

The Portuguese Traumatic Experiences Checklist (P-TEC) Psychometrics and prevalence of Traumatic Experiences

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Introduction

Background

The TEC is a validated measure [1] that should integrate mental health assessment. Traumatic experiences are associated with several mental disorders [2].

Objectives

- ★ Assess the psychometric properties of the TEC Portuguese version.
- ★ Examine the prevalence of traumatic experiences per disorder.
- ★ Study the TEC disorders means.

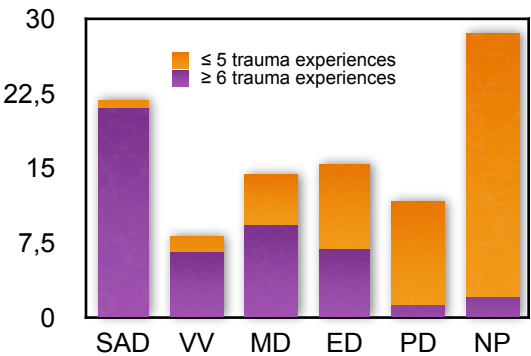
Material & Methods

- ★ Of the 248 participants (77.8% women, mean age = 31.12 ± 13.70), 36 had mood disorders (MD), 38 had eating disorders (ED), 29 had pain disorder (PD), 54 were substance and alcohol dependent (SAD), 20 were violence victims (VV), and 71 were non-patients.
- ★ All completed the TEC, 55.2% completed the Dissociation Experiences Scale (DES), and 23.8% the Somatoform Dissociation Questionnaire (SDQ-20).

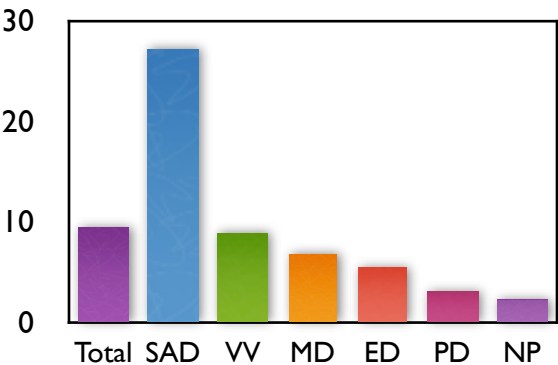
Results

- ★ P-TEC reliability was high (Cronbach α = 0.93) in total sample, ranging from 0.94 (ED) to 0.44 (PD). In ED group, TEC significantly correlated with DES and SDQ-20. On the other groups (MD, SAD, VV), the correlations were not significant. An optimal cutoff point of 5.5 traumatic presences distinguished between clinical and non-clinical patients (AUC = 0.87, p < 0.001).
- ★ Twelve per cent reported at least one traumatic experience to a maximum of 29 traumatic experiences (19.8%). SAD patients had the highest prevalence of high trauma experiences (21.0%), followed by mood disorders (9.3%), Eating disorders (6.9%), Violence victims (6.5%), non-patients (2.0%), and pain disorder patients had the lowest scores (1.2%). The differences were significant (χ^2 = 126.84; p < 0.001).
- ★ The mean score of TEC was 9.37 ± 10.48, with the higher scores in SAD (27.22 ± 6.31), followed by VV (8.65 ± 3.82), MD (6.69 ± 3.12), ED (5.37 ± 4.83), PD (3.07 ± 1.46), and non-patients (2.06 ± 2.57). Again, the differences were significant [F = 270.74; p < 0.001; Games-Howell post-hoc showing significant differences (p < 0.0083) between the following SAD > VV, MD, ED, PD, NP; VV > PD, NP; MD > PD, NP; ED > NP; PD > NP].

Trauma experiences prevalence



TEC disorders means



Conclusions

- ★ Portuguese TEC is a promising reliable and valid screen and allows for measurement of traumatic experiences in clinical and non-clinical samples.
- ★ The criterion validity should be established with other measures and involve larger clinical samples.
- ★ Substance abuse patients had the highest prevalence and mean of trauma experiences, followed by violence victims and mood disorder patients.

References

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