

Traumatic Antecedents Questionnaire (TAQ)

This questionnaire asks you to describe experiences you may have had as a young child (ages 0 to 6), as a school age child (ages 7-12), as an adolescent (ages 13-18), and as an adult. For each item, indicate the degree to which the statement describes your experience at each different age period. **The scale has both frequency and intensity words; please choose the highest applicable number.** If there are any age periods for an item that you are unable to answer, please indicate this by choosing DK (“don’t know”).

For Each Question and Age Group
Use the Highest Applicable Number:

0= never **or** not at all
1= rarely **or** a little bit
2= occasionally **or** moderately
3= often **or** very much
DK= don’t know

1. I generally feel safe and cared for.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

2. Someone made sure I got up in the morning and went to school.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

3. I was really good at something (like sports, a hobby, school, work, or some creative activity).

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

4. I had good friends.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

5. I felt close to at least one of my brothers or sisters.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

6. Somebody in my family had so many problems that there was little left for me.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

7. I felt that nobody cared whether I lived or died.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

8. I had someone to talk with outside my family when something was bugging me at home.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

9. My parents confided things in me that made me feel uncomfortable.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

10. My parents were divorced or separated.

0-6	7-12	13-18	Adult
No	No	No	No
Yes	Yes	Yes	Yes

11. I lived with different people at different times (like different relatives or foster families).

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

12. Somebody close to me died.

0-6	7-12	13-18	Adult
No	No	No	No
Yes	Yes	Yes	Yes

13. I had a serious illness and/or had to be hospitalized for a medical problem.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

14. Someone I was close to was very sick, or in an accident for which they needed to be hospitalized.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

15. I received news that someone close to me had been seriously injured or violently killed during an accident, fight, or a crime.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

16. In my parents' eyes, nothing I did was ever good enough.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

17. People in my family called me insulting names.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

18. The rules in my family were unclear and inconsistent.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

19. The punishments I received were unfair.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

20. My parents hurt each other physically when they argued and fought.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

21. I spent time out of the house and no one knew where I was.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

22. People in my family were out of control.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

23. I witnessed physically violence in my family.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

24. Someone in my family got medical attention because of violence.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

25. Someone in my family had a problem with alcohol and/or drugs.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

26. I abused alcohol and/or drugs.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

27. My caregivers were so into alcohol or drugs that they couldn't take care of me.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

28. I was beaten, kicked or punched by someone close to me.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

29. I was in a situation in which I was convinced I would be physically injured or lose my life.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

30. Someone outside my family attacked me.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

31. I saw dead bodies.

0-6	7-12	13-18	Adult
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

32. I was involved in a serious accident.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

33. I was in a natural disaster.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

34. I saw sexual things that scared me.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

35. Someone (older) touched me sexually against my wishes or tried to make me touch them.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

36. Someone forced me to have sex against my will.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

37. Someone threatened me with physical harm unless I did something sexual.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

38. I believed that one of my brothers or sisters was sexually molested.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

39. I have had another very frightening or traumatic experience where I felt intense fear, helpless, or horrified.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

40. Something terrible happened to me that still remains a mystery to me.

0-6	7-12	13-18	Adult
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
DK	DK	DK	DK

How upsetting was it to answer these questions?

Intensity	0
	1
	2
	3
	DK

RECOMMENDED CITATION FOR THIS INSTRUMENT:

Luxenberg, T., Spinazzola, J., & van der Kolk, B. (2001). Complex trauma and the Disorders of Extreme Stress (DESNOS) diagnosis, part one: Assessment. *Directions in Psychiatry, 11*, 373-393.