



Handout 15: Psychological Trauma Risk Checklist



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Low Risk	Moderate Risk	High Risk
Physical distance from trauma <input type="checkbox"/> Out of vicinity of crisis site	<input type="checkbox"/> Present on crisis site	Physical closeness to trauma <input type="checkbox"/> Crisis victim or eyewitness
Emotional distance from trauma <input type="checkbox"/> Did not know victim(s)	<input type="checkbox"/> Friend of victim(s) <input type="checkbox"/> Acquaintance of victim(s)	Emotional closeness to trauma <input type="checkbox"/> Child or sibling of victim(s) <input type="checkbox"/> Relative of victim(s) <input type="checkbox"/> Best friend of victim(s)
Internal resilience <input type="checkbox"/> Active coping style <input type="checkbox"/> Mentally healthy <input type="checkbox"/> Socially connected <input type="checkbox"/> No trauma history <input type="checkbox"/> High developmental level <input type="checkbox"/> Good sense of self-efficacy <input type="checkbox"/> Low psychophysiological arousal level <input type="checkbox"/> Optimistic outlook on life	<input type="checkbox"/> No clear coping style <input type="checkbox"/> Questions exist about precrisis mental health <input type="checkbox"/> Some difficulties with social connectedness <input type="checkbox"/> Trauma history <input type="checkbox"/> At times appears immature <input type="checkbox"/> Marginal sense of self-efficacy <input type="checkbox"/> Moderate psychophysiological arousal level <input type="checkbox"/> Ambivalent outlook on life	Internal vulnerability <input type="checkbox"/> Avoidance coping style <input type="checkbox"/> Precrisis psychopathology <input type="checkbox"/> Socially withdrawn <input type="checkbox"/> Significant trauma history <input type="checkbox"/> Low developmental level <input type="checkbox"/> Poor sense of self-efficacy <input type="checkbox"/> High psychophysiological arousal level <input type="checkbox"/> Pessimistic outlook on life
External resilience <input type="checkbox"/> Living with nuclear family members <input type="checkbox"/> Good family functioning <input type="checkbox"/> No parental traumatic stress <input type="checkbox"/> No family trauma history <input type="checkbox"/> Parent(s) mentally healthy <input type="checkbox"/> Good social resources/relations <input type="checkbox"/> Acknowledges multiple social resources	<input type="checkbox"/> Living with some nuclear family members <input type="checkbox"/> Family functioning at times challenged <input type="checkbox"/> Some parental traumatic stress <input type="checkbox"/> Some history of family trauma <input type="checkbox"/> Possible parental psychopathology <input type="checkbox"/> Social resources/relations at times challenged <input type="checkbox"/> Acknowledges few social resources	External vulnerability <input type="checkbox"/> Not living with any nuclear family members <input type="checkbox"/> Poor family functioning <input type="checkbox"/> Significant parental traumatic stress <input type="checkbox"/> Family history of PTSD <input type="checkbox"/> Parental psychopathology <input type="checkbox"/> Poor or absent social resources/relations <input type="checkbox"/> Perceived lack of social support
Immediate reactions during the crisis <input type="checkbox"/> Remained calm during the crisis event	<input type="checkbox"/> Displayed mild to moderate distress during the crisis event	Immediate reactions during the crisis <input type="checkbox"/> Displayed acute distress (e.g., fright, panic, dissociation) during the crisis event
Current/ongoing reactions & coping <input type="checkbox"/> Only a few common crisis reactions displayed <input type="checkbox"/> Coping is adaptive (i.e., it allows daily functioning at precrisis levels)	<input type="checkbox"/> Many common crisis reactions displayed <input type="checkbox"/> Coping is tentative (e.g., the individual is unsure about how to cope with the crisis)	Current/ongoing reactions & coping <input type="checkbox"/> Mental health referral indicators displayed (e.g., acute dissociation, hyperarousal, depression, psychosis) <input type="checkbox"/> Coping is absent or maladaptive (e.g., suicidal/homicidal ideation, substance abuse)
Total Low:	Total Moderate:	Total High:

Note. The checklist is used to classify psychological trauma risk factors and warning signs into low-, moderate-, and high-risk categories. From "Best Practices in School Crisis Intervention" (p. 785), by S. E. Brock and J. Davis. In A. Thomas and J. Grimes (Eds.), *Best Practices in School Psychology V*, 2008. Bethesda, MD: National Association of School Psychologists. Copyright 2008 by the National Association of School Psychologists. Adapted with permission.

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