

post-traumatic growth inventory

Listed below are 21 areas that are sometimes reported to have changed after traumatic events. Please mark the appropriate box beside each description indicating how much you feel you have experienced change in the area described. The 0 to 5 scale is as follows:

0 = I did not experience this change as a result of my crisis

1 = I experienced this change to a very small degree

2 = a small degree

3 = a moderate degree

4 = a great degree

5 = a very great degree as a result of my crisis

	<i>possible areas of growth and change</i>	0	1	2	3	4	5
<i>a.</i>	my priorities about what is important in life						
<i>b.</i>	an appreciation for the value of my own life						
<i>c.</i>	I developed new interests						
<i>d.</i>	a feeling of self-reliance						
<i>e.</i>	a better understanding of spiritual matters						
<i>f.</i>	knowing that I can count on people in times of trouble						
<i>g.</i>	I established a new path for my life						
<i>h.</i>	a sense of closeness with others						
<i>i.</i>	a willingness to express my emotions						
<i>j.</i>	knowing I can handle difficulties						
<i>k.</i>	I'm able to do better things with my life						
<i>l.</i>	being able to accept the way things work out						
<i>m.</i>	appreciating each day						
<i>n.</i>	new opportunities are available which wouldn't have been otherwise						
<i>o.</i>	having compassion for others						
<i>p.</i>	putting effort into my relationships						
<i>q.</i>	I'm more likely to try to change things which need changing						
<i>r.</i>	I have a stronger religious faith						
<i>s.</i>	I discovered that I am stronger than I thought I was						
<i>t.</i>	I learned a great deal about how wonderful people are						
<i>u.</i>	I accept needing others						

ptgi: background

The Posttraumatic Growth Inventory (PTGI) was developed by Richard Tedeschi and Lawrence Calhoun at the University of North Carolina. Their website provides useful resources and background information. See <http://ptgi.uncc.edu/index.htm>. They write "*The Posttraumatic Growth Inventory ... has now been used in many investigations in the United States and in other countries throughout the world. There is no charge for the use of the scale, provided the scale is being used for research purposes and financial gain does not occur from its use.*"
