



CENTER FOR CHILD
& FAMILY HEALTH

ARC Assessment
Measures for
CHILD
Ages 8 - 11

(English)

Child and Adolescent Trauma Screen (CATS) - Youth Report

Name: _____

Date: _____

Stressful or scary events happen to many people. Below is a list of stressful and scary events that sometimes happen. Mark YES if it happened to you. Mark No if it didn't happen to you.

- | | | |
|--|------------------------------|-----------------------------|
| 1. Serious natural disaster like a flood, tornado, hurricane, earthquake, or fire. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Serious accident or injury like a car/bike crash, dog bite, or sports injury. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Threatened, hit or hurt badly within the family. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Threatened, hit or hurt badly in school or the community. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Attacked, stabbed, shot at or robbed by threat. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Seeing someone in the family threatened, hit or hurt badly. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Seeing someone in school or the community threatened, hit or hurt badly. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. Someone doing sexual things to you or making you do sexual things to them when you couldn't say no. Or when you were forced or pressured. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. On line or in social media, someone asking or pressuring you to do something sexual. Like take or send pictures. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. Someone bullying you in person. Saying very mean things that scare you. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. Someone bullying you online. Saying very mean things that scare you. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12. Someone close to you dying suddenly or violently. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 13. Stressful or scary medical procedure. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 14. Being around war. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 15. Other stressful or scary event? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Describe: _____

Turn the page and answer the next questions about all the scary or stressful events that happened to you.

Mark 0, 1, 2 or 3 for how often the following things have bothered you in the last two weeks:

0 Never / 1 Once in a while / 2 Half the time / 3 Almost always

1. Upsetting thoughts or pictures about what happened that pop into your head.	0	1	2	3
2. Bad dreams reminding you of what happened.	0	1	2	3
3. Feeling as if what happened is happening all over again.	0	1	2	3
4. Feeling very upset when you are reminded of what happened.	0	1	2	3
5. Strong feelings in your body when you are reminded of what happened (sweating, heart beating fast, upset stomach).	0	1	2	3
6. Trying not to think about or talk about what happened. Or to not have feelings about it.	0	1	2	3
7. Staying away from people, places, things, or situations that remind you of what happened.	0	1	2	3
8. Not being able to remember part of what happened.	0	1	2	3
9. Negative thoughts about yourself or others. Thoughts like I won't have a good life, no one can be trusted, the whole world is unsafe.	0	1	2	3
10. Blaming yourself for what happened, or blaming someone else when it isn't their fault.	0	1	2	3
11. Bad feelings (afraid, angry, guilty, ashamed) a lot of the time.	0	1	2	3
12. Not wanting to do things you used to do.	0	1	2	3
13. Not feeling close to people.	0	1	2	3
14. Not being able to have good or happy feelings.	0	1	2	3
15. Feeling mad. Having fits of anger and taking it out on others.	0	1	2	3
16. Doing unsafe things.	0	1	2	3
17. Being overly careful or on guard (checking to see who is around you).	0	1	2	3
18. Being jumpy.	0	1	2	3
19. Problems paying attention.	0	1	2	3
20. Trouble falling or staying asleep.	0	1	2	3

CATS 7-17 Years Score <15	CATS 7-17 Years Score 15-20	CATS 7-17 Years Score 21+
Normal. Not clinically elevated.	Moderate trauma-related distress.	Probable PTSD.

Please mark "YES" or "NO" if the problems you marked interfered with:

- | | | | | | |
|------------------------------|------------------------------|-----------------------------|-------------------------|------------------------------|-----------------------------|
| 1. Getting along with others | <input type="checkbox"/> Yes | <input type="checkbox"/> No | 4. Family relationships | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Hobbies/Fun | <input type="checkbox"/> Yes | <input type="checkbox"/> No | 5. General happiness | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. School or work | <input type="checkbox"/> Yes | <input type="checkbox"/> No | | | |

PROMIS Measures - Youth Self-Report

Section 1

Please respond to each question or statement by marking one box per row.

In the past 7 days...

		Never	Almost Never	Sometimes	Often	Almost Always
1	I felt like something awful might happen .	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2	I felt nervous	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	I felt worried.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	I worried when I was at home	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5	I felt scared.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	I worried when I went to bed at night	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	I worried about what could happen to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	I got scared really easily.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS Measures - Youth Self-Report

Section 2

Please respond to each question or statement by marking one box per row.

In the past 7 days...

		Never	Almost Never	Sometimes	Often	Almost Always
1	I felt everything in my life went wrong....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2	I felt lonely.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	I felt sad	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	It was hard for me to have fun	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5	I could not stop feeling sad.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	I felt like I couldn't do anything right	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	I felt alone	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	I felt unhappy	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS Measures - Youth Self-Report

Section 3

Please respond to each question or statement by marking one box per row.

In the past 7 days...

		Never	Almost Never	Sometimes	Often	Almost Always
1	I felt accepted by other kids my age.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2	I was able to count on my friends.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	My friends and I helped each other out.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	Other kids wanted to be my friend.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5	I was good at making friends.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	Other kids wanted to be with me.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	I was able to talk about everything with my friends.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	Other kids wanted to talk to me.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PROMIS Measures - Youth Self-Report

Section 4

Please respond to each item by marking one box per row.

In the past 4 weeks...

		Never	Rarely	Sometimes	Often	Always
1	I felt I had a strong relationship with my family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2	I felt really important to my family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	I got all the help I needed from my family..	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	My family and I had fun together.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5	People in my family made me feel good about myself	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	My family treated me fairly	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	My parents listened to me	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	My family paid a lot of attention to me.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Scoring for PROMIS Measures – Youth Self-Report

To score a section of the PROMIS Measures – Youth Self-Report:

1. Add the points of each item in the section to get a Raw Summed Score.
2. Use the appropriate conversion table to obtain a T-Score.

Interpreting the PROMIS Measures – Youth Self-Report

For most PROMIS instruments, a T-Score of 50 is the average for the United States general population with a standard deviation of 10 because calibration testing was performed on a large sample of the general population. You can read more about the calibration and centering samples on HealthMeasures.net (<http://www.healthmeasures.net/score-and-interpret/interpret-scores/promis>). The T-score is provided with an error term (Standard Error or SE). The Standard Error is a statistical measure of variance and represents the “margin of error” for the T-score.

Important: A higher PROMIS T-Score represents more of the concept being measured. Thus, a child who has a T- Score of 60 for Social Relationships, Family Relationships or Peer Relationships is one standard deviation **better** than the general population on that concept. By comparison, a Social Relationships, Family Relationships or Peer Relationships T-score of 40 is one SD **worse** than average.

PROMIS Measures – Youth Self-Report Scores

Client Nickname: _____

Date of Administration: _____

PROMIS Section	Raw Summed Score	T-Score	Interpretation
1. Anxiety			
2. Depressive Symptoms			
3. Peer Relationships			
4. Family Relationships			



PROMIS Section 1 - Anxiety		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
8	39.0	5.8
9	45.4	3.3
10	47.8	2.8
11	49.6	2.4
12	51.0	2.2
13	52.2	2.1
14	53.3	2.0
15	54.4	2.0
16	55.3	1.9
17	56.3	1.9
18	57.2	1.9
19	58.1	1.9
20	59.0	1.9
21	59.9	1.9
22	60.8	1.9
23	61.7	2.0
24	62.6	2.0
25	63.4	1.9
26	64.3	1.9
27	65.1	1.9
28	65.9	1.9
29	66.8	1.9
30	67.6	1.9
31	68.4	1.9
32	69.2	1.9
33	70.0	1.9
34	70.9	1.9
35	71.8	2.0
36	72.8	2.1
37	73.9	2.2
38	75.2	2.4
39	76.7	2.6
40	79.8	3.4

*SE = Standard Error on T-score metric

PROMIS Section 2 – Depressive Symptoms		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
8	39.9	5.9
9	46.9	3.2
10	49.3	2.7
11	51.0	2.3
12	52.4	2.1
13	53.6	2.0
14	54.6	1.9
15	55.6	1.8
16	56.5	1.8
17	57.4	1.8
18	58.3	1.8
19	59.1	1.8
20	60.0	1.8
21	60.8	1.8
22	61.7	1.8
23	62.5	1.8
24	63.3	1.8
25	64.1	1.8
26	64.9	1.8
27	65.7	1.8
28	66.5	1.7
29	67.3	1.7
30	68.0	1.7
31	68.8	1.7
32	69.6	1.7
33	70.4	1.7
34	71.2	1.8
35	72.1	1.8
36	73.1	1.9
37	74.2	2.0
38	75.5	2.2
39	77.2	2.5
40	80.3	3.4

*SE = Standard Error on T-score metric

PROMIS Section 3 – Peer Relationships		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-score	SE*
8	18.6	3.4
9	21.4	3.0
10	23.2	2.7
11	24.7	2.5
12	26.0	2.4
13	27.1	2.3
14	28.2	2.3
15	29.2	2.3
16	30.2	2.3
17	31.3	2.3
18	32.3	2.3
19	33.4	2.4
20	34.5	2.4
21	35.6	2.5
22	36.8	2.5
23	38.0	2.5
24	39.3	2.5
25	40.6	2.5
26	41.9	2.5
27	43.2	2.4
28	44.5	2.4
29	45.8	2.4
30	47.1	2.4
31	48.3	2.4
32	49.6	2.4
33	50.9	2.4
34	52.2	2.4
35	53.5	2.5
36	55.0	2.5
37	56.6	2.7
38	58.6	3.0
39	61.1	3.5
40	66.1	5.2
*SE = Standard Error on T-score metric		

PROMIS Section 4– Family Relationships		
<i>Short Form Conversion Table</i>		
Raw Summed Score	T-Score	SE*
8	17.9	3.3
9	20.5	2.9
10	22.3	2.6
11	23.7	2.4
12	25.0	2.3
13	26.2	2.2
14	27.2	2.2
15	28.3	2.2
16	29.3	2.2
17	30.3	2.2
18	31.2	2.2
19	32.3	2.2
20	33.3	2.2
21	34.3	2.3
22	35.4	2.3
23	36.5	2.3
24	37.6	2.3
25	38.7	2.3
26	39.8	2.3
27	41.0	2.3
28	42.1	2.2
29	43.3	2.2
30	44.4	2.2
31	45.6	2.2
32	46.8	2.3
33	48.0	2.3
34	49.3	2.3
35	50.6	2.4
36	52.1	2.5
37	53.7	2.7
38	55.7	3.1
39	58.4	3.7
40	63.9	5.5

*SE = Standard Error on T-score metric