

Progress in Treatment Questionnaire – Patient Version (PITQ-p)

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Please circle the number that reflects what percentage of time each of the following statements has been true of you in the **last week**.

1. I have been diagnosed with a dissociative disorder and agree that this diagnosis is correct.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
2. I collaborate well with my therapist, and when there are problems between us, I talk to my therapist about them so that we can resolve them together.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
3. I am compassionate and fair with myself; that is, I respond to myself with as much empathy as I would show someone else in the same situation.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
4. I'm aware of the thoughts, feelings, and body sensations that indicate I'm getting anxious or overwhelmed.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
5. I use relaxation techniques (such as relaxation exercises, safe place imagery, music) to safely help myself relax and feel better when I begin to get anxious or overwhelmed.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
6. I manage intrusive memories and flashbacks using containment strategies (imagery techniques used to contain and manage PTSD symptoms).
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
7. I use grounding techniques when I need to prevent myself from going numb, zoning out, or losing time. (Examples: focus on my surroundings; pay attention to my five senses; tense and relax my muscles.)
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
8. If I begin to confuse the past with the present, I notice this and work to see differences between how things are now versus how they were when I was being traumatized.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
9. I am aware of my emotions and body sensations.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)
10. I am able to feel my emotions without getting overwhelmed.
0% 10 20 30 40 50 60 70 80 90 100%
(never true) (always true)

11. I am aware of, able to think about, and can control my impulses. (Example: I can feel angry or depressed without doing something unhealthy.)
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
12. I reach out to treatment providers if I have difficulty controlling severe unhealthy impulses despite using recovery-focused coping skills (e.g., grounding, past vs. present, containment).
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
13. I know that the traumas that I experienced were not my fault.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
14. I manage everyday life well. (Examples: I regularly eat, bathe, pay bills on time, etc.).
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
15. I am able to account for all that I do; that is, I don't "lose time" or find evidence of having done something I do not remember.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
16. I am able to deal with stressful situations without dissociating.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
17. I am able to maintain healthy personal and professional relationships.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
18. I value my physical well-being, and do not do things that hurt my body. (Examples: I don't cut or burn my body or attempt suicide.)
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
19. I value my health and do not do things that put me at risk. (Examples: I do not abuse drugs, throw up after eating, drive unsafely, have unsafe sex, etc.)
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
20. I am able to experience sadness and grieve the losses related to trauma.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
21. Life feels meaningful and rewarding.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
22. I have a generally positive view of myself.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)

23. I have a generally positive view of other people.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
24. My sense of myself includes many important things beyond having been traumatized.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
25. I am able to experience sexual intimacy without intense shame, flashbacks, or dissociation, and with some pleasure.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)
26. I can explore the meaning, and impact related to the traumas I experienced; I can feel and express the emotions related to these traumas.
 0% 10 20 30 40 50 60 70 80 90 100%
 (never true) (always true)

The following questions are for persons who have dissociated parts / self-states. If these items do not apply to you, please circle "not applicable". Otherwise, please circle the percentage of time the statements apply to you.

27. All parts of myself know that we are part of the same person and that we share one body.
 0% 10 20 30 40 50 60 70 80 90 100%
 (not applicable / never true) (always true)
28. All parts of myself are oriented to the present (know what day, month, and year it is).
 0% 10 20 30 40 50 60 70 80 90 100%
 (not applicable / never true) (always true)
29. I pay attention to and am curious about what different parts of myself are feeling.
 0% 10 20 30 40 50 60 70 80 90 100%
 (not applicable / never true) (always true)
30. I'm aware of which parts of myself are contributing to my actions.
 0% 10 20 30 40 50 60 70 80 90 100%
 (not applicable / never true) (always true)
31. All parts of myself know and can independently use recovery-focused coping skills (e.g., grounding, past vs. present, containment).
 0% 10 20 30 40 50 60 70 80 90 100%
 (not applicable / never true) (always true)
32. All parts of myself communicate and cooperate well.
 0% 10 20 30 40 50 60 70 80 90 100%
 (not applicable / never true) (always true)

PITQ-p Scoring

To score the PITQ-p, treat the percentages endorsed as points (e.g., 0% = 0 points, 100% = 100 points).

The procedure for calculating a PITQ-p score is different for patients with and without dissociated self-states.

For patients without dissociated self-states

Add the points corresponding to the percentages endorsed for items 1 through 26 and divide by 26 (i.e., maximum score = 100, minimum score = 0).

For patients with dissociated self-states

Add the points corresponding to the percentages endorsed for items 1 through 32 and then divide the total by 32 (i.e., maximum score = 100, minimum score = 0).

The use of this measure is free of charge. Please note, however, that norms for the PITQ-p have not yet been established. If you use the PITQ-p in research, please share your feedback and findings with Hugo.Schielke@gmail.com and BBrand@towson.edu.