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APPENDIX A – Colour-coded thematic analyses: Themes from MTRR-I

Christie		Bianca		Colleen		Shelly		Caron		Jolene		Jenny		Lindi	
coping	29	acceptance	18	dealing with intens	26	refocus on plann	14	alone-ness	15	acceptance	8	problems i	21	dealing with	28
spiritual stren	20	additional childh	1	spiritual strength	21	dealing with inte	13	low self-estee	15	adult trauma	3	guilt/self-b	19	personal de	15
adult emotion	18	adult emotions c	10	dealt with it/over it	19	need for approva	13	putting into pe	15	anger	15	never good	18	low self-est	14
maintain stea	18	adult trauma	4	personal developm	19	acceptance	15	self-abuse/mu	15	alone-ness	9	rumination	18	alone-ness	13
refocus on pla	16	adult views of cs	3	coping	15	adult emotions	11	dealing with in	14	anxiety	3	putting int	17	anger	12
self-cohesion	14	aggression	10	fear	15	adult trauma	11	rumination	14	avoidance	9	refocus on	17	different to	11
personal deve	12	alone-ness	3	positive support	15	positive refocusi	10	avoidance	12	catastrophisin	7	keep quiet	15	avoidance	10
dealing with i	11	anger	7	childhood emotion	13	dealt with it/ove	9	dissociation	11	childhood emo	10	low self-es	15	cant deal wi	10
positive refoc	14	anxiety	1	putting into perspe	13	personal develop	9	positive refoc	11	claustrophobia	1	avoidance	12	childhood e	10
remembering	11	avoid physical to	2	keep quiet	12	putting into pers	9	refocus on pla	10	clear flashbacks	8	lasting effe	12	dissociation	10
control in rela	10	avoidance	9	optimism and hope	12	anxiety	8	sarcasm	10	conflict	5	maintain s	12	lasting effe	10
putting into p	10	catastrophising	1	anger	10	coping	8	anger	9	coping	4	no control	12	need for app	9
acceptance	8	childhood emoti	3	no support	10	alone-ness	7	no relationshi	9	criticism	11	trust nobo	12	positive refe	9
adult emotion	8	clear memories c	10	sharing trauma of se	10	perfectionism	7	numbness	9	damaged good	1	need for a	11	refocus on p	9
emotional ab	8	closure	4	forgiveness	9	anger	6	coping	8	dealing with in	14	alone-ness	10	still have no	9
healthy habit	8	conflict	7	maintain steady int	9	avoidance	6	personal deve	8	dealt with it/ov	7	feel unattr	10	never good	8
alone-ness	7	control in relatio	6	confrontation	8	maintain steady i	6	keep people a	7	dissociation	9	keep peop	9	no closure	8
anger	7	coping	22	meaningfulness of l	8	optimism and ho	6	spiritual stren	7	don't want to g	2	positive su	9	no support	8
forgiveness	7	damaged goods	1	refocus on planning	8	self-cohesion	6	too much effo	7	don't belong	7	dealing wi	8	optimism ar	8
positive supp	7	dealing with inte	20	self-cohesion	8	trust nobody nob	6	unhealthy hab	6	emotional abu	6	other blam	8	other blame	8
stress	7	dealt with it/ove	20	alone-ness	7	control in relatio	5	adult emotion	6	empowerment	6	acceptance	7	clear flashb	7
childhood em	5	decision making	5	conflict	7	difficult childhoo	5	catastrophisin	6	envied normali	6	other blam	6	emotional b	7
conflict	5	emotions have c	10	confusion	7	gaps in memory	5	childhood emo	6	fear	9	emotional	7	emotions ha	7
dealt with it/c	5	fear	4	denial	7	rejection	5	dependence o	6	fear/avoidance	2	hopelessn	7	fantasy wor	7
fear	5	fear/avoidance c	4	divorce	7	sadness	5	lasting effects	6	feel unattractiv	5	positive re	7	putting into	7
suppressed m	5	forgiveness	1	acceptance	6	self-blame/guilt	5	maintain stead	6	frustration	2	spiritual st	7	rumination	7
additional chi	4	gaps in memory	1	adult trauma	6	spiritual strength	5	no support	6	gaps in memor	6	still have n	7	additional c	6
decision maki	4	good memories	1	closure	6	stress	5	positive reapp	5	guilt/self-blam	2	unhappy a	7	catastrophis	6
optimism and	4	guilt/self-blame	7	happiness	6	struggle to love	5	suppressed m	5	healthy habits	3	clear flashl	6	enjoys job	6
self-confiden	4	happiness	2	helplessness	6	suppressed mem	5	acceptance	5	helplessness	14	no closure	6	self-cohesic	6
dissociation	3	happy childhood	4	physical abuse	6	dangerous relatio	4	clear flashbac	5	keep quiet	7	sadness	6	self-confide	6
guilt/self-blar	3	healthy habits	3	additional childhoo	5	dealing with insu	4	confusion	5	lasting effects	5	adult traur	5	gaps in mem	5
whole-ness	3	helplessness	7	avoidance	5	decision making	4	gaps in memo	5	life in danger	4	anger	5	maintain ste	5
adult views of	2	identify triggers	4	clear memories of c	5	emotional abuse	4	rejection	5	low self-esteer	14	coping	5	rejection	5
anxiety	2	impulsive	5	dangerous relations	5	impulsive	4	relationships v	5	maintain stead	5	difficult re	5	adjustment	4
gaps in memo	2	keep people at a	10	other blame	5	low self-esteem	4	selective/poo	4	meaningfulnes	9	enjoyed he	5	avoid physic	4
healthy adult	2	lasting effects of	17	suicide	5	never good enou	4	self-blame/gu	4	need for appro	19	helplessne	5	coping	4
impulsive	2	maintain steady	5	hiding	4	self-confidence	4	avoid physical	4	needs to be car	5	not very e	5	fear	4
meaningfulne	30	meaningfulness	14	low self-esteem	4	unhappy childho	4	depression	4	never good enc	9	avoid phys	4	guilt/self-bl	4
perfectionism	2	nightmares	1	positive reappraisal	4	violence	4	fear	4	nightmares	2	confusion	4	no relations	4
recent trauma	2	numbness	1	self-confidence	4	wholeness	4	meaningfulne	4	no closure	7	dealt with	4	physical sen	4
Spectrum of e	2	optimism and ho	7	stress	4	childhood emotio	3	no future view	4	no control in re	22	fear/avoid	4	sadness	4
trust	2	other blame	2	adult emotions	3	conflict	3	not worthy of	4	no freedom	10	not worthy	4	shame	4
damaged goo	1	perfectionism	3	assertiveness	3	fear	3	positive suppo	3	no job satisfac	2	personal d	4	acceptance	3
friends also se	1	personal develop	16	multiple csa	3	helplessness	3	stress	3	no support	4	regret	4	anxiety	3
other blame	1	positive reappra	15	positive refocusing	3	identify triggers	3	trust nobody	3	not coping	4	remember	4	dealt with it	3
positive reapp	1	positive refocusi	16	Spectrum of emotic	3	identity crisis	3	abandonment	3	numbness	4	self-cohesi	4	death	3
rumination	1	positive support	6	trust nobody	3	keep people at a	3	did not deal w	3	obstacles in ach	12	catastroph	3	meaningfulr	3
self-abuse	1	putting into pers	22	adult views differ fr	2	keep people at a	2	emotions char	3	on guard	1	conflict	3	no friends	3
suicide	1	refocus on plann	23	decision making	2	lasting effects of	3	happy childho	3	other blame	5	death	3	sharing trau	3

Domains of the MTRR-I (colour codes)

Authority over memory

is able to choose to recall, or not recall life experiences and to what extent they recall the details of their past.

The integration of memory and affect

ability to feel in the present the emotions that were felt at the time of the childhood trauma and to experience new emotions in the present not only when recalling the past, but also reflecting upon it.

Affect tolerance and regulation

range of emotions that trauma survivors are able to experience and the extent to which they endure and manage difficult feelings

. A sign that a survivor has recovered from the childhood trauma is when the survivor has gained access to a wide spectrum of emotions in a tolerable range of intensities.

Symptom mastery

degree to which survivors can anticipate, manage, suppress, or prevent the cognitive and emotional disruption that arises from posttraumatic arousal.

but that they have learned to master these symptoms when they do arise.

Self-esteem

level of self-regard survivors display. It is a sign of recovery and resilience if survivors have a positive sense of self-worth by the way they care for themselves.

Self-cohesion

whole beings or as fragmented or disjoint

understand and control the dissociative adaptations that may have occurred earlier.

once organized by secrecy and compartmentalization, which is often the case in child sexual abuse, embrace instead single, integrated expressions of self in the world

Safe attachment

ability of survivors to develop feelings of trust, safety, and enduring connection in relationships with other

Recovery from the trauma of interpersonal violence, or the violation of interpersonal trust

renewed ability for trusting attachment and in the survivors' ability to secure and negotiate personal safety within a relational context.

CERQ themes in the MTRR-I

Christie		Bianca		Colleen		Shelly		Caron		Jolene		Jenny		Lindi	
meaningfulne	30	refocus on plan	23	dealing with i	26	refocus on plann	14	alone-ness	15	no control in rel	22	problems in ma	21	dealing with i	28
coping	29	coping	22	spiritual stren	21	dealing with int	13	low self-esteem	15	need for approv	19	guilt/self-blame	19	personal deve	15
spiritual stren	20	putting into pe	22	dealt with it/o	19	need for approv	12	putting into per	15	never good eno	18	never good eno	18	low self-estee	14
adult emotion	18	dealing with in	20	personal deve	20	acceptance	12	self-abuse/mut	15	rumination	17	rumination	17	alone-ness	13
maintain stea	18	dealt with it/o	20	coping	15	adult emotions	11	dealing with int	14	positive refoc	16	putting into per	17	anger	12
refocus on pla	16	spiritual streng	20	fear	15	adult trauma	11	rumination	14	positive suppor	16	refocus on plan	17	different to ot	11
self-cohesion	14	positive suppo	18	childhood emo	13	dealt with it/ov	9	dealing with int	12	keep quiet	15	low self-esteen	15	avoidance	10
personal deve	12	lasting effects	17	putting into pe	16	dissociation	9	helplessness	11	low self-esteen	14	avoidance	14	cant deal with	10
positive refoc	14	personal devel	16	keep quiet	12	personal develo	9	positive refocus	11	problems in ma	13	lasting effects c	12	childhood em	10
dealing with i	11	positive refoc	16	optimism and	16	putting into pers	9	refocus on plann	10	lasting effects c	12	dissociation	12	lasting effects	10
remembering	11	rumination	16	anger	15	anxiety	10	sarcasm	10	obstacles in ach	12	no control in rel	12	need for appr	10
control in rela	10	positive reappr	15	no support	10	coping	10	anger	8	criticism	11	trust nobody	11	positive refoc	9
putting into p	10	meaningfulnes	14	forgiveness	10	alone-ness	7	no relationships	9	personal devel	11	need for approv	11	refocus on pla	9
acceptance	8	aggression	10	maintain stead	10	perfectionism	10	numbness	7	alone-ness	10	alone-ness	10	still have not c	9
adult emotion	8	clear memorie	10	confrontation	10	anger	6	coping	7	avoidance	9	feel unattractiv	10	never good er	8
emotional ab	8	emotions have	10	meaningfulne	10	avoidance	6	personal devel	6	dissociation	8	keep people at	9	no closure	8
healthy habit	8	keep people at	10	maintain steady	8	maintain steady	6	spiritual strengt	6	fear	7	positive suppor	9	no support	8
alone-ness	7	avoidance	9	meaningfulne	8	optimism and h	6	too much effort	6	meaningfulness	7	dealing with int	9	optimism and	8
anger	7	self-cohesion	9	self-cohesion	8	self-cohesion	6	unhealthy habit	7	never good eno	6	meaningfulness	9	other blame	8
forgiveness	7	anger	9	alone-ness	7	trust nobody	8	spiritual strengt	6	acceptance	6	other blame	8	clear flashbac	7
positive supp	7	conflict	7	conflict	7	control in relatio	7	catastrophising	5	clear flashbacks	6	acceptance	8	emotional bre	7
stress	6	helplessness	7	denial	7	adult emotions	7	childhood emot	6	spiritual strengt	6	emotional abus	8	emotions have	7
childhood em	5	optimism and l	7	divorce	7	difficult childho	7	dependence on	5	catastrophising	6	hopelessness	8	fantasy world,	7
conflict	5	trust nobody	7	acceptance	7	gaps in memory	7	lasting effects o	5	catastropohising	6	positive refocus	7	putting into p	7
dealt with it/	5	control in relat	6	adult trauma	6	rejection	7	maintain steady	5	dealt with it/ov	6	spiritual strengt	7	rumination	7
fear	5	impulsive	5	closure	6	sadness	7	no support	5	keep quiet	6	still have not de	7	additional chi	6
suppressed m	5	decision makin	5	happiness	6	self-blame/guilt	6	positive reappra	5	no closure	6	unhappy adulth	7	catastrophisin	6
additional chi	4	helplessness	5	helplessness	6	spiritual strength	6	suppressed mer	5	physical abuse	6	clear flashbacks	7	enjoys job	6
decision maki	4	physical abuse	5	dangerous relati	6	struggle to love	6	acceptance	5	physical illness/	5	no closure	7	self-cohesion	6
optimism and	4	maintain stead	5	physical abuse	6	suppressed mer	6	tyranny of fathe	5	anger	5	sadness	6	self-confidenc	6
self-confiden	4	additional chil	4	additional chil	5	dealing with insi	6	confusion	4	don't belong	5	adult trauma	6	gaps in memo	5
dissociation	3	adult trauma	4	avoidance	4	confusion	5	gaps in memory	4	empowerment	5	anger	6	maintain stea	5
guilt/self-blar	3	closure	4	clear memorie	4	decision making	5	rejection	4	gaps in memory	5	coping	6	rejection	5
whole-ness	3	fear	4	other blame	5	emotional abuse	5	selective/poor r	5	refocus on plann	5	difficult relation	5	adjustment pr	5
adult views o	2	fear/avoidance	4	suicide	4	impulsive	5	self-blame/guilt	4	rejection	5	enjoyed her job	6	avoid physical	4
anxiety	2	happy childho	4	hiding	4	low self-esteem	5	avoid physical t	4	still have not de	4	helplessness	6	coping	4
gaps in memo	2	identify trigger	4	low self-estee	4	meaningfulness	5	depression	4	suppressed mer	4	not very emotio	6	fear	4
healthy adult	2	remembering e	4	positive reapp	4	self-confidence	4	fear	4	conflict	4	avoid physical t	6	guilt/self-blar	4
impulsive	2	sharing trauma	4	positive reapp	4	unhappy childho	4	meaningfulness	4	envied normalit	4	confusion	5	no relationshi	4
perfectionism	2	Spectrum of er	4	self-confidenc	3	violence	4	no future views	4	feel unattractive	4	dealt with it/ov	5	physical sensa	4
recent trauma	2	adult views of	3	stress	3	wholeness	4	not worthy of ca	3	maintain steady	4	fear/avoidance	5	sadness	4
Spectrum of e	2	alone-ness	3	adult emotion	3	childhood emoti	3	positive suppor	3	other blame	4	not worthy of ca	5	shame	4
trust nobody	2	stress	3	assertiveness	3	conflict	3	stress	3	spectrum of em	4	personal devel	5	acceptance	3
damaged goo	1	childhood emo	3	multiple csa	3	fear	3	trust nobody	3	stress	4	regret	5	anxiety	3
friends also se	1	healthy habits	3	positive refoc	3	helplessness	3	abandonment	3	very few friends	5	self-cohesion	5	dealt with it/	3
other blame	1	running away	3	Spectrum of e	3	identify triggers	3	did not deal wit	3	coping	3	catastrophising	4	death	3
positive reapp	1	self-confidenc	3	trust nobody	2	identity crisis	3	lasting effects o	3	conflict	4	conflict	4	meaningfulne	3
self-abuse	1	avoid physical	2	adult views di	2	keep people at a	3	happy childhood	3	life in danger	4	death	4	no friends	3
suicide	1	happiness	2	decision makin	2	lasting effects o	3	multiple csa	3	needs to be care	3	numbness	4	sharing traum	3
rumination	1	other blame	2	healthy adult s	2	not belonging	3	no control in rel	3	no support	3	physical illness/	3	spiritual stren	3
damaged goo	1	stress	2	on guard	1	physical abuse	2	not very emotio	3	not coping	3	sharing trauma	4	suppressed m	3
		additional chil	1	catastrophisin	1	runnning away	2	panic	2	numbness	3	unnatural views	4	trust nobody	3
		anxiety	1	control in relat	1	additional childl	2	suicide	2	sharing trauma c	3	don't belong	4	unhappy child	3
		catastrophisin	1	dissociation	1	hates self-pity	1	survival	2	still feel the san	4	meaninglessne	3	adult emotion	2
		damaged good	1	fear/avoidance	1	marriage proble	1	vague childhood	2	struggled with (	3	on guard	3	claustrophobi	2
		forgiveness	1	feel nothing	1	no friends	1	childhood traun	2	adult trauma	2	optimism and h	3	control in rela	2
		gaps in memor	1	gaps in memor	1	no support	1	decision-making	2	anxiety	2	relationships w	3	emotional abu	2
		good memorie	1	guilt/self-blam	1	numbness	1	denial	2	emotional abus	2	stress	3	healthy adult	2
		nightmares	1	happy childho	1	other blame	2	fear/avoidance	2	healthy habits	2	damaged goods	3	keep people a	2
		numbness	1	lasting effects	1	positive reappra	2	feel nothing	2	remembering e	2	depression	3	multiple csa	2
		suppressed me	1	revenge	1	sharing trauma c	2	memories beco	2	suicide	2	dissociation	3	numbness	2
				self-abuse	1	spectrum of em	2	nightmares	2	violence	3	gaps in memory	2	self-pity	2
				wholeness	1	clear flashbacks	1	relive sensation	2	don't want to ge	2	good memories	2	very uncomfo	2
				emotional abuse		dissociation	1	self-pity	2	fear/avoidance	2	happy childhoo	1	damaged goo	1
						forgiveness	1	violence	2	frustration	2	no specific reca	2	meaninglessn	1
						friends also sexu	1	emotions have	1	guilt/self-blame	2	panic	1	memories bec	1
						healthy adult se	1	friends also sex	1	nightmares	2			need for care	1
						healthy habits	1	no blame	1	no job satisfacti	2			nightmares	1
						no closure	1	on guard	1	revenge	2			no control in r	1
						painful	1	sadness	1	self-abuse/mut	2			panic	1
						positive support	1	sharing trauma c	1	want to get mer	2			perfectionism	1
						want to get men	1	unnatural views	1	claustrophobia	1			physical illnes	1
										damaged goods	1			positive reapp	1
										on guard	1			spectrum of e	1
										panic	1			suicide	1
										positive reappra	1			unhealthy hab	1
										sadness	1			want to get m	1
										trust nobody	1				
										unnatural views	1				

Nine cognitive emotion regulation strategies (colour-coded in MTRR-I)

Acceptance refers to thoughts of resigning to what has taken place.

Positive Refocusing redirects the thoughts to other more pleasant matters instead of being preoccupied with the negative event

Refocus on Planning involves thinking about what steps need to be taken in order to deal with the event. This is also a proactive coping strategy.

Positive Reappraisal refers to the process of attaching a positive meaning to the event in terms of personal growth.

Putting into Perspective entails thoughts that downplay of the seriousness of the event when compared to other events that

the individual has experienced or have been aware of in others.

Other-blame refers to thoughts of blaming others for what has been experienced.

Self-blame is when an individual's thoughts centre around blaming herself for what   she has experienced.

Rumination alludes to thinking constantly about the feelings and thoughts associated with the negative event.

Catastrophising involves thoughts that explicitly emphasize the terror of the experience.

PCI themes in MTRR-I

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Christie	37	Bianca	16	Colleen	26	Shelly	37	Caron	14	Jolene	19	Jenny	20	Lindi	31
FUTURE		FUTURE		FUTURE		PRESENT		PRESENT		PAST		PAST		FUTURE	
OPTIMIST		OPTIMIST		OPTIMIST		OPTIMIST		PESSIMIST		PESSIMIST		PESSIMIST		OPTIMIST	
CLOSURE		CLOSURE		CLOSURE		NO CLOSURE		NO CLOSURE		NO CLOSURE		NO CLOSURE		NO CLOSURE	
WORLD DANGEROUS		WORLD DANGEROUS		WORLD NOT DAN		WORLD NOT DAN		WORLD DANGEROUS		WORLD DANGER		WORLD NOT DAN		WORLD DANGEROUS	
meaningfulness o	30	acceptance	18	dealing with int	26	refocus on plann	14	alone-ness	15	no control in rel	22	problems in marri	21	dealing with inte	28
coping	29	additional child	1	spiritual strengt	21	dealing with inte	13	low self-esteem	15	need for approv	19	guilt/self-blame	19	personal develop	15
spiritual strength	20	adult emotions	10	dealt with it/ov	19	putting into perspe	13	self-abuse/mutilation	15	putting into pers	19	never good enoug	18	low self-esteem	14
adult emotions	18	adult trauma	4	personal develo	19	acceptance	12	dealing with intense e	14	positive refocus	16	rumination	18	alone-ness	13
maintain steady ir	18	adult views of c	3	coping	15	adult emotions	11	rumination	14	positive support	16	putting into persp	17	different to othe	11
refocus on plannir	16	fear	10	positive support	15	positive refocusi	10	adult trauma	11	dealing with int	14	refocus on plannir	16	anger	12
self-cohesion	14	alone-ness	3	childhood emot	13	dealt with it/ove	9	dissociation	11	helplessness	14	keep quiet	15	avoidance	10
personal developr	12	anger	7	putting into per	13	personal develop	9	positive refocusing	10	low self-esteem	14	low self-esteem	12	cant deal with str	10
dealing with inter	11	anxiety	1	keep quiet	12	putting into pers	9	refocus on planning	10	problems in mar	13	lasting effects of c	12	childhood emotio	10
positive refocusin	14	avoid physical t	2	optimism and ho	12	anxiety	8	sarcasm	10	obstacles in achi	12	maintain steady in	12	dissociation	10
remembering emo	11	avoidance	7	no support	10	coping	8	no relationships	9	criticism	11	no control in relati	11	lasting effects of	10
control in relation	10	catastrophising	1	alone-ness	10	alone-ness	7	numbness	9	personal develo	11	trust nobody	12	positive refocusin	9
putting into persp	10	childhood emot	3	sharing trauma	10	perfectionism	7	coping	8	childhood emot	10	need for approval	11	still have not dea	9
acceptance	8	clear memories	10	forgiveness	4	anger	9	no freedom	8	alone-ness	10	alone-ness	10	need for approva	9
adult emotions di	8	conflict	7	maintain steady	9	avoidance	6	personal developmen	8	avoidance	9	feel unattractive	9	refocus on planni	9
emotional abuse	8	coping	22	confrontation	8	maintain steady i	6	keep people at a dista	8	dissociation	7	keep people at a d	9	still have not dea	8
healthy habits	8	dealing with int	20	optimism and ho	8	optimism and ho	6	too much effort	7	fear	7	positive support	9	no closure	8
alone-ness	7	self-cohesion	8	self-cohesion	8	self-cohesion	6	unhealthy habits	6	meaningfulness	7	dealing with inten	9	no support	8
anger	7	dealt with it/ov	20	trust nobody	8	trust nobody	5	adult emotions differ	5	never good eno	6	meaningfulness o	9	optimism and ho	8
forgiveness	7	alone-ness	20	control in relatio	7	control in relatio	7	catastrophising	5	acceptance	6	acceptance	8	other blame	8
positive support	7	damaged goods	1	conflict	7	difficult childhoo	7	childhood emotions/c	5	clear flashbacks	6	emotional abuse	8	clear flashbacks o	7
stress	6	dealing with int	20	confusion	10	gaps in memory	7	dependence on paren	5	catastrophising	6	positive refocusin	8	emotions have no	7
childhood emotio	5	decision making	5	denial	4	rejection	7	lasting effects of child	5	dealt with it/ove	6	spiritual strength	7	fantasy world/dr	7
conflict	5	fear	4	acceptance	1	sadness	7	maintain steady intima	5	keep quiet	6	still have not dealt	7	putting into persp	7
dealt with it/over	5	forgiveness	1	adult trauma	1	self-blame/guilt	6	no support	5	no closure	6	unhappy adulthoo	7	rumination	7
fear	5	gaps in memory	5	closure	1	spiritual strength	6	positive reappraisal	5	physical abuse	6	clear flashbacks of	7	additional childh	6
suppressed memo	5	good memories	1	happiness	1	stress	6	suppressed memories	5	physical illness/	5	no closure	6	catastrophising	6
additional childho	4	guilt/self-blame	7	helplessness	1	struggle to love	5	acceptance	5	tyranny of fathe	5	self-cohesion	6	enjoys job	6
decision making	4	happiness	4	physical abuse	4	suppressed mem	6	clear flashbacks of chil	4	anger	5	adult trauma	6	self-cohesion	6
optimism and hop	4	happy childhoo	4	additional child	5	dealing with insu	5	confusion	4	don't belong	5	anger	6	self-confidence	6
self-confidence	4	healthy habits	3	avoidance	5	decision making	5	gaps in memory	4	empowerment	5	difficult relationsh	6	gaps in memory	5
dissociation	3	helplessness	7	clear memories	4	emotional abuse	5	rejection	4	gaps in memory	5	helplessness	6	maintain steady i	5
guilt/self-blame	3	identify triggers	5	dangerous relat	5	impulsive	5	relationships with onl	4	refocus on plann	5	not very emotiona	6	rejection	5
whole-ness	3	clear memories	4	other blame	5	low self-esteem	5	selective/poor memo	4	still have not de	4	adult trauma	6	adjustment probl	4
adult views of csa	2	dangerous relat	5	impulsive	4	meaningfulness o	5	avoid physical touch	4	suppressed mer	4	avoid physical tou	5	avoid physical to	4
anxiety	2	keep people at	10	keep people at a	5	never good enou	4	depression	4	envied normalit	4	dealt with it/over	5	coping	4
gaps in memory	2	lasting effects o	2	hiding	5	self-confidence	4	fear	4	feel unattractive	4	fear/avoidance of	5	fear	4
healthy adult sexu	2	maintain steady	5	low self-esteem	4	unhappy childho	4	meaningfulness of life	4	maintain steady	4	not worthy of care	5	guilt/self-blame	4
impulsive	2	meaningfulness	14	self-confidence	5	violence	4	no future views	4	not worthy of care	4	personal developr	5	no relationships	4
perfectionism	2	nightmares	1	stress	2	wholeness	4	no support	3	other blame	4	regret	5	physical sensatio	4
recent trauma	2	optimism and h	7	adult emotions	3	childhood emotio	3	positive support	3	spectrum of em	4	remembering emo	4	sadness	4
Spectrum of emot	2	other blame	2	assertiveness	16	conflict	3	stress	3	stress	4	self-cohesion	4	shame	4
trust nobody nobo	1	perfectionism	3	fear	3	identify triggers	3	abandonment	3	very few friends	3	catastrophising	3	acceptance	3
damaged goods	1	personal develc	16	positive refocus	16	identity crisis	3	did not deal with hurt	3	coping	3	death	4	anxiety	3
friends also sexua	1	positive reappra	15	trust nobody	3	keep people at a	3	emotions changed	3	lasting effects o	3	numbness	4	dealt with it/ove	3
other blame	1	positive refocus	16	helplessness	3	lasting effects of	2	happy childhood	3	life in danger	3	remembering emo	4	death	3
positive reapprais	1	positive suppor	1	Spectrum of em	6	not belonging	2	multiple csa	2	needs to be care	3	self-cohesion	5	meaningfulness o	3
rumination	1	putting into per	22	identify triggers	3	physical abuse	2	no control in relations	3	no support	3	catastrophising	3	no friends	3
self-abuse	1	refocus on plan	23	identity crisis	3	runnning away	1	not very emotional	3	not coping	3	death	4	sharing trauma o	3
suicide	1	remembering e	4	decision making	2	additional childh	1	not coping	3	numbness	3	numbness	4	spiritual strength	3
		rumination	16	healthy adult se	2	hates self-pity	1	panic	2	sharing trauma c	3	unnatural views or		suppressed mem	3
		running away	3	not belonging	2	marriage problel	1	suicide	2	still feel the sam	3	meaninglessness o		trust nobody	3
		self-cohesion	9	catastrophising	1	additional childh	1	survival	2	struggled with G	3	on guard	4	unhappy childho	3
		self-confidence	3	control in relati	1	hates self-pity	1	vague childhood mem	2	adult trauma	2	optimism and hop	2	adult emotions d	2
		sharing trauma	4	dissociation	4	marriage problel	1	adult trauma	2	optimism and hop	2	relationships with	2	claustrophobia	2
		Spectrum of em	4	fear/avoidance	1	lasting effects of	2	decision-making	2	anxiety	2	stress	3	control in relatio	2
		spiritual strengt	20	additional childh	1	not belonging	2	denial	2	emotional abuse	2	depression	3	emotional abuse	2
		stress	2	marriage probler	1	feel nothing	2	fear/avoidance of sex	2	healthy habits	2	dissociation	3	healthy adult sex	2
		suppressed mer	1	no support	1	memories becoming c	2	feel nothing	2	remembering er	2	gaps in memory	3	keep people at a	2
		guilt/self-blame	1	numbness	1	nightmares	2	suicide	2	good memories	2	multiple csa	2
		trust nobody	7	happy childhoo	1	other blame	1	relive sensations	1	violence	2	happy childhood	2	numbness	2
				lasting effects o		positive reapprai	1	self-pity	1	don't want to ge	2	no specific recall o	2	self-pity	1
				remembering er	1	revenge	1	violence	1	fear/avoidance	2	panic	1	very uncomfortal	2
				self-abuse	1	sharing trauma o	1	frustration	1	guilt/self-blame	1			damaged goods	1
				wholeness	1	spectrum of emo	1	emotions have not cha	1	nightmares	2			meaninglessness	1
				emotional abuse	1	clear flashbacks o	1	friends also sexually a	1	no job satisfacti	1			memories becom	1
						dissociation	1	no blame	1	revenge	2			need for care	1
						forgiveness	1	on guard	1	self-abuse/muti	2			nightmares	1
						friends also sexu	1	sharing trauma of sexu	1	want to get men	2			no control in rela	1
						healthy adult sex	1	unnatural views on se	1	claustrophobia	1			panic	1
						healthy habits	1			damaged goods	1			perfectionism	1
						no closure	1			on guard	1			physical illness/p	1
						painful	1			panic	1			positive reapprai	1
						positive support	1			positive reappra	1			spectrum of emo	1
						want to get mem	1			sadness	1			suicide	1
										trust nobody	1			unhealthy habits	1
										unnatural views	1			want to get mem	1

Aspinwall's tenets of proactive coping (colour-coded)

Aspinwall's tenets of proactive coping (colour-coded)

Resource Accumulation

Accumulating and preserving resources

Effective proactive coping involves the gathering of time, money, planning and organisational skills, social support,

A social network that provides social support is an important resource

appraising situations more effectively, provide tangible aid and emotional support

Interpersonal strength and relational skills are conceptualized as positive coping strengths,

Recognition of potential stressors

person's ability to screen the environment for danger and to be sensitive to physical cues suggesting that threats may arise.

think about and plan for their futures.

information about the anticipated outcomes of the stressor is used in judging current outcomes

be vigilant, sensitised to such stressors and be able to monitor the level of seriousness and action required.

danger: hyper-vigilance which leads individuals to focus on imagined problems and potential threats

Initial appraisal

outlining how the problem will be defined and,

secondly, how arousal will be regulated

the potentially stressful event should be run forward in time to project what its likely progression could be.

An optimistic individual might appraise a situation as less threatening as what a pessimist would do

Danger: A generally anxious person will appraise all situations as more threatening than someone who is not anxious.

Preliminary Coping Efforts

depend directly on what the initial appraisal is

When a situation seems agreeable to change, this will most likely lead to a problem-solving appraisal that will translate into action

believes they are capable of successfully averting the stress

they feel in control of the situation, it will also lead to action. Not coping

Elicitation and use of feedback concerning initial efforts

the acquisition and use of feedback about the development of the stressful event itself,

the effects one's preliminary efforts have had so far on the stressful event, and whether the event requires additional coping efforts

. It is a crucial stage of the proactive coping process to ensure that the process of management continues and the resources are being preserved.

APPENDIX B: Flyer

100
1908 - 2008

UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

An appeal for research participants to take part in a study to determine how survivors of child sexual abuse develop coping skills to become resilient adults.

AT LEAST ONE IN THREE GIRLS ARE SEXUALLY ABUSED AS CHILDREN.

If you are an adult survivor of child sexual abuse, your story of strength has incredible value! Please share how you have coped.

The aim is to learn more about how women develop inner strength despite their childhood trauma and to eventually help young victimsbecome survivors too.

FOR MORE INFORMATION:

<u>**Contact Beverley:**</u>
Cell: 079 871 3551
Email:bev28@vodamail.c
o.za

This research is being done as a requirement for a PhD qualification in Educational Psychology.

*This is does **NOT**entail any counselling or therapy. If you should have the need of therapy or counselling after the interview, a suitable referral will be supplied to you.*

<u>THE AIM</u>:
to learn more about how women develop inner strength despite their childhood trauma and to eventually help young victims become survivors too.

- <u>WHAT DOES IT ENTAIL:</u>

- • A short questionnaire about your coping skills

- (± 10 minutes)

- • An interview (±90 minutes): focusing on how you deal with emotions and your resilience and strength.

- • You remain completely anonymous and your information, confidential.

- • You are free to withdraw from the research at any

RESEARCH REQUIREMENTS:

• You must be 25+ years old
• You must have experienced severe sexual abuse as a child
• You have <u>NOT</u> had formal psychotherapy

APPENDIX C: Letter and form for informed consent

1 October 2009

INFORMATION REGARDING THE RESEARCH OF
B BUCKLEY-WILLEMSE

Dear Prospective Participant,

Please read the following information thoroughly before deciding whether you would like to participate in this research. If you have any questions, please feel free to ask me for clarification.

What is the research about?

This research investigates the relationship between emotional coping and resilience in adult survivors of child sexual abuse.

The reason for the study:

The primary motivation of this research is to understand what emotional coping skills contribute to resilience in adult survivors of child sexual abuse **who did not have formal therapy** for whatever reason. This may help professionals to encourage the development of the emotional coping skills that seem to be helpful in contributing to resilience.

How were you selected to be a part of this research?

You will choose to participate in this research. Once you have received this document the decision to contact me, the researcher, will be yours alone. I do not know any of the participants as the document will be given to you without my knowing you. So you need not feel obliged to take part. However, if you decide to contact me to take part, the following criteria will be important to be included in this study. Participants in this research must be

adults who can describe themselves as adult survivors of *severe* childhood sexual abuse who have not accessed formal therapy. In this research, *severe* childhood sexual abuse means that you have had **at least three** of the following experiences:

(i)   the perpetrator was your father or a loved and trusted figure close to you as a child;

(ii)   the abuse took place over a long period of time;

(iii)   the abuse involved violence and/or pain;

(iv)   you were coerced or bribed to remain silent about the abuse;

(v)   penetration (in any form) took place; and/or

(vi)   the abuse was experienced as extremely distressing to the point of being perceived as life-threatening to you at the time.

What will be expected of you?

If you agree to participate, I will ask you to participate in the following activities:

1. I would like you to sign a letter of consent to indicate that you participate voluntarily and that you understand what will be expected of you.

2. Complete a questionnaire about yourself, but I will not request or record any identifying data, such as your name, from you.

3. Complete a questionnaire (Cognitive Emotion Regulation Questionnaire) to see which coping skills you use most often in different situations. (20 minutes)

4. The Multidimensional Trauma Recovery and Resiliency Interview (MTRR-I) assesses trauma impact, resilience, and recovery through open-ended questions. This interview could take from 45 minutes to 2 hours. It is important for you to know that this interview has been used to investigate many different kinds of trauma and is not based on child sexual abuse exclusively.

What are the risks of the research?

I will ensure, as far as humanly possible, to minimise the risk of your feeling exposed. The only reference to the actual child sexual abuse is the above reference of the criteria of severe child sexual abuse. Never will it be required of you to divulge which criteria are relevant to you and there will be no further discussion of the actual abuse. Even though there is no need to probe any information pertaining to the child sexual abuse experienced, I will always respect the privacy and sensitivity of this traumatic childhood experience. As I am only a researcher in this project, I cannot assist anyone with counselling or therapy but will ensure that anyone who does express the need of therapy, will receive a suitable

referral. If you cannot afford private therapy, references that will suit you financially will also be supplied.

What are the benefits of the research?

Women who take part in this research can benefit in the knowledge that their participation could have a long-term effect on those who still have not dealt with their pain. It is also a chance to verbally express the positive strengths and coping strategies that you have developed and in so doing, you reinforce your own personal progress. The content of the interview is positive and empowering.

In conclusion, please remember that you will remain completely anonymous and your information will be confidential. This research project is approved by the University of Pretoria and is a requirement for the PhD Educational Psychology.

If you do decide to be part of this research, please contact me at **(079) 871 3551** or **bev28@vodamail.co.za**   and we can make the necessary arrangements regarding a suitable time and venue.

I would like to thank you in advance for your willingness to participate in this research. I look forward to meeting you.

Beverley Buckley-Willemse

Under the supervision of:
Salome Human-Vogel, PhD
Email: salome.humanvogel@up.ac.za
Tel: 012 420 2770 (o/h)

INFORMED CONSENT FORM FOR PARTICIPANTS

I_____ voluntarily consent to participate in Beverley Buckley-Willemse's research study regarding the resilience (inner strength) that adult women, who were sexually abused as children, have developed without the help of formal therapy.

 I understand and agree to the following terms:

The information will be treated as highly confidential and will be released only to qualified professionals, ONLY with my explicit, **written** permission, *except* in certain situations where maintaining confidentiality would result in clear and imminent danger to myself or others, or as otherwise provided by state law.

Interviews may be audio-taped. All tapes, records and materials concerning clients are confidential and cannot be released to, nor shared with any other agency or individuals without my, the client's, specific **written** permission.

Authorization will be obtained in **writing**, and my signature required, before Beverley Buckley-Willemse will consult with any other professionals.

The purpose of this research is the completion of a PhD research qualification and that the project is under the guidance of a senior supervisor who is also a co-researcher in this project.

Information obtained in interviews may be used for research purposes, presented

anonymously at professional meetings, and/or published in journals or textbooks. At no time will my own or my family members' names or any identifying information whatsoever, be used.

I also understand and accept that the researcher, Beverley Buckley-Willemse, has obtained written approval from the University of Pretoria for this research. She has clarified the nature of the research to me as contained in the attached addendum.

I additionally understand and accept that I am free to participate, or decline to participate or to withdraw from the research at any given time. I understand and accept that the researcher will

provide me with a prompt opportunity to obtain appropriate information regarding the nature, results and conclusions of the research and that she will answer any questions that I may have.

I believe that the information I give will be treated with respect and that the researcher will remember that the information that I divulge is very sensitive and needs to be handled professionally and with a great deal of compassion.

_____   _____

Participant   Researcher

_____   _____

Date   Date

APPENDIX D: Cognitive Emotion Regulation Questionnaire

Cognitive Emotion Regulation Questionnaire

A questionnaire measuring cognitive coping strategies

(Nadia Garnefski; Vivian Kraaij; Philip Spinhoven)

CIRCLE THE OPTION CLOSEST TO CORRECT FOR YOU:

1 = (ALMOST) NEVER, 2 = SOMETIMES, 3 = REGULARLY, 4 = OFTEN OR 5 =(ALMOST) ALWAYS

No.	Statement	1	2	3	4	5
1.	I feel that I am the one to blame for it	1	2	3	4	5
2.	I think that I have to accept that this has happened	1	2	3	4	5
3.	I often think about how I feel about what I have experienced	1	2	3	4	5
4.	I think of nicer things than what I have experienced	1	2	3	4	5
5.	I think of what I can do best	1	2	3	4	5
6.	I think I can learn something from the situation	1	2	3	4	5
7.	I think that it all could have been much worse	1	2	3	4	5
8.	I often think that what I have experienced is much worse than what others have experienced	1	2	3	4	5
9.	I feel that others are to blame for it	1	2	3	4	5
10.	I feel that I am the one who is responsible for what has happened	1	2	3	4	5
11.	I think that I have to accept the situation	1	2	3	4	5
12.	I am preoccupied with what I think and feel about what I have experienced	1	2	3	4	5
13.	I think of pleasant things that have nothing to do with it	1	2	3	4	5
14.	I think about how I can best cope with the situation	1	2	3	4	5
15.	I think that I can become a stronger person as a result of what has happened	1	2	3	4	5
16.	I think that other people go through much worse experiences	1	2	3	4	5

17.	I keep thinking about how terrible it is what I have experienced	1	2	3	4	5
18.	I feel that others are responsible for what has happened	1	2	3	4	5
19.	I think about the mistakes I have made in this matter	1	2	3	4	5
20.	I think that I cannot change anything about it	1	2	3	4	5
21.	I want to understand why I feel the way I do about what I have experienced	1	2	3	4	5
22.	I think of something nice instead of what has happened	1	2	3	4	5
23.	I think about how to change the situation	1	2	3	4	5
24.	I think that the situation also has its positive sides	1	2	3	4	5
25.	I think that it hasn't been too bad compared to other things	1	2	3	4	5
26.	I often think that what I have experienced is the worst that can happen to a person	1	2	3	4	5
27.	I think about the mistakes others have made in this matter	1	2	3	4	5
28.	I think that basically the cause must lie within myself	1	2	3	4	5
29.	I think that I must learn to live with it	1	2	3	4	5
30.	I dwell upon the feelings the situation has evoked in me	1	2	3	4	5
31.	I think about pleasant experiences	1	2	3	4	5
32.	I think about a plan of what I can do best	1	2	3	4	5
33.	I look for the positive sides to the matter	1	2	3	4	5
34.	I tell myself that there are worse things in life	1	2	3	4	5
35.	I continually think how horrible the situation has been	1	2	3	4	5
36.	I feel that basically the cause lies with others	1	2	3	4	5

APPENDIX E: Proactive Coping Inventory

THE PROACTIVE COPING SCALE

*Esther Greenglass, Ralf Schwarzer, Dagmara Jakubiec, Lisa Fiksenbaum &
Steffen Taubert (1999)*

IN SCORING RESPONSES,   1 = not at all true, 2 = barely true,

3 = somewhat true, 4 = completely true

1		I am a "take charge" person.
2		I try to let things work out on their own.
3		After attaining a goal, I look for another, more challenging one.
4		I like challenges and beating the odds.
5		I visualise my dreams and try to achieve them.
6		Despite numerous setbacks, I usually succeed in getting what I want.
7		I try to pinpoint what I need to succeed.
8		I always try to find a way to work around obstacles; nothing really stops me.
9		I often see myself failing so I don't get my hopes up too high.
10		When I apply for a position, I imagine myself filling it.
11		I turn obstacles into positive experiences.
12		If someone tells me I can't do something, you can be sure I will do it.
13		When I experience a problem, I take the initiative in resolving it.
14		When I have a problem, I usually see myself in a no-win situation.

APPENDIX F: Multidimensional Trauma Recovery and Resiliency Interview

Multidimensional Trauma Recovery and Resiliency
Interview MTRRI[1]

Harvey, M.R., Westen, D., Lebowitz, L., Saunders, E., Avi-Yonah, O. and Harney, P. (1994) 2000 Version

●Time One Introductory Remarks:

Thank you so much for giving us your time today.

The purpose of this interview is to help us learn more about the impact of traumatic experiences on the lives of individual survivors and, more importantly, to learn something about how people survive, cope with and recover from these experiences.

The interview will take about 90 minutes and will cover many topics –

your history
your memory for events
difficulties you may have
ways in which you cope
your relationships with others
your feelings about yourself
how you make sense of your experiences and your life.

I may move us along from one topic to another in the interest of time; if this ever makes you feel uncomfortable, please let me know.

Also, please know that you are free to decline to answer any question I may ask you.

I also want to remind you that the focus of the research is resilience and not the sexual abuse you experienced. Although you may feel that the question is leading you to speak about the sexual abuse, you do not need to talk about it at all if you don't want to.

Again, thanks so much. Are you ready to begin?

1. HISTORY:

I'd like to begin by asking you some questions about
your history.

Could you begin by telling me about your <u>childhood</u>, starting as <u>early</u> as you can remember, and working your way up through your <u>teenage years</u>—almost as if you were telling the <u>story of your life</u>, or writing an autobiography.

Probe: One or two <u>specific memories</u> if person speaks only in generalities.

Probe:<u>Positive</u> or <u>negative</u> memories if one or the other is absent.

2. PAINFUL TRAUMATIC EXPERIENCE

 Now, if you can, please tell me about a really <u>painful</u> or <u>traumatic</u> experience from when you were <u>growing up</u>.

Probe:Were there <u>other events</u> in your <u>childhood</u> or   <u>teenage years</u> that were painful or traumatic? (consider the participant's ability to access, recall and recount traumatic events from childhood & adolescence.

Prompts: When you recall events like these, as you are now, <u>do you have feelings</u>? For example, do you remember what you felt at the time, or actually re-experience the feelings when you recall the events?

---

3.   ADULT LIFE

Now, can you tell me about your <u>adult life</u>–

- like what you do or have done for <u>work</u>;
- who <u>are</u>, and have been,
- the <u>important people</u> in your life;
- any<u>other significant events</u> - either good or bad.

Prompt: Are there any <u>gaps</u> in your memory, any long periods that seem to be missing or particularly <u>hazy</u> ?

Prompt: Can you <u>generally remember</u> what happens from <u>day to day</u>? Do you tend to <u>forget recent</u> events rather easily?

Probe: the following domains as appropriate:
>   (letting the personal narrative determine order of inquiry. Also note the ability to tell a <u>coherent and continuous</u> life story:)

   •Work History

Probe:

- o   Can the person work <u>effectively</u> during <u>stressful</u> times?
- o   Does she use work to <u>escape distressing</u> feelings or to <u>avoid relationships</u>, etc.?
- o   Is the person engaged in <u>meaningful</u> work?
- o   Does the person use work in <u>positive ways</u> (e.g. for structure, routine, financial self-sufficiency, self-esteem)?

   •Family Relationships

Probe:

- o   Does the person continue to have relationships with <u>family of origin</u>?
- o   Has the person established a family of her/his <u>own</u>?
- o   Or a <u>friendship network</u> that functions as family (and as different from friendships in general)?

Prompts:
>   Are there family members (or friends that you feel are like family) who you know <u>you can count on</u> and who know they <u>can count on you</u>?

- o   Are you able to talk about intimate or important things with members of your family?

- Romantic& Sexual Relationships

Probes:

- The quality of relationships is important--loving, abusive, etc.

Prompts:

- Is it okay if I ask you about sex?
- What's sex like for you?
- Is sex something you generally enjoy, or do you sometimes feel anxious or uncomfortable about it?
- Do you sometimes dread sex or avoid it?

Probes:

- If participant acknowledges being sexually active, probe for information about her ability to negotiate and engage in safe and consensual sexual practices, or tendency to engage in indiscriminate or exploitative sexual behaviors.

Social Life & Quality of Friendships

Prompt:

- Do you have good friends?
- Do you have friends with whom you share intimate and important things?
- Do your friends know about your trauma history?

Probe:

- Does the person have enduring and intimate friendships?

Prompts:

- *Do your friends include both men and women?*
- *Are you equally comfortable with men and women?*
- *Do your friends include other people who have had experiences like yours?*
- *Do you spend time talking with each other about these experiences?*
- *Do you talk about other things, too?*

•Relationships Generally

Probe:

Power dynamics of relationships.

Prompts.

- Do your relationships tend to be equal, or does someone usually have the upper hand?
- Are you able to ask for what you want or need in a relationship?
- Are you comfortable saying "no" when you need to?
- Do you have trouble trusting people?
- Are you ever too trusting?
- Are there ways you take care of other people?
- Are there ways other people take care of you?

- o Have you ever been in a relationship with someone who was <u>abusive</u> to you?
- o Have other people <u>worried about your well-being</u> in a relationship with someone?
- o Do you ever <u>worry about your anger</u> in relationships?
- o Have you ever been emotionally, physically, or sexually <u>abusive to anyone</u>?

4. Have there been <u>changes in the nature</u> or quality of your relationships over time?

Probes:

Explore<u>changes</u> in different kinds of relationships, e.g., with friends, romantic partners, family of origin, etc.

5. Now I'd like you to tell me, if you can, about a <u>painful or traumatic</u> experience you've had as an <u>adult.</u>

Prompts:
- o When you recall painful events like these, do you have <u>feelings</u>?
- o Do you remember what you felt at the time, or actually re-experience the feelings when you recall the events?

6. You've told me about some very painful experiences [mention what the person has told about painful childhood and adult experiences].Do memories of this or <u>other painful events</u> ever jump into your mind and <u>prevent you</u> from thinking about or doing something else? (<u>If yes</u>, probe how often and how recently.)

Prompt (if appropriate):

- o When this happens, are there things you do to try to <u>distract yourself</u> or get away from the memory?

- o Do they work?

- o Do you have <u>different feelings</u> now as you look back on these events?

- o When you are recalling events that you once found frightening, do you ever have <u>surprising reactions</u>, like laughing?

- o Have you ever had the sensation that something frightening that happened to you in the past was <u>happening again</u>?

- o Do you ever get so upset or <u>overwhelmed</u> by a memory that you can't really function or go to work?

7. Have you experienced any <u>changes</u> in what you <u>remember</u> about your past or in how you remember - like how vividly, or with how much detail?

8. Are there ways you think the painful or traumatic events you've experienced affect your <u>day-to-day</u> life?

Prompts:

- o Do you ever have trouble <u>sleeping</u>? Do you ever have <u>nightmares</u>?
- o What are your <u>eating habits</u> like? (probe both depression related appetite disturbances and eating disorders)

- o Are you easily startled?
- o Do you often feel "on guard," like you're keeping your eye out for possible dangers?
- o Have you had any traumatic or really frightening events as an adult that are similar to things that happened to you earlier?
- o Are there things you deliberately avoid doing to keep from getting upset? (Probe: If yes) Does this ever interfere with your life?
- o Have drugs or alcohol ever been a part of your life?

9. What kinds of things do you do to cope or to manage when you get stressed or distressed?

Probe: for both adaptive and maladaptivecoping strategies.

Prompt:
- o Are there activities that you do for fun or relaxation or to relieve stress?
- o Are there other things you do, likegroups you're a part of, that help you deal with distressing thoughts or feelings?

10. Have you changed in the way you manage your distress or cope with your problems?

11. Now, I'd like to ask you some questions about your feelings and how you handle them. What is your normal mood– that is, how do you usually feel?

Prompt:
- o Are you someone who has many different feelings - like happiness, sadness, anger, fear, excitement, and curiosity - or are there emotions you don't often feel?
- o Do you often feel sad?
- o anxious or panicky?
- o ashamed?
- o guilty?
- o angry?

Probe: specific emotions as applicable
- o Are you an emotional person?
- o Do your feelings tend to be intense?
- o Probe for a specific example

Prompts:
- o Are there any <u>feelings</u> that are especially <u>hard</u> for you to handle?
- o For example, is it hard for you to feel angry? or to feel happy or hopeful?

Probe: <u>how</u> the participant handles these, asking for specific examples

Prompts:

- o Do you ever have <u>trouble</u> knowing <u>what you're feeling</u>?
- o For example, are there times when you're feeling stirred up but don't know exactly what the feeling is?
- o Do you have periods when you <u>don't feel</u> very much <u>at all</u> or when you just feel <u>numb</u>? Do you ever just seem to <u>shut off</u> your emotions?
- o Do you ever have intense feelings or strange <u>bodily sensations</u> that seem to come out of the blue?

12. Has there been any change in <u>what you feel</u>,
how<u>intensely</u> you feel things,
or your ability to <u>deal</u> with difficult feelings?

Probe if yes: What has changed and what caused the changes.

13. Now I'd like to ask you some questions about how you <u>see, feel about</u>, and take care of <u>yourself</u>.
Let's start with <u>feelings</u>. How do you <u>generally</u> feel about yourself?
Do your feelings about yourself <u>change</u> a lot from day to day or moment to moment?

Prompt:

- o Do you think of yourself as <u>different</u> or special in any way, either positive or negative?

Probe:

If participant has poor self-esteem, or experiences of self as alien, evil, or damaged.

Prompts:

- o Do you feel basically consistent or "<u>whole</u>" as a person, or do you sometimes feel like the different parts of you <u>don't fit</u> together?
- o Have you ever gone by <u>another name</u> or given different names to separate parts of yourself?
- o Do you ever feel like you are <u>more than one person</u>?
- o Do you tend to <u>keep secrets</u>, or work hard to keep different parts of your life quite separate?
- o Do you ever feel like you <u>leave your body</u> or that your body feels strange or unreal?
- o Do your <u>hopes and goals</u> stay pretty much the same from week to week, or do they change frequently?
- o How do you feel about yourself as a <u>woman</u>?
- o How do you feel about your <u>body</u>?

- o Do you take good care of yourself and your body, or are there ways that you don't?
- o How is your physical health?

- o Do you often get headaches, back pain, really tight muscles, or stomach aches?
- o Do you seek medical help when you need it?
- o Do you ever wait too long to see a doctor?
- o Do you ever have impulses to hurt yourself, like cut or burn yourself?
- o Do you have tattoos, or have you had parts of your body other than your ears pierced?
- o Do you ever take unnecessary risks, like driving dangerously or walking alone in dangerous parts of town when you don't really need to, or going home with strangers who could hurt you?
- o Do you sometimes find yourself in situations that feel degrading or humiliating?

14. Have your feelings about yourself, the way you see yourself, or the ways you treat yourself or your body changed in any way?

15. Does life feel meaningful to you? Does it ever feel meaningless?

If yes, probe:

for details of intensity and pervasiveness
Prompt:
- o What makes life meaningful for you?
- o Are there people or groups who give meaning to your life - people with whom you share a sense of common purpose and values?
- o Do you feel like you're part of a larger community?
- o Are you involved in any community groups, activities, or causes?
- o Do you think of yourself as a religious or spiritual person? (If yes) Are religious or spiritual practices an important part of your life?
- o Are you engaged in any creative pursuits that give meaning and purpose to your life?

16. How do you understand the painful and traumatic experience/s of your life?

Prompt:

- o Who or what do you think is responsible for the traumatic experiences of your life?
- o How much does your life now revolve around these experiences?
- o Does the world seem like a dangerous place to you?
- o Does the way you see the world ever separate you from others or make you feel alone?

17. Has your understanding of these experiences changed over time?
How?
Does life seem more or less meaningful to you than it used to?

18. How do you feel about the future?

Prompts:

- o Are you <u>hopeful</u> about how your life will go?
- o What do you see yourself <u>doing</u> over the next few years?

- o Are you hopeful about the way your life or the lives of other people <u>will unfold</u>?

Probe:

At this point in the interview the interviewer should be exploring <u>sources of meaning</u> and hope and coping that may be quite individual:
- e.g., about the importance of beloved <u>pets,</u>
- the role of ritual, the meaning of <u>parenthood,</u>
- the importance of meditative, spiritual and/or <u>religious practices</u>
- and the part that <u>humor</u> may play in the survivor's efforts to make sense of the past and move on to a more hopeful future.

Closing Question: I really <u>appreciate</u> the time you've taken to answer these questions.

How has this interview been for you?
Are there any other areas of difficulty or sources of strength that we haven't talk about?
Is there anything you'd like to <u>add</u>, or anything you'd like to <u>ask</u>?
Close the interview by thanking the participant, inviting future questions, and assuring her/him of the value and contribution s/he has made to us, to the field, and to other survivors.
Assess mental status and emotional well-being of interviewee, offer support and, as needed, provide appropriate referrals and follow-up.

Appendix G: Disc with transcribed verbatim interviews