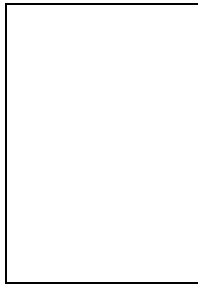
No

A little

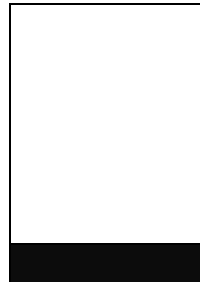
Sometimes

A lot

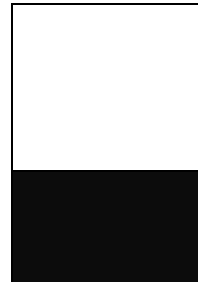
11. I want to smash things up.



No



A little

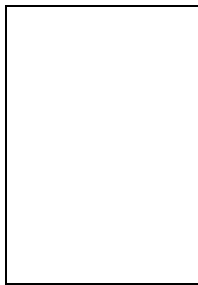


Sometimes

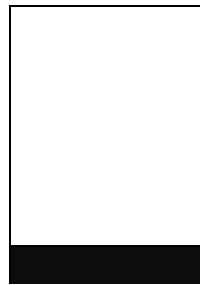


A lot

12. I want to hurt people e.g. hit them, push them, pull their hair, or fight with them.



No



A little

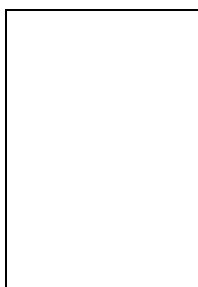


Sometimes

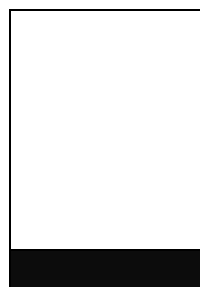


A lot

13. I feel like hurting myself really badly.



No



A little



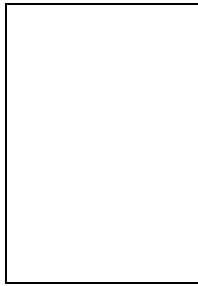
Sometimes



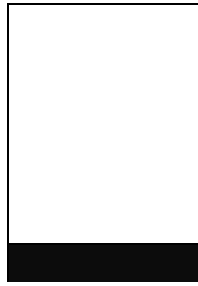
A lot



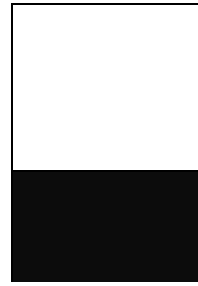
14. I enjoy going out.



No



A little

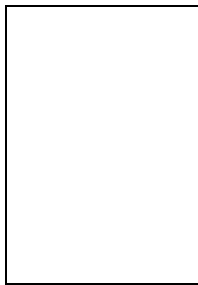


Sometimes

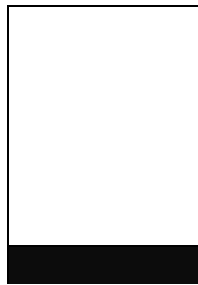


A lot

15. I feel jumpy and on edge.



No



A little

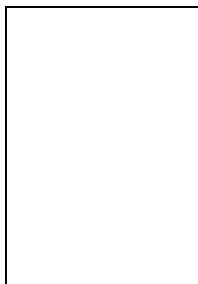


Sometimes

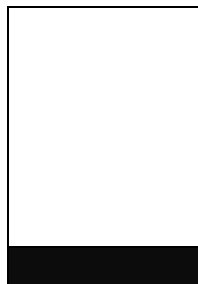


A lot

16. People say bad things about me.



No



A little

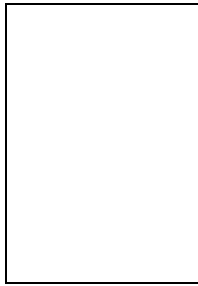


Sometimes

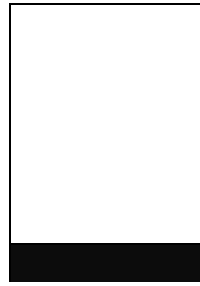


A lot

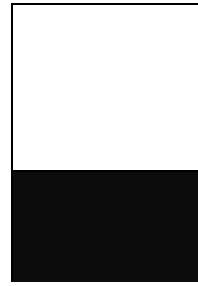
17. I feel happy.



No



A little

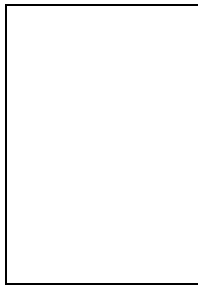


Sometimes

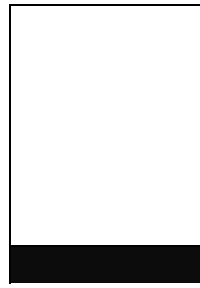


A lot

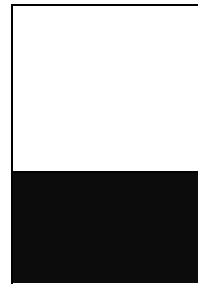
18. I just want to be left on my own.



No



A little

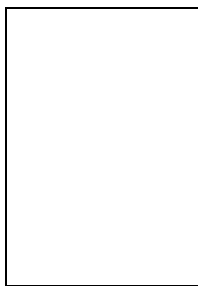


Sometimes

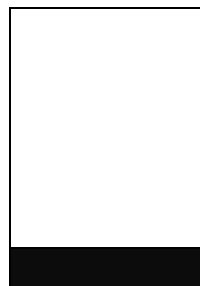


A lot

19. I enjoy my food.



No



A little

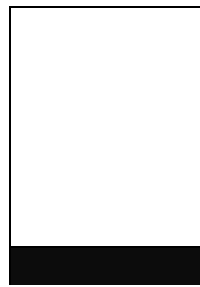
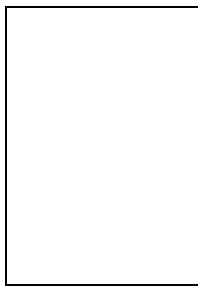


Sometimes



A lot

20. I feel unwell or run down e.g. stomach upsets, aches and pains.



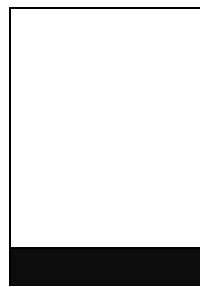
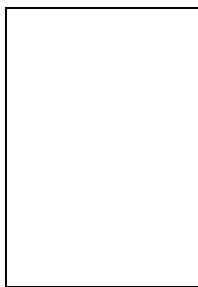
No

A little

Sometimes

A lot

21. I can keep my mind on things e.g. watching TV.



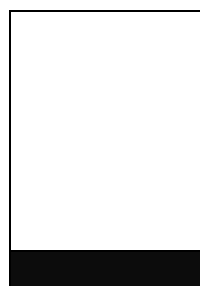
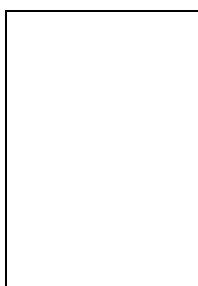
No

A little

Sometimes

A lot

22. I still like the things I used to like doing e.g. I still enjoy my hobbies.



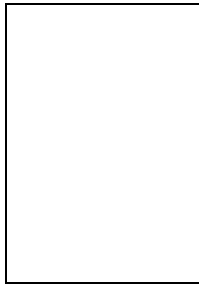
No

A little

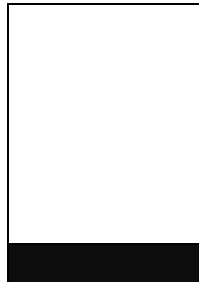
Sometimes

A lot

23. I care about the way I look.



No



A little



Sometimes

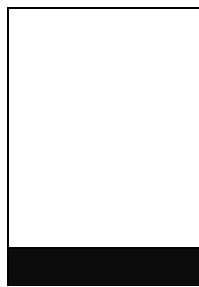


A lot

24. I can talk to people OK.



No



A little

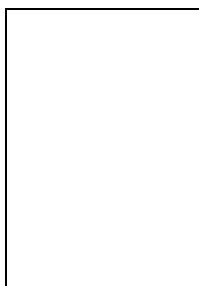


Sometimes

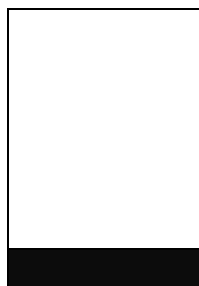


A lot

25. When bad things happen I feel it's my fault.



No



A little

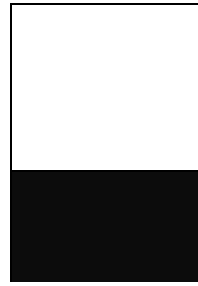
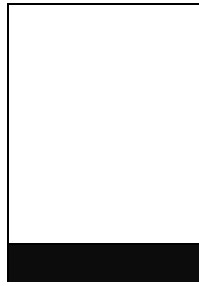


Sometimes



A lot

26. Eating is the only thing I enjoy.



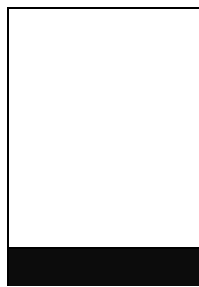
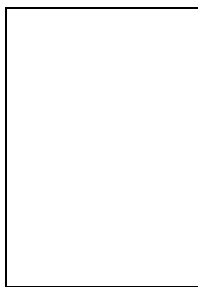
No

A little

Sometimes

A lot

27. I can get out of bed OK on a morning.



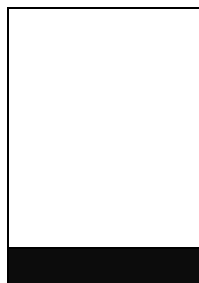
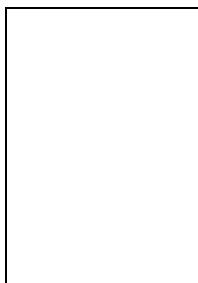
No

A little

Sometimes

A lot

28. I look forward to the future and the good things that could happen e.g. going on holiday, meeting new people.



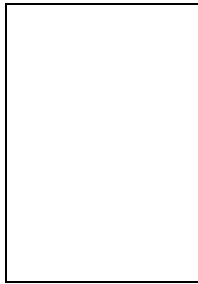
No

A little

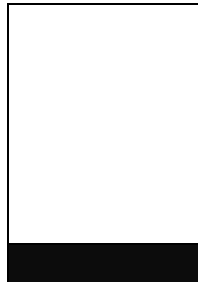
Sometimes

A lot

29. I feel alone. I don't feel close to anybody e.g. nobody understands what I've been through.



No



A little



Sometimes



A lot