



## City Birth Trauma Scale for Maternity Staff

This questionnaire asks about your experiences as a health professional working with women during pregnancy, birth or postpartum. It asks about potential traumatic events which you may have found stressful. These events might not necessarily have happened in the place in which you are currently working. Please think about one or two such events and tick the responses closest to your experience.

These questions relate to the event you have in mind that you were either directly or indirectly involved in.

During the clinical event:	Yes	No
Q1. Did you think the woman or her baby would be seriously injured?	1	0
Q2. Did you think the woman or her baby would die?	1	0
Q1a. Was the woman or her baby seriously injured?	1	0
Q2a. Did the woman or her baby die?	1	0

The next questions ask about symptoms you might have experienced. Please indicate how often you experienced the following symptoms in the last week:

Symptoms surrounding the event	NOT AT ALL	ONCE	2 - 4 TIMES	5 OR MORE TIMES
Q3. Recurrent unwanted memories of the event (or parts of the event) that you can't control	0	1	2	3
Q4. Bad dreams or nightmares about the event (or related to the event)	0	1	2	3
Q5. Flashbacks to the event and/or reliving the experience	0	1	2	3
Q6. Getting upset when reminded of the event	0	1	2	3
Q7. Feeling tense or anxious when reminded of the event	0	1	2	3
Q8. Trying to avoid thinking about the event	0	1	2	3
Q9. Trying to avoid things that remind me of the event (e.g. people, places, meetings)	0	1	2	3
Q10. Not able to remember details of the event	0	1	2	3
Q11. Blaming myself or others for what happened during the event	0	1	2	3
Q12. Feeling strong negative emotions about the event (e.g. fear, anger, shame)	0	1	2	3

Symptoms that began or got worse since the event	NOT AT ALL	ONCE	2 - 4 TIMES	5 OR MORE TIMES
Q13. Feeling negative about myself or thinking something else awful will happen	0	1	2	3
Q14. Lost interest in activities that were important to me	0	1	2	3
Q15. Feeling detached from other people	0	1	2	3
Q16. Not able to feel positive emotions (e.g. happy, excited)	0	1	2	3
Q17. Feeling irritable or aggressive	0	1	2	3
Q18. Feeling self-destructive or acting recklessly	0	1	2	3
Q19. Feeling tense and on edge	0	1	2	3
Q20. Feeling jumpy or easily startled	0	1	2	3
Q21. Problems concentrating	0	1	2	3
Q22. Not sleeping well	0	1	2	3
Q23. Feeling detached or as if you are in a dream	0	1	2	3
Q24. Feeling things are distorted or not real	0	1	2	3

If you have any of these symptoms:

Q25. When did these symptoms start?		Q26. How long have these symptoms lasted?	
Before the specific clinical event	0	Less than 1 month	0
In the first 6 months after the event	1	1 to 3 months	1
More than 6 months after event	2	3 months or more	2
Not applicable (I have no symptoms)		Not applicable (I have no symptoms)	

Q27. Do these symptoms cause you a lot of distress?	Yes 2	No 0	Sometimes 1
Q28. Do they prevent you doing things you usually do (e.g. socialising, daily activities)?	Yes 2	No 0	Sometimes 1
Q29. Could any of these symptoms be due to medication, alcohol, drugs, or physical illness?	Yes 2	No 0	Maybe 1

**Thank you for completing this questionnaire**

## Scoring information

The questionnaire can be used as a measure of PTSD symptoms or diagnostic criteria as follows:

### PTSD symptoms

#### **Symptom Subscales**

- Re-experiencing symptoms: Q3 + Q4 + Q5 + Q6 + Q7
- Avoidance symptoms: Q8 + Q9
- Negative cognitions and mood: Q10 + Q11 + Q12 + Q13 + Q14 + Q15 + Q16
- Hyperarousal: Q17 + Q18 + Q19 + Q20 + Q21 + Q22

#### **Total PTSD symptoms**

- Total score from Q3 to Q22 inclusive. Total range 0 - 60

#### **Dissociative symptoms**

- Q23 + Q24

Please note these are not symptoms of PTSD but are for diagnostic purposes or if you are interested in dissociation during birth as a separate phenomenon.

A number of research studies have now found that the symptoms of the City BiTS form 2 clusters and that these might be related to outcomes in different ways. We therefore recommend you calculate these subscales as well as total PTSD symptoms:

1. **Birth-related PTSD symptoms:** Q3 to Q12 inclusive
2. **General PTSD symptoms:** Q13 to Q22 inclusive

## DSM-5 Diagnostic criteria for PTSD

### **[A] Stressor Criterion**

- Women fulfil DSM-5 criterion A if they respond yes to Q1 or Q2\*

### **[B] Re-experiencing symptoms (1 needed)**

- Women score 1 or more on any question from Q3 to Q7 inclusive

### **[C] Avoidance symptoms (1 needed)**

- Women score 1 or more on Q8 or Q9.

### **[D] Negative cognitions and mood (2 needed)**

- Women score 1 or more on 2 questions from Q10 to Q16 inclusive

### **[E] Hyperarousal (2 needed)**

- Women score 1 or more on 2 questions from Q17 to Q22 inclusive

### **[F] Duration**

- Women score 1 or more on Q26

### **[G] Distress and impairment**

- Women score 1 or more on Q27 or Q28

### **[H] Exclusion criteria**

- If women score 1 or more on Q29 then exclude them from diagnostic PTSD

### **PTSD with dissociative symptoms**

- Q23 and Q24 measure dissociative symptoms so if women score 1 or more on either of these questions the diagnosis should be 'PTSD with dissociative symptoms'

### **PTSD with delayed onset**

- Score of 2 on Q25 means PTSD with delayed onset

Please note a score of 0 on Q25 suggests PTSD prior to birth so is a measure of prevalence rather than new incidence of PTSD due to birth

\* Please note, questions Q1a and Q2a are not part of DSM-5 diagnostic criteria but are included to provide extra information on the outcome of the events during the traumatic stressor.