

Inwald Trauma/Recovery Inventory (ITRI)

Scale Descriptions

Difficulties with Daily Activities (DA)

Measures the extent to which tested individuals believe that they can take care of themselves and their families. Low scorers express confidence that they have the ability to take care of their basic needs. High scorers may show evidence of an inability to function and to provide daily necessities for themselves and their families.

Past Traumatic Events (PT)

High scores on this scale suggest that the individual has perceived a specific event as traumatic. Low scores suggest that the individual has not perceived the specified event as a major life trauma.

Stress Symptoms (SS)

Measures admitted physical symptoms or stress reactions that may adversely affect functioning. High scorers admit to physical symptoms that may be related to stressful events.

Social Network (SN)

Measures an individual's social network and social relationships. Low scorers may be socially active people with a wide circle of friends who can provide them with support in times of stress. High scorers may be isolated individuals who do not socialize often and do not have close friends for social support.

Family Support (FS)

Measures a person's family relationships with attention to the degree of closeness with family members. Low scorers may have close relationships with family members and can depend upon those family members for support in times of crisis. High scorers do not express strong family ties, may have negative feelings about immediate family members, and may not be able to depend upon family for support in times of crisis.

Critical Events (CE)

Measures the presence of recent events that may have affected the person's ability to enjoy life. Low scorers have not reported many difficulties that could affect their ability to enjoy daily routines. High scorers report that there have been recent life events that have been difficult for them, such as illness, death of a loved one, physical injuries/illness, serious accidents, or natural disasters.

Depression (DP)

High scores on this scale indicate discouragement and depression. High scorers may have difficulty coping with daily stresses and/or may show symptoms of clinical or reactive depression.

Lack of Self-Worth (SW)

Measures self-confidence and general sense of mastery over obstacles in the world. High scorers may be unsure of themselves and feel they cannot do things as well as others.

Lack of Satisfaction with Life (LS)

Measures individuals' general satisfaction with their accomplishments in life. High scorers may feel that they have not been able to reach their goals and report that they are dissatisfied with their accomplishments. High scorers may also express dissatisfaction with how their life has developed. Low scorers express contentment that they have been able to reach most goals and that they are satisfied with their accomplishments.

Lack of Temper Control (LT)

Measures a history of difficulty controlling angry impulses. High scorers on this scale may be outspoken and/or impatient with others.

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