



Detailed Assessment of Posttraumatic Stress™

John Briere, PhD

Generated by **PARiConnect**

Interpretive Report

Developed by John Briere, PhD and PAR Staff

Client name: Sample Client
Client ID: DAPS
Test date: 06/25/2013
Gender: Male
Age: 19

This report is intended for use by qualified professionals only and is not to be shared with the examinee or any other unqualified persons.

PAR • 16204 N. Florida Ave. • Lutz, FL 33549 • 1.800.331.8378 • www.parinc.com

Copyright © 2013 by PAR. All rights reserved. May not be reproduced in whole or in part in any form or by any means without written permission of PAR.

Version: 2.10.021

Overview

The Detailed Assessment of Posttraumatic Stress (DAPS) provides detailed information about an individual's symptomatic responses to a specific traumatic event. This includes feelings and thoughts that occurred during or soon after the event, as well as later posttraumatic symptoms involving intrusive reliving of the event, avoidance, and autonomic hyperarousal. Posttraumatic dissociation, suicidality, and substance abuse are also evaluated by the DAPS. This information can yield, among other things, a diagnosis of potential posttraumatic stress disorder (PTSD) or acute stress disorder (ASD), as well as information about the severity of the individual's posttraumatic symptoms. The DAPS also may identify individuals at risk for self-destructiveness and serious substance abuse. However, the results of a DAPS administration should always be integrated with a diagnostic interview and whatever other psychometric testing may be required. A diagnosis of ASD or PTSD should not be made on the basis of any single psychological test, including the DAPS.

T scores are used in the DAPS to help the examiner interpret the respondent's level of trauma symptoms as reported on the DAPS assessment. These scores are linear transformations of the raw scale scores ($M = 50$, $SD = 10$). *T* scores in this report provide information about an individual's scores relative to the scores of individuals in the DAPS standardization sample, a group of 406 trauma-exposed men and women from the general population.

In the process of interpreting DAPS scores, a review of individual items within each scale can yield useful information regarding the specific nature of the respondent's score on that scale. In addition, scores on the individual items of the Trauma Specification section (Part 1) of the DAPS may provide important information about the nature and extent of the individual's traumatic experience(s) (e.g., shame or horror experienced at the time of the trauma). Placing too much interpretive significance on individual items of clinical scales, however, is not recommended due to the lower reliability of individual items relative to the scales and indexes.

DAPS Score Summary Tables

Validity Scales

Scale	Raw score	T score
Positive Bias (PB)	1	33
Negative Bias (NB)	9	55

Trauma Specification Scales

Index Trauma	Description
6	Respondent reports having been shot or stabbed (or the threat thereof).

Scale	Raw score	T score
Relative Trauma Exposure (RTE)	4	56
Peritraumatic Distress (PDST)	29	70
Peritraumatic Dissociation (PDIS)	20	75

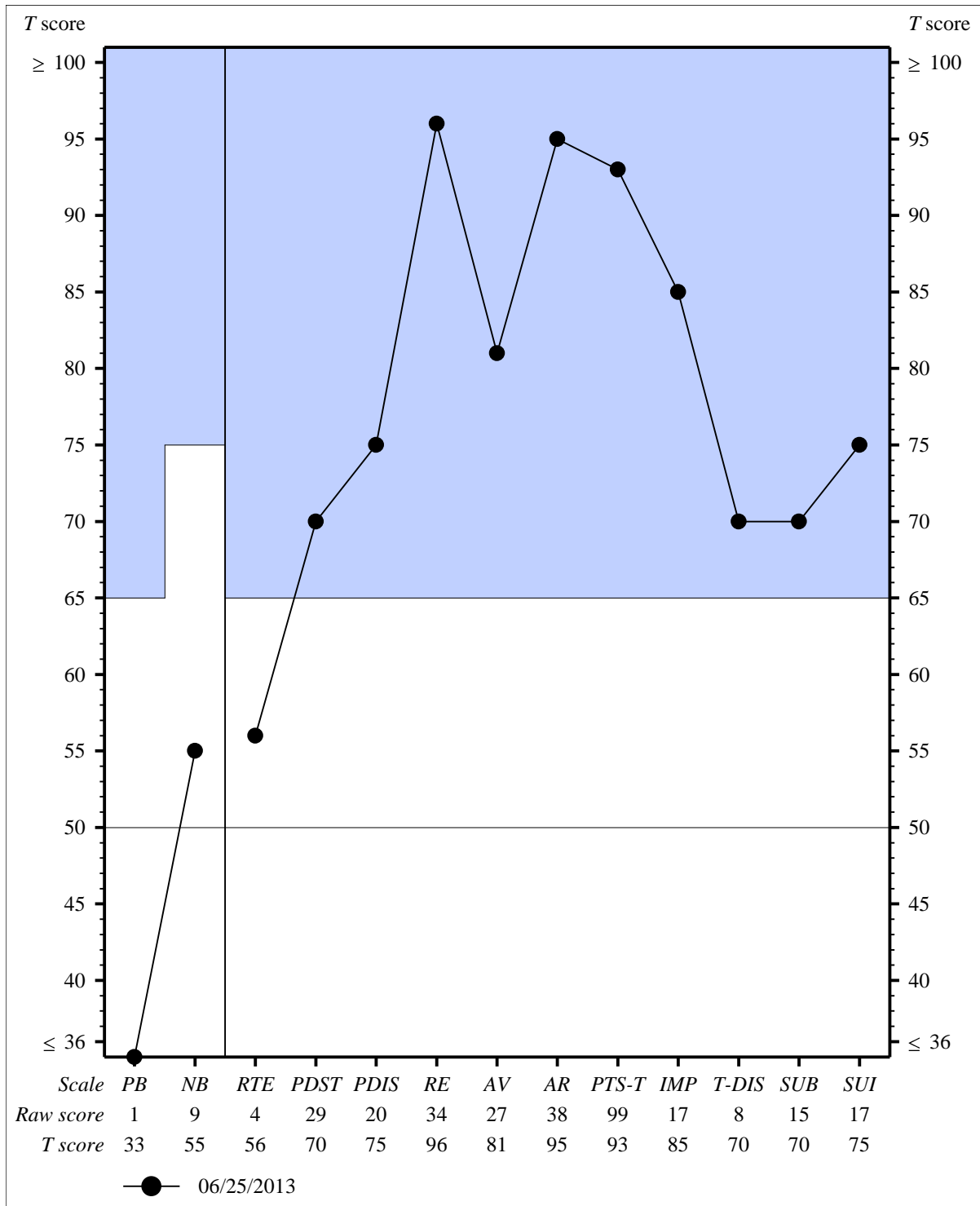
Clinical Scales

Scale	Raw score	T score
Reexperiencing (RE)	34	96
Avoidance (AV)	27	81
Effortful Avoidance (AV-E)*	14	94
Numbing (AV-N)*	10	73
Hyperarousal (AR)	38	95
Posttraumatic Stress—Total (PTS-T)	99	93
Posttraumatic Impairment (IMP)	17	85
Trauma-Specific Dissociation (T-DIS)	8	70
Substance Abuse (SUB)	15	70
Suicidality (SUI)	17	75

* Generated by computer scoring only.

A table of the individual's item raw scores for all DAPS items appears at the end of this report.

Profile of DAPS T Scores



Note. Male-specific norms have been used to generate this profile. For additional information about the standardization sample and the normative data, refer to chapter 4 and Appendixes A and B, respectively, in the DAPS Professional Manual.

Validity

In order to interpret the respondent's DAPS scores, he must have endorsed a sufficient number of items overall, and his scores on the two DAPS validity scales, Positive Bias (PB) and Negative Bias (NB), should be in the acceptable range.

There are 2 missing item responses within the protocol that may compromise the validity of the DAPS.

Overall, the respondent's item endorsements do not appear to be overly positive. He does not appear to deny more normal problems or difficulties than others with a trauma history readily endorse. However, he did deny entirely the following PB scale items (i.e., endorsed as "Never"):

98. Expecting people to treat you badly.

Overall, the respondent's item endorsements do not suggest that he is attempting to portray himself in an especially negative or pathological manner. However, he did endorse the following NB scale items at a significant level (i.e., at least "Once or twice" during the last month):

95. Feeling frightened by certain types of music.

Trauma Specification

Index Trauma

The index trauma is the trauma that the respondent (or his therapist) selected as the most upsetting or most clinically important at this point in time. All subsequent responses on the DAPS are given with reference to this index trauma.

The respondent indicated on the DAPS that his index trauma is having been shot or stabbed (or the threat thereof). The respondent described this trauma in the following manner: "Shooting at work." The traumatic experience occurred a year ago or longer.

Trauma History

Although the respondent specified an index trauma on which to base his item endorsements on the DAPS, in many cases an individual's response to a given traumatic event is affected by other traumas occurring either before or after the index event. These additional traumas also may produce significant symptomatology, including the possibility of separate PTSD and/or ASD diagnoses associated with these other traumas. The respondent's endorsement for each of the 13 potential traumas listed in the DAPS Item Booklet (including the index trauma) are

presented below.

Potential trauma exposures	Item response
1. An accident or crash involving a car, motorcycle, plane, boat, or other vehicle.	Yes
<i>(Remaining item content redacted for sample report)</i>	No
	No
	Yes
	No
	Yes
	No
	No
	No
	No
	No
	No
	Yes
	No

As indicated above, he endorsed at least one additional type of trauma exposure. The clinician should determine (a) if the additional trauma or traumas listed above represent more than one event, (b) if the additional trauma or traumas are clinically significant, and (c) if they require additional assessment – either with another DAPS administration or by clinical interview. In addition, as a general practice, the assessor should consider the possibility of compounded responses when the respondent reports more than one trauma. For example, the client may attribute symptoms to one traumatic event that are at least partially due to the additional influence of other traumatic events, or, in some relatively rare cases, may even confuse the effects of one trauma with the effects of another trauma.

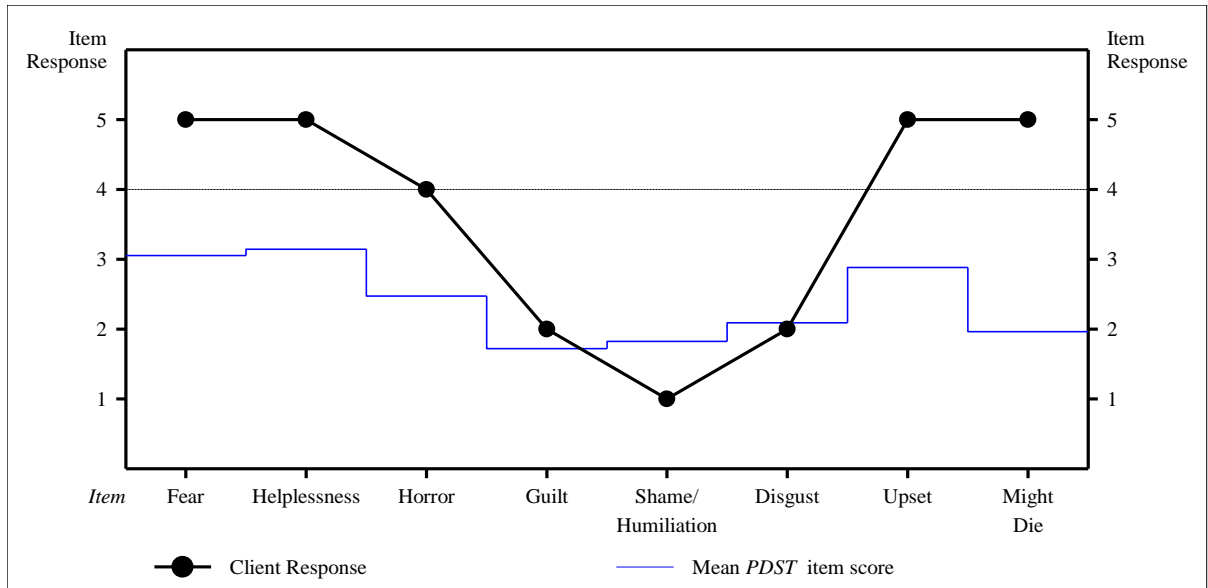
His Relative Trauma Exposure (RTE) *T* score is 56, indicating that the total number of trauma types to which he has been exposed is about average among people who report a trauma history. However, this does not mean that he has not had numerous trauma exposures within a given trauma type.

Peritraumatic Distress (PDST)

The respondent's subjective response to the index trauma described above is evaluated on the DAPS at two levels. At the general level, his score on the Peritraumatic Distress (PDST) scale indicates the degree of negative emotionality and negative thoughts he experienced at the time of, or soon after, the trauma. Various studies indicate that higher levels of peritraumatic distress are associated with greater traumatization and a greater likelihood of developing PTSD or ASD. At the *specific level*, his endorsements of the individual items on the PDST scale can be interpreted in terms of the amount of fear, horror, disgust, etc., that he experienced at the time of the trauma as compared to others who have been exposed to trauma.

The respondent has a *T* score of 70 on the PDST scale, indicating that he experienced more distress during or soon after the index trauma than the average trauma victim. Peritraumatic distress at this level indicates that he was significantly traumatized by what he experienced, and thus he is likely to report significant posttraumatic symptomatology. His endorsements of the specific items on the PDST scale are presented below, followed by a graphic profile of his PDST item scores (relative to the mean PDST item scores for the normative sample).

Distress at (or around) the time of the Index Trauma	Item response	Raw score
15. Fear	Very much	5
<i>(Remaining item content redacted for sample report)</i>	Very much	5
	Quite a bit	4
	A little	2
	None	1
	A little	2
	Very much	5
	Very much	5



Note. Male-specific norms have been used to generate this profile. The clinical skyline that appears on the profile graph represents the mean item score for each of the PDST items obtained for the normative sample. Item responses that are on or above the straight dashed line that appears on the profile graph at an item response level of "4" ("Quite a bit") indicate especially high levels of negative response at the time of, or soon after, the trauma.

Peritraumatic Dissociation (PDIS)

Peritraumatic dissociation refers to alterations in awareness, especially those involving depersonalization and derealization, which occur during a traumatic event. Such responses may arise when a sufficiently destabilizing event temporarily overwhelms the individual's nervous system, or may represent the activation of previous dissociative capacities in the face of new emotional distress. Research indicates that individuals who dissociate at the time of a trauma have a greater likelihood of developing ASD or PTSD later on.

The respondent has a *T* score of 75 on the Peritraumatic Dissociation (PDIS) scale, indicating clinically significant levels of peritraumatic dissociation at the time of the index trauma.

This response may be associated with significant posttraumatic stress as reported by the respondent (see the following section on the Posttraumatic Stress Scales).

His item responses on the individual items of the PDIS scale are presented in the following table.

Distress at (or around) the time of the Index Trauma	Item response	Raw score

Distress at (or around) the time of the Index Trauma	Item response	Raw score
23. His mind went blank.	A little	2
<i>(Remaining item content redacted for sample report)</i>	Quite a bit	4
	Some	3
	A little	2
	Very much	5
	Quite a bit	4

Posttraumatic Stress Scales

The posttraumatic stress scales of the DAPS evaluate (a) the extent to which the respondent is experiencing each of the three clusters of symptoms common to PTSD and ASD (i.e., intrusive reexperiencing, avoidance/numbing, and autonomic hyperarousal), (b) the overall severity of his posttraumatic stress symptoms, and (c) the impact these symptoms may be having on his overall psychosocial functioning.

Reexperiencing (RE) The RE scale assesses the reexperiencing symptom cluster of PTSD and ASD. This cluster generally involves intrusive thoughts about the trauma, flashbacks, upsetting memories, and dreams or nightmares of the traumatic event, as well as psychological distress and autonomic reactivity upon exposure to trauma-reminiscent events. Reexperiencing is often, but not inevitably, triggered by a stimulus in the environment that is in some way similar to aspects of the original trauma. When the intrusive memories are sensory, as occurs in flashbacks, they may consist of auditory, visual, olfactory, tactile, or gustatory sensations associated with the original event. These intrusive sensations and memories are often experienced as ego-dystonic and quite upsetting, and may trigger a sense of reliving the original traumatic event.

The respondent's *T* score on the RE scale is 96. This suggests that he is undergoing significant posttraumatic stress. He is regularly bothered by intrusive recollections of the traumatic event and may feel unable to control these reexperiencing symptoms. An elevated score at this level on the RE scale is often accompanied by attempts to avoid environmental events that might trigger more reexperiencing.

Reexperiencing scale items	Item response	Raw score
30. Upsetting thoughts or memories of the experience popped into his mind.	2 or 3 times a week	4
<i>(Remaining item content redacted for sample report)</i>	2 or 3 times a week	4

Reexperiencing scale items	Item response	Raw score
	2 or 3 times a week	4
	About once a week	3
	2 or 3 times a week	4
	About once a week	3
	2 or 3 times a week	4
	About once a week	3
	Less than once a week	2
	About once a week	3

Avoidance (AV)

The AV scale consists of those avoidance responses subsumed under Criterion C symptoms of PTSD and, to some extent, Criterion B and D symptoms of ASD, as described in the *DSM-IV-TR*. These responses include not only conscious attempts to avoid people, places, conversations, and situations that might trigger flashbacks or other intrusive reexperiencing symptoms, but also emotional numbing and constriction. Certain AV items, such as not wanting to talk about the traumatic experience and avoiding environmental stimuli that might trigger traumatic memories, represent what is sometimes referred to as effortful avoidance. Other AV items, such as loss of interest in activities and feeling disconnected from others, tap emotional constriction and numbing, which is thought to be a functionally independent component of PTSD, although it is currently subsumed under the avoidance cluster of symptoms. This second group of symptoms is sometimes known as the numbing cluster and often it is more

associated with posttraumatic hyperarousal than with effortful avoidance. This report includes scores, and their interpretation, for two subscales of the AV scale — Effortful Avoidance (AV-E) and Numbing Avoidance (AV-N). Each of these subscales consists of the four AV scale items that are most relevant to that subscale.

The respondent's *T* score on the overall AV scale is 81. His *T* score on the Effortful Avoidance (AV-E) subscale is 94, whereas his *T* score on the Numbing Avoidance (AV-N) subscale is 73.

The respondent's overall AV score indicates that he is experiencing significant posttraumatic avoidance symptoms. His AV subscale (AV-E and AV-N) scores suggest significant withdrawal, apathy, and emotional numbing, as well as a tendency to avoid people, places, or situations that remind him of the index trauma. The respondent may be reluctant to discuss his symptoms with therapists or others, and may have problems with treatment adherence. In some cases, this avoidance pattern is associated with a more severe and chronic course.

Avoidance scale items	Item response	Raw score
31. Not wanting to talk about what happened.	About once a week	3
<i>(Remaining item content redacted for sample report)</i>	About once a week	3
	Less than once a week	2
	Less than once a week	2
	About once a week	3
	About once a week	3

Avoidance scale items	Item response	Raw score
55. Trying not to have any upsetting thoughts or feelings about what happened.	2 or 3 times a week	4
<i>(Remaining item content redacted for sample report)</i>	Less than once a week	2
	2 or 3 times a week	4
	?	?

Hyperarousal (AR)

The AR scale taps the autonomic hyperarousal cluster of PTSD and ASD symptoms. These symptoms are thought to arise from the fact that exposure to overwhelming trauma can prompt sustained hyperactivation of the sympathetic ("fight or flight") component of the autonomic nervous system. Symptoms of posttraumatic autonomic hyperarousal include heightened startle responses, tension, sleeping difficulties, irritability, problems with attention and concentration, and hypervigilance.

The respondent's *T* score on the AR scale is 95, suggesting that he is experiencing some combination of tension, irritability, and a tendency to be jumpy or "on edge." He also may complain of various somatic concerns (e.g., muscle tension, gastrointestinal distress) that reflect the effects of sustained hyperarousal. Because hyperarousal symptoms can be quite aversive, some people with an elevated score on the AR scale may use drugs, alcohol, or other sedating or soothing devices to down-regulate their emotional state. In order to evaluate this tendency, refer to the Substance Abuse section of this report.

Hyperarousal scale items	Item response	Raw score
32. Problems concentrating or paying attention since it happened.	2 or 3 times a week	4
<i>(Remaining item content redacted for sample report)</i>	2 or 3 times a week	4

Hyperarousal scale items	Item response	Raw score
	About once a week	3
	2 or 3 times a week	4
	2 or 3 times a week	4
	2 or 3 times a week	4
	About once a week	3
	About once a week	3
	4 or more times a week	5
	2 or 3 times a week	4

**Posttraumatic
Stress—Total
(PTS-T)**

The PTS-T scale is the sum of the RE, AV, and AR scale scores and reflects the overall severity of posttraumatic stress symptoms endorsed by the respondent. Typically, a PTS-T score in the moderate to severe range (i.e., $T \geq 65$) indicates clinically significant posttraumatic stress symptomatology. However, in some instances, one or two Posttraumatic Stress scales will be elevated at a level that suggests clinical disturbance, yet the total PTS-T score will be lower than 65. In such instances, it may be appropriate to interpret the elevated scale score(s) as clinically significant, but to consider the overall level of symptom severity to be insufficient for a PTSD diagnosis.

Based on the respondent's *T* score of 93 on the PTS-T scale, the overall severity of his posttraumatic stress symptoms is in the **severe** range.

**Posttraumatic
Impairment (IMP)**

The IMP scale assesses the respondent's self-reported level of psychosocial impairment as a result of the effects of the index trauma. An elevated score on this scale is also required for a *DSM-IV-TR* diagnosis of PTSD or ASD. IMP scale items involve having trouble at work, school, social situations, relationships, or other aspects of one's life. As a result, scores on this scale can be used as an indication of the overall functional impairment associated with his posttraumatic symptomatology. However, the clinician should keep in mind that this is the respondent's subjective estimate of his dysfunction.

The respondent's *T* score on the IMP scale is 85, indicating that he reports that the effects of the index trauma are significant, to the extent that his ability to function on an ongoing basis has been compromised. The respondent's scores on the individual items of the IMP scale are presented in the following table.

Posttraumatic Impairment scale items	Item response	Raw score
37. Because of what happened to you, not being able to do things as well as you used to.	About once a week	3

Posttraumatic Impairment scale items	Item response	Raw score
<i>(Remaining item content redacted for sample report)</i>	2 or 3 times a week	4
	About once a week	3
	Less than once a week	2
	4 or more times a week	5

Diagnosis

To meet criteria for a *DSM-IV-TR* diagnosis of Acute Stress Disorder or Posttraumatic Stress Disorder, the respondent must report (a) a Criterion A-level trauma; (b) peritraumatic distress that involves significant fear, helplessness, or horror; (c) significant levels of reexperiencing, avoidance, and hyperarousal; and (d) significant psychosocial impairment. In the case of Acute Stress Disorder, there must be significant peritraumatic dissociation present as well. For a diagnosis of PTSD, the trauma must have been experienced prior to the last month, whereas, for ASD, the trauma must have occurred within the last month. As noted in the DAPS Professional Manual, the scoring procedure for the DAPS has good predictive validity for PTSD relative to other psychological tests. In a validation study of the DAPS, it detected PTSD 88% of the time when it was actually present and did not detect PTSD 86% of the time when it was not present.

The respondent's index trauma occurred more than a month ago. As a result, the diagnostic issue is whether or not Posttraumatic Stress Disorder is present. The relevant diagnostic output is presented in the following table.

<i>DSM-IV-TR</i> criterion	DAPS decision rule for PTSD	Criterion met?
A1	Endorsement of at least one trauma exposure involving actual or threatened death or serious injury, or threat to physical integrity of self or others (Items 1-12)	Yes
A2	<i>(Remaining item content redacted for sample report)</i>	Yes
B		Yes
C		Yes
D		Yes
E		Yes
F		Yes

Based on the respondent's DAPS responses, he is likely to satisfy diagnostic criteria for Posttraumatic Stress Disorder (PTSD).

As noted earlier, his overall posttraumatic stress level is in the severe range.

This diagnostic output is based on psychological test data, and thus should be followed up with a face-to-face, *DSM-IV-TR* based clinical interview to ensure the accuracy of this estimation.

Associated Features Scales

The Associated Features scales of the DAPS evaluate three important psychological issues that are often comorbid with posttraumatic stress: posttraumatic dissociation, substance abuse, and suicidality.

Trauma-Specific Dissociation (T-DIS)

The T-DIS scale evaluates derealization, depersonalization, and detachment symptoms that can persist following exposure to a traumatic event. T-DIS scale items specifically tap the posttraumatic dissociative criteria for ASD and the associated features of PTSD. Items include going around in a daze since the index trauma occurred, feeling that things have become unreal since the event, and posttraumatic feelings of being separated from one's body. Posttraumatic dissociation is phenomenologically different from general dissociative symptomatology in that it represents lasting responses to a specific trauma, as opposed to a general tendency to dissociate. Nevertheless, individuals with ongoing dissociative symptoms are more likely than others to dissociate in response to an acute trauma.

The respondent's *T* score on the T-DIS scale is 70, indicating that he has developed clinically significant levels of dissociation following the index trauma that remain present at the time of assessment.

Trauma-Specific Dissociation scale items	Item response	Raw score
33. Since the experience, feeling like you were walking around in a dream or a movie.	Less than once a week	2
<i>(Remaining item content redacted for sample report)</i>	Less than once a week	2
	Less than once a week	2
	Less than once a week	2

Substance Abuse (SUB)

The SUB scale measures the respondent's self-reported use of drugs and alcohol, a known associated feature of PTSD. Individuals with high SUB scores may have serious drug or alcohol problems that either predate or follow their trauma exposure. Major substance abuse in a trauma survivor can result in treatment disruption, delayed recovery due to impaired processing of traumatic memories, and the possibility of additional traumas in the future.

The respondent's *T* score on the SUB scale is 70, indicating that he reports using substances at levels above that of the average trauma-exposed person. However, because this scale was endorsed at relatively low levels in the normative sample, individuals who use more than a small amount of alcohol or drugs may have elevated scores on the SUB scale. For this reason, an elevated SUB score should be followed up by an examination of the specific items on this scale. These items and the respondent's raw score on each item are presented in the following table.

SUB scale items	Item response	Raw score
70. Having more than three alcoholic drinks a day.	Once or twice	2
<i>(Remaining item content redacted for sample report)</i>	Never	1
	Never	1
	Never	1
	Never	1
	Once or twice	2
	Never	1
	Once or twice	2
	Once or twice	2
	Once or twice	2

Suicidality (SUI)

The SUI scale measures the respondent's self-reported suicidal motives, ideations, and behaviors. According to *DSM-IV-TR*, suicidality is a well-established associated feature of PTSD, perhaps especially for those who have experienced major losses or who are suffering extreme psychological pain. Suicidal thoughts and behaviors also are frequently associated with depression, which, in turn, is relatively common among individuals with PTSD. An elevation on the SUI scale should always be followed up with a detailed suicide-risk interview.

The respondent's *T* score on the SUI scale is 75, indicating that he is reporting significant suicidality. **An interview to assess his level of suicide risk is strongly recommended. Also, specific clinical intervention may be indicated.**

His responses to the individual items of the SUI scale are presented in the following table.

SUI Scale Items	Item response	Raw score
72. Wishing you could die and not have any more problems or pain.	Sometimes	3
<i>(Remaining item content redacted for sample report)</i>	Once or twice	2
	Never	1
	Once or twice	2
	Once or twice	2
	Once or twice	2
	Never	1
	Never	1
	Once or twice	2
	?	?

Note. At least one suicidality item has been endorsed by the respondent. Suicidal endorsements require direct assessment, as well as—if indicated—specific clinical intervention above and beyond trauma treatment.

Diagnostic Summary

In summary, the respondent appears to satisfy *DSM-IV-TR* diagnostic criteria for PTSD. The severity of this disorder is estimated to be in the severe range. In addition, he reports clinically meaningful levels of trauma-specific dissociation, substance abuse, and suicidality. This clinical presentation, especially in the presence of other significant symptomatology, may signal the presence of a more "complex" PTSD. This more complicated clinical picture often requires more extended or intense psychological and/or pharmacological treatment. Furthermore, greater attention to avoidance or subjective distress issues may be indicated during treatment, perhaps especially in the context of therapeutic exposure to traumatic memories.

DAPS Item Response Summary Table

Item #	Response	Item #	Response	Item #	Response	Item #	Response
1	1	27	5	53	3	79	1
2	2	28	4	54	4	80	2
3	2	29	5	55	4	81	5
4	1	30	4	56	3	82	1
5	2	31	3	57	2	83	1
6	1	32	4	58	3	84	2
7	2	33	2	59	2	85	3
8	2	34	4	60	3	86	1
9	2	35	3	61	2	87	2
10	2	36	4	62	2	88	2
11	2	37	3	63	4	89	3
12	1	38	4	64	5	90	1
13	2	39	2	65	5	91	1
14	6	40	3	66	3	92	1
15	5	41	2	67	?	93	4
16	5	42	3	68	4	94	2
17	4	43	2	69	3	95	2
18	2	44	4	70	2	96	1
19	1	45	4	71	1	97	2
20	2	46	4	72	3	98	1
21	5	47	3	73	1	99	1
22	5	48	4	74	2	100	2
23	2	49	2	75	3	101	2
24	4	50	3	76	1	102	4
25	3	51	3	77	1	103	1
26	2	52	4	78	1	104	?

DAPS Item Response Frequency Table

1	2	3	4	5	Missing
18.89%	26.67%	21.11%	21.11%	10.00%	2.22%

Note. Percentages indicate the total proportion of DAPS item responses in the current protocol at each item response level (i.e., 1, 2, 3, 4, and 5) for DAPS items using a 5-point Likert-type response scale (i.e. Items 15 through 104).

***** End of Report *****