

Fragebogen zum offenen Erzählen (Disclosure)

Bitte geben Sie an, wie es für Sie persönlich ist, anderen von Dingen zu berichten, die in Zusammenhang mit Ihrem _____ (traumatischen Ereignis) stehen.

Aussagen		stimmt					
		überhaupt nicht	kaum	ein wenig	ziemlich	genau	ganz genau
1.	Es gibt mehrere Personen, denen ich mehrmals alles genau berichtet habe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Es ist mir wichtig, immer wieder zu erzählen, wie alles passiert ist.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Je öfter ich von dem Vorfall erzähle, desto klarer wird das Geschehen für mich.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Wenn ich von meinen Erfahrungen spreche, dann versuche ich, mir alles genau vorzustellen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Ich erzähle häufig von Gefühlen wie Angst, Schock, Erniedrigung oder Erstarren.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	Ich denke wesentlich häufiger über den Vorfall nach, als ich darüber spreche.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	Wenn ich von dem Vorfall erzähle, dann schockiere ich meine Zuhörer nur.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Die Erfahrungen muss ich mit mir selbst klarmachen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	Ich habe niemandem von dem Vorfall erzählt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	Viel wichtiger, als das genaue Ereignis zu schildern ist es mir, meine Gefühle in der Situation zu verdeutlichen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	Ich habe das Bedürfnis, sehr oft von dem Vorfall zu sprechen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	Ich schildere die Dinge, die passiert sind nur in Andeutungen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	Oft versagt meine Stimme, wenn ich meine Erfahrungen ausführlich beschreibe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	Ich erzähle häufig, wie hilflos ich mich in der Situation gefühlt habe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	Nachdem ich jemandem von dem Vorfall erzählt habe, bin ich immer ganz erschöpft.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	Es würde mir nicht weiterhelfen, wenn ich jemandem von dem Vorfall erzählen würde.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Ich finde es schwer, mit jemandem über den Vorfall zu sprechen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	Ich finde nie die passende Gelegenheit, meine Erfahrungen während des Vorfalls mitzuteilen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Aussagen		stimmt					
		überhaupt nicht	kaum	ein wenig	ziemlich	genau	ganz genau
19.	Je häufiger ich von dem Vorfall erzähle, desto besser kann ich die Gefühle mitteilen, die ich während der Situation hatte.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	Oft lasse ich Details in meinen Erzählungen vom Vorfall weg.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	Ich fühle mich extrem gespannt, während ich von dem Vorfall erzähle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	Nachdem ich alles erzählt habe fühle ich mich ganz erleichtert.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	Es ist mir angenehmer, nicht über den Vorfall zu sprechen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	Ich möchte meinen Partner, meine Familie/Freunde nicht belasten, indem ich ihnen von dem Vorfall erzähle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	Es fällt mir sehr leicht, über meine Erfahrungen zu reden.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	Es drängt mich dazu, immer wieder über meine Erlebnisse zu berichten.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	Ich möchte am liebsten sehr oft über den Vorfall sprechen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	Meine Familie/Freunde halten mir vor, dass ich immer nur von dem Vorfall spreche.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	Es fällt mir schwer, ganz genau vom Vorfall zu sprechen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	Bei der Darstellung, des Vorfalls werde ich sehr traurig.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	Wenn ich den Vorfall genau darstelle, dann fühle ich mich in das Geschehen zurückversetzt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	Beim Schildern des Vorfalls bekomme ich richtig Herzklopfen, Schweißausbrüche oder fange an zu zittern.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	Ich mache mir zwar viele Gedanken über meine Erfahrungen, spreche aber kaum darüber.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	Ich habe niemandem erzählt, wie alles genau passiert ist.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Disclosure of Trauma Questionnaire (DTQ)

Updated information: 11-05-03

Source (in German language)

Müller, J., Beauducel, A., Raschka, J. & Maercker, A. (2000). Kommunikationsverhalten nach politischer Haft in der DDR. Entwicklung eines Fragebogens zum Offenlegen der Traumaerfahrungen. *Zeitschrift für Politische Psychologie*, 8(4), 413-427.

Background

The *Disclosure of Trauma Questionnaire (DTQ)* is based on findings that the way of communicating influences the recovery from stressful or traumatic experiences (e.g. Lepore & Greenberg, 2002; Pennebaker & Francis, 1996; Seagal, Bogaards, Becker & Chatman, 1999). The social-psychological variable *disclosure* is regarded to explain additional variance to already well-researched variables in the domain of individual cognitive processing. Until now there has not existed a questionnaire investigating this variable.

Development and characteristics of the questionnaire

First, an extensive review on literature concerning communication after traumatization was made (e.g. Pennebaker, 1997). Due to theoretical considerations and a review of literature, different dimensions of disclosure emerged: The attitude towards disclosure, the emotional way of disclosing (hesitant, crying), cognitive components while disclosing (clearness about the traumatic event, scenic intrusions) as well as the subject's own reactions while disclosing (being agitated, scared). Taking this into consideration, sixty-five items were generated in a rational way. As a consequence of a review by four experts on PTSD, 22 items were excluded. 178 former East German political prisoners answered the prototype questionnaire, together with standard measures of posttraumatic stress disorder (IES-R, German version: Maercker & Schützwohl, 1998) and social support (F-SozU: Sommer & Fydrich, 1991). The instruction was to indicate how one could talk in their social environment about the imprisonment. Participants rated each item using a 6-point-Likert-type scale from 0 (*I agree not at all*) to 5 (*I agree completely*). 74% of the participants were male. The average age was 55 years (SD = 9.35; Range = 34 - 81) and 72% had a partner. The participants were released from prison on average 24.6 years ago (SD = 9.7; Range

= 3.0 – 49.0) and their detention had a mean duration of 27 months (SD = 29.3; Range = 1-256.

We submitted the DTQ items to a principal-components factor analysis with oblimin rotation. Visual examination of the scree plot as well as the parallel-analysis (see Horn, 1965) suggested a three-factorial solution. The first factor explained 26.2% of the variance, and the second and third, an additional 21.4% and 5.0%, respectively. Inspection of the items with a high factor loading suggested that the factors represented (a) "urge to talk" (b) "reluctance to talk", and (c) "emotional reactions while disclosing/closing". Items that loaded more than .50 on a given factor and less than .30 were selected for further consideration. Further criteria were the diversity of content, moderate correlations with other DTQ items, and size of correlation with the IES-R. 13 items that exemplified the initial conception about the urge to talk were selected to represent the first factor. 11 items that exemplified the concept of reluctance to talk were selected to represent the second factor. 10 items that represented the emotional reactions while disclosing or closing represented the third factor. Thus the final inventory included 34 items. From this the subscales were constructed. The inventory can be found in Appendix A; a scoring key is found in Appendix B. The psychometric values are satisfactory. The interscale correlation is presented in table 1. Cronbach's alphas for the three DTQ scales and total score were as follows: urge to talk: $\alpha = .88$; reluctance to talk: $\alpha = .82$; emotional reactions: $\alpha = .87$. For the one-to-three-months retest interval the test-retest reliabilities were as follows: urge to talk: $r_{tt} = .76$; reluctance to talk: $r_{tt} = .89$; emotional reactions: $r_{tt} = .77$. To examine the hypothesized relationship between cognitions and post-trauma psychopathology, Spearman correlations between the DTQ and the IES-R were computed. The results are presented in table 1.

Table 1: Spearman correlations between the DTQ subscales and between the DTQ subscales and the IES-R Subscales

		Disclosure-Subscales		
		Reluctance to talk	Urge to talk	Emotional reactions
Disclosure	Urge to talk	-.14		
	Emotional Reactions	.41**	.49**	
IES-R	Intrusions	.40**	.42**	.76**
	Avoidance	.55**	.12	.56**
	Hyperarousal	.49**	.36**	.77**

Note. * $p < .05$ ** $p < .01$.

To further examine the relationship between disclosure and post-trauma psychopathology we compared individuals with and without PTSD symptoms: The more severe the individual's intrusions, avoidance and hyperarousal, the more they indicated having an urge to talk, concealing their traumatic experiences, and reacting emotionally while disclosing/closing. The same results have been found in a German crime victim sample (Müller & Maercker, 2003).

Practical use

The DTQ is the first questionnaire capturing the disclosure of traumatic experiences. It is a 34-items self-measurement that can be answered by the participants within a short time. Because of the scale's differing lengths, only the subscales' means are mentioned. The high correlations with PTSD-symptomatology suggests that the scale may be useful as a clinical assessment tool for patients with PTSD. A short form of the DTQ is in preparation.

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Appendix A: Disclosure of Trauma Questionnaire (DTQ)

In the following, please indicate to which degree you agree or disagree with each statement.

1. There are several people I have told the whole story to several times.
2. It is important for me to repeatedly talk about what happened and how it happened.
3. The more often I talk about the event, the clearer it becomes to me.
4. When I talk about my experiences, I try to imagine everything as it was.
5. I often describe feelings of fear, shock, humiliation, or of feeling paralyzed.
6. I think considerably more about the incident than I talk about it.
7. If I tell my friends about the incident, I only shock them.
8. I must get the experience clear in my mind.
9. I haven't told anybody about the event.
10. It is much more important to clarify my feelings in the situation than to describe the incident precisely.
11. I feel like I have to talk about the event a lot.
12. I only describe the things that happened with keywords.
13. My voice often fails when I describe my experiences in full.
14. I often describe how helpless I felt in that situation.
15. After I talked about the event, I am always exhausted.
16. It wouldn't help me any further if I told somebody about the incident.
17. I find it difficult to talk to people about the incident.
18. I never find the right time to talk about the experiences that I had during the event.
19. The more I talk about the incident, the better I can express the feelings I had in that situation.
20. I often leave out details in my descriptions of the incident.
21. I feel extremely tense when I describe the incident.
22. After I have described everything, I feel relieved.
23. I find it more comfortable not to talk about the incident.
24. I don't want to burden my partner, family, or friends by telling them about the incident.
25. I find it easy to talk about my experiences.
26. I feel compelled to talk about my experiences again and again.
27. I like to talk about the event as often as possible.
28. My family/friends reproach me for only ever talking about the incident.
29. It's difficult for me to speak about the incident in detail.
30. Describing the event makes me feel very sad.
31. When I describe the incident in detail, I feel taken back to the events.
32. While describing the incident, my heart starts pounding, I start sweating, or I start to shake.
33. I often think about the event, but don't talk about them very much.
34. I haven't told anybody exactly what happened.

Appendix B: Scoring key

1. Scale: I agree not at all (0)
 not very (1)
 partially (2)
 considerably (3)
 very much (4)
 completely (5)

2. Recode Item Number 1.

3. Subscales

Reluctance to talk		Urge to talk		Emotional reactions	
1	_____	2	_____	6	_____
8	_____	3	_____	7	_____
9	_____	4	_____	10	_____
12	_____	5	_____	13	_____
16	_____	11	_____	14	_____
17	_____	19	_____	15	_____
18	_____	22	_____	21	_____
20	_____	25	_____	30	_____
23	_____	26	_____	31	_____
24	_____	27	_____	32	_____
29	_____	28	_____		
33	_____				
34	_____				
Sum A:	_____	Sum B:	_____	Sum C:	_____

4. Total Score:

Sum A	
Sum B:	
Sum C	
<u>Total Score</u>	_____