



City Birth Trauma Scale scoring information

This questionnaire asks about your experience during the birth of your most recent baby. It asks about potential traumatic events during (or immediately after) the labour and birth, and whether you are experiencing symptoms that are reported by some women after birth. Please tick the responses closest to your experience.

What date was your baby born? _____

During the labour, birth and immediately afterwards:	Score 1	Score 0
Q1. Did you believe you or your baby would be seriously injured?	Yes	No
Q2. Did you believe you or your baby would die?	Yes	No

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

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

* Although these questions refer to the birth, many women have symptoms about events that happened just before or after birth. If this is the case for you, and the events were related to pregnancy, birth or the baby then please answer for these events.

Symptoms that began or got worse since the birth	NOT AT ALL	ONCE	2 - 4 TIMES	5 OR MORE TIMES
Q13. Feeling negative about myself or thinking something 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 because of things that are not due to the baby's sleep pattern	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?	
Before the birth	0
In the first 6 months after birth	1
More than 6 months after birth	2
Not applicable (I have no symptoms)	

Q26. How long have these symptoms lasted?	
Less than 1 month	0
1 to 3 months	1
3 months or more	2
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

Diagnostic criteria

[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