

# Psychological Injury Index

Your mind is the most complex object in the universe. It has 100 billion brain cells, each with tens of thousands of connections. It is where you feel your emotions and experience thoughts. It also has a huge influence over your body. It regulates your heart and other organs, moves your limbs, and more.

But what if you experience a psychological injury? What happens to your mental and physical health? The effects are powerful. A person with one childhood trauma is 2.5 times more likely to develop depression than someone with none.<sup>i</sup> With two traumas, the risk is 3.1 times greater, and with 3 traumas, the risk is 5.3 times greater. In fact, people with 3 traumas are 8 times more likely to develop nearly ANY kind of mental health problem. It also has a huge impact on the body. People who were exposed to a serious psychological injury, such as being raped or seeing a family member die violently, have as many breaks in their DNA as people who survived an atomic bomb blast.<sup>ii</sup>

The Psychological Injury Index is designed to give you understanding and control over your mental and physical health. It is your mind and body, after all. You have the right to know what causes problems in your life and how to solve them.

That is why you need to know what psychological injuries you have experienced. Because if you are aware of your injuries, then you can choose the treatment that will heal them. Some treatments address the symptoms, but ignore the underlying psychological injury. You have the right to choose the treatment that is best for you, and will give you the long-term healing that you want. And the right healing goes very deep indeed. It may even rewrite your DNA to be healthy again.

Fill in the PII below. Then, watch the video at the link below where you downloaded the PII. It will teach you the next steps to take with this assessment. You can be in charge of your health.

## Historical Factors:<sup>iii</sup>

While you were growing up, during your first 18 years of life<sup>iv</sup>:

1. Did a parent or other adult in the household often ...

Swear at you, insult you, put you down, or humiliate you?

or

Act in a way that made you afraid that you might be physically hurt?

If yes enter 1 \_\_\_\_\_

2. Did a parent or other adult in the household often ...

Push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

If yes enter 1 \_\_\_\_\_

3. Did an adult or person at least 5 years older than you ever...

Touch or fondle you or have you touch their body in a sexual way?

or

Try to or actually have oral, anal, or vaginal sex with you?

If yes enter 1 \_\_\_\_\_

4. Did you often feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close, or support each other?

If yes enter 1 \_\_\_\_\_

5. Did you often feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

or

Your parents were too drunk or high to care for you or take you to the doctor if needed?

If yes enter 1 \_\_\_\_\_

6. Were your parents ever separated or divorced?

If yes enter 1 \_\_\_\_\_

7. Was your mother or stepmother:

Often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?

Or

Ever repeatedly hit for a few minutes or threatened with a gun or knife?

If yes enter 1 \_\_\_\_\_

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

If yes enter 1 \_\_\_\_\_

9. Was a household member depressed or mentally ill or did a household member attempt suicide?

If yes enter 1 \_\_\_\_\_

10. Did a household member go to prison?

If yes enter 1 \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_. This is your ACE Score

From age 18 onward, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you...<sup>iv</sup>

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Have had nightmares about it or thought about it when you did not want to?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Were constantly on guard, watchful, or easily startled?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Felt numb or detached from others, activities, or your surroundings?                                  | <input type="checkbox"/> | <input type="checkbox"/> |

Add up your "Yes" answers for the 4 questions above: \_\_\_\_\_. This is your PC PTSD Score

### Work Environment:<sup>v</sup>

On a scale of 0 to 10, where 0 is no trust at all, and 10 is total trust, how much do you trust your boss? \_\_\_\_\_

On a scale of 0 to 10, where 0 is very unfair, and 10 is very fair, how fair are the policies at work? \_\_\_\_\_

If you answered from 0 to 3 for either question about work, then you have a significantly negative work environment.

### Stressful Life Events:<sup>vi</sup>

In the last month, have you experienced

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. assault, rape, or mugging,   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. divorce, marital separation, breakup of serious romantic relationship, | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. financial problems,  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. serious housing problems,  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. serious illness or injury,   | <input type="checkbox"/> | <input type="checkbox"/> |

- |   |                          |                          |
|---|--------------------------|--------------------------|
| 6. job loss (laid off from a job or fired),                               | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. legal problems (trouble with police or other legal trouble),           | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. loss of a confidant (separation from other loved one or close friend), | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. having been robbed,  | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. serious difficulties at work.   | <input type="checkbox"/> | <input type="checkbox"/> |

Think of the network of people you are emotionally close to, such as your spouse, child, parent, siblings, or best friend. In the last month, did you experience:

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 11. serious trouble getting along with someone close to you, | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. a serious personal crisis of someone close to you,       | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. serious illness of someone close to you,                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. the death of someone close to you.                       | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered yes to any of the 14 questions above, you had a stressful life event very recently.

## Understanding your PII score.

The Psychological Injury Index does not list all the psychological injuries that people may experience. However, it includes events or conditions that cause depression, anxiety or other mental health problems, according to large research studies.

If you have an ACE score of 1 or more, you have a greater risk of developing a mental health problem than people who have an ACE score of 0. The higher your ACE score, the higher your risk is of developing mental health or physical health difficulties.

The next section looks at post-traumatic stress. If your score on the PC PTSD is 2 or more, then you may have experienced an event that was traumatic enough to cause Post-Traumatic Stress Disorder. This scale cannot give a diagnosis, that can only be done by a qualified health professional.

In terms of work environment, if your score was 3 or lower on either question, then you have triple the risk of developing depression in the next 2 years, compared to people who have higher levels of trust in their manager or workplace policies. If you are being bullied at work, then your risk of depression or anxiety is even higher.

Finally, if you experience a serious stressful life event in a month, your risk of becoming depressed can be up to 14 times higher that month, compared to the months where life is calm. The score on this scale will change according to what happens month by month.

When you talk to a healthcare professional, bring your PII. Put the focus first on the psychological injuries that you have experienced. Discuss what is the best way to heal those injuries. Psychotherapy is helpful for treating mild, moderate, and even severe depression,<sup>vii</sup> and when treatment is stopped, people are two to three times less likely to relapse back into depression, compared to pills.<sup>viii</sup> The effectiveness of therapy can double when the therapist measures if you are improving, and your sense of teamwork with them.<sup>ix, x</sup>

Be sure to watch the video at this link for far more information on how you can use the PII to select the best treatment, and increase your health in all dimensions.

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