

ITCT-A Symptom Scan (ISS)[©]

USC Adolescent Trauma Training Center (USC-ATTC)
National Child Traumatic Stress Network
Website: attc.usc.edu

The ISS is a brief self-report symptom review that can be administered on multiple occasions to clients as part of their treatment with *Integrative Treatment of Complex Trauma for Adolescents (ITCT-A)*. It is used by the clinician solely as an aid in completing the Assessment – Treatment Flowchart for Adolescents (ATF-A), described in the ITCT-A 2nd edition treatment guide.

We recommend that the clinician ask the client to complete ISS at the beginning of an ITCT-A session. The client should be instructed to rate each of the 25 ISS items according to *how often the symptom or experience has occurred in the last two weeks*. ISS items can be read to clients with reading difficulties or for whom English may not be their first language. Items can be explained to the client as needed. Bilingual therapists should feel free to translate ISS items into the client's preferred language. The ISS should be kept as confidential, and placed in the client's chart alongside the relevant ATF-A.

Please note: The ISS is not a standardized or normed psychological test, but rather an informal symptom review that can assist the clinician in the completion of a given ATF-A. Client scores on this checklist should not be interpreted as “normal” or “abnormal,” but rather considered as one (but not the only) input into the clinician's determination of treatment priorities. It is not appropriate to administer this measure outside the context of ITCT-A, nor do its results constitute a clinical assessment. Although test-retest sensitivity has not been examined in research, we suggest that at least one month pass between ISS administrations. In some cases, however, for example when ITCT-A is being administered in a very condensed form, the clinician may choose to administer the ISS more frequently.

For detailed information on ITCT-A, the 2nd edition of the ITCT-A treatment manual, and access to ITCT-A tools such as the ATF-A, please point your web browser to attc.usc.edu. The e-mail address for the USC Adolescent Trauma Training Center is attc@usc.edu. The preferred reference for ITCT-A is:

Briere, J., & Lanktree, C.B. (2013). *Integrative treatment of complex trauma for adolescents (ITCT-A): A guide for the treatment of multiply-traumatized youth, 2nd edition*. Los Angeles, CA: USC Adolescent Trauma Training Center, National Child Traumatic Stress Network.

Name _____

Date: _____

IN THE LAST TWO WEEKS, how much have the following things happened?

1. Feeling like you were in danger or not safe.

1	2	3	4
Never	A little	A lot	Almost all the time

2. Feeling like your parents (or other people who are supposed to take care of you) were not on your side or didn't care about you.

1	2	3	4
Never	A little	A lot	Almost all the time

3. Feeling anxious or worried.

1	2	3	4
Never	A little	A lot	Almost all the time

4. Feeling sad, depressed, or unhappy.

1	2	3	4
Never	A little	A lot	Almost all the time

5. Feeling mad, irritable, or angry.

1	2	3	4
Never	A little	A lot	Almost all the time

6. Getting into physical fights or hurting someone on purpose.

1	2	3	4
Never	A little	A lot	Almost all the time

7. Feeling bad about yourself or putting yourself down.

1	2	3	4
Never	A little	A lot	Almost all the time

8. Having upsetting thoughts, feelings, or memories about a bad thing that happened.

1	2	3	4
Never	A little	A lot	Almost all the time

9. Having trouble sleeping, relaxing, or staying calm.

1	2	3	4
Never	A little	A lot	Almost all the time

10. Trying not to talk or think about something bad that happened.

1	2	3	4
Never	A little	A lot	Almost all the time

11. Having trouble trusting people.

1	2	3	4
Never	A little	A lot	Almost all the time

12. Worrying that people you care about would leave you or go away.

1	2	3	4
Never	A little	A lot	Almost all the time

13. Trying to be by yourself, keeping people away

1	2	3	4
Never	A little	A lot	Almost all the time

14. Having trouble standing up for yourself.

1	2	3	4
Never	A little	A lot	Almost all the time

15. Getting into arguments with someone you liked or cared about.

1	2	3	4
Never	A little	A lot	Almost all the time

16. Feeling like you wanted to kill yourself

1	2	3	4
Never	A little	A lot	Almost all the time

17. Trying to commit suicide.

1	2	3	4
Never	A little	A lot	Almost all the time

18. Doing dangerous things, like driving too fast, or doing things that could get you in serious trouble or get you hurt or killed.

1	2	3	4
Never	A little	A lot	Almost all the time

19. Spacing out or watching yourself from outside of your body

1	2	3	4
Never	A little	A lot	Almost all the time

20. Just for a minute, things suddenly feeling unreal.

1	2	3	4
Never	A little	A lot	Almost all the time

21. Using drugs or alcohol.

1	2	3	4
Never	A little	A lot	Almost all the time

22. Feeling sadness or grief about losing someone you cared about.

1	2	3	4
Never	A little	A lot	Almost all the time

23. Having sex when it wasn't a good idea or wasn't safe.

1	2	3	4
Never	A little	A lot	Almost all the time

24. Cutting yourself, burning yourself, or hurting yourself in some other way to stop bad feelings or memories.

1	2	3	4
Never	A little	A lot	Almost all the time

25. Making yourself throw up or using laxatives.

1	2	3	4
Never	A little	A lot	Almost all the time