

Trauma Questionnaire Template

Introduction:

Dear Participant,

Thank you for taking the time to complete this questionnaire. Your responses are confidential, and your honesty is appreciated. The purpose of this questionnaire is to better understand your experiences and feelings related to potentially traumatic events. Your input will assist in providing appropriate support and resources.

Section 1: Demographic Information:

1. Age: _____
2. Gender: _____
3. Ethnicity: _____
4. Sexual orientation: _____
5. Education level: _____
6. Employment status: _____

Section 2: Trauma History:

Note: Please answer the following questions to the best of your ability. If any question is too distressing, you may choose to skip it.

1. Have you ever experienced a traumatic event? (If yes, please describe briefly)

2. How long ago did the traumatic event(s) occur?

3. Were you physically injured during the traumatic event(s)?

4. Did you witness the traumatic event happening to others?

Section 3: Emotional and Physical Responses:

5. How would you describe your emotional responses to the traumatic event(s)? (e.g., fear, anger, sadness)

6. Have you experienced any physical symptoms since the traumatic event(s)? (e.g., nightmares, flashbacks, changes in sleep or appetite)

Section 4: Coping Mechanisms:

7. How have you coped with the effects of the traumatic event(s)?

8. Have you sought support from friends, family, or professionals? If yes, please describe the support received.

Section 5: Impact on Daily Life:

9. In what ways has the traumatic event(s) impacted your daily life?

10. Have there been changes in your relationships, work, or social activities since the traumatic event(s)?

Section 6: Seeking Help:

11. Have you sought professional help for the effects of the traumatic event(s)? If yes, please provide details.

Section 7: Self-Reflection:

12. How do you currently perceive your own resilience and strength in dealing with the aftermath of the traumatic event(s)?

Conclusion: *Thank you for completing this questionnaire. Your participation is invaluable. If you are experiencing distress, please consider reaching out to a mental health professional for support. Your well-being is important.*