



## Posttraumatic Growth Inventory

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Tedeschi and Calhoun (1996) developed the Posttraumatic Growth Inventory (PTGI) to assess post-trauma growth and self-improvement a person undergoes. A 21-item scale built on the five-factor model of Tedeschi, this inventory is one of the most valid and reliable resources for evaluating personal growth that follows a stressful encounter.

The statements included in the inventory are related to the following five factors:

- Personal Strength
- New Possibilities
- Improved Relationships
- Spiritual Growth
- Appreciation for Life

Each of the 21 items falls under one of the five factors and are scored accordingly. A summation of the scores indicates the level of post-traumatic growth.

The advantage of this scale is that the categorization of scores according to the five factors are suggestive of which area of self-development is predominant in us and which area might be a little behind.

For example, a high total score implies that the person has undergone a positive transformation. But a closer look at the scores of each section would provide a more in-depth insight into what has changed significantly and what aspects of the self may still need some improvement.

The PTGI was initially developed to measure favorable outcomes of a stressful life event. But with time, it became more popular as a test that provides direction to the participants about their future actions and suggests scope for self-improvement (Cann, Calhoun, Tedeschi, & Solomon, 2010).

### Scoring the PTGI

Participants indicate their scores on a 6-point scale where:

- 0 implies – I did not experience this as a result of my crisis.
- 1 implies – I experienced this change to a very small degree as a result of my crisis.
- 2 implies – I experienced this change to a small degree as a result of my crisis.
- 3 implies – I experienced this change to a moderate degree as a result of my crisis.
- 4 implies – I experienced this change to a great degree as a result of my crisis.
- 5 implies – I experienced this change to a very great degree as a result of my crisis.

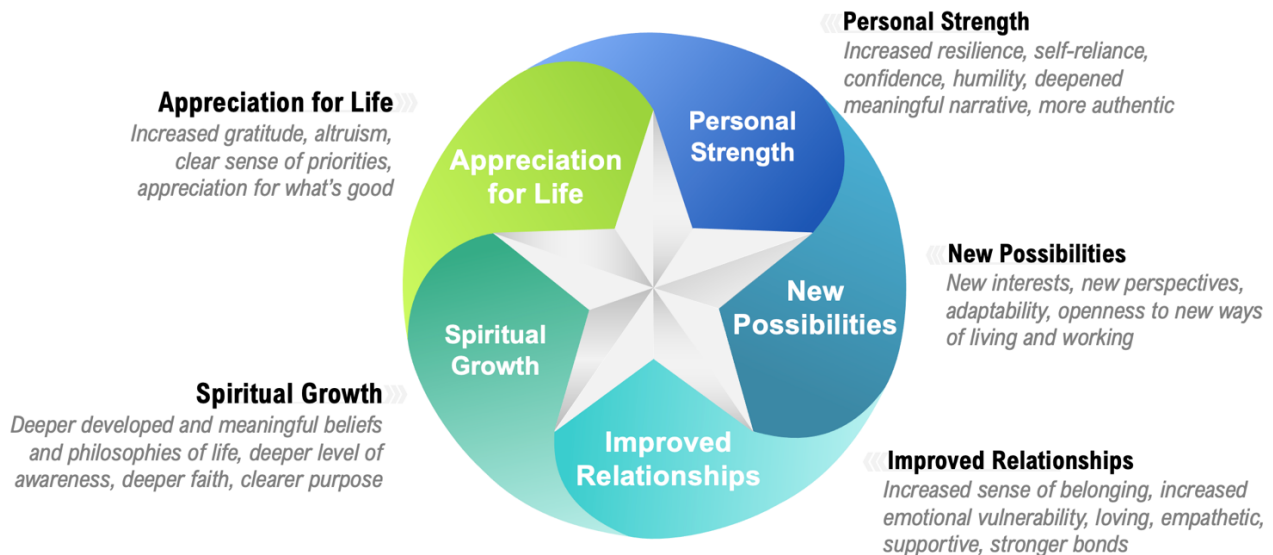
## The Post Traumatic Growth Inventory

Statements	Scoring					
	0	1	2	3	4	5
1. I changed my priorities about what is important in life.						
2. I have a greater appreciation for the value of my own life.						
3. I have developed new interests.						
4. I have a greater feeling of self-reliance.						
5. I have a better understanding of spiritual matters.						
6. I more clearly see that I can count on people in times of trouble.						
7. I established a new path for my life.						
8. I have a greater sense of closeness with others.						
9. I am more willing to express my emotions.						
10. I know that I can handle difficulties.						
11. I can do better things with my life.						
12. I am better able to accept the way things work out.						
13. I can better appreciate each day.						
14. New opportunities are available which wouldn't have been otherwise.						
15. I have more compassion for others.						
16. I put more effort into my relationships.						
17. I am more likely to try to change things that need changing.						
18. I have stronger religious faith.						
19. I discovered that I'm stronger than I thought I was.						
20. I learned a great deal about how wonderful people are.						
21. I better accept needing others.						

Below is an overview of the test items along with the categorization of the five factors.

Factor	Item Numbers
Personal Strength	4, 10, 12, 19
New Possibilities	3, 7, 11, 14, 17
Improved Relationships	6, 8, 9, 15, 16, 20, 21
Spiritual Growth	5, 18
Appreciation for Life	1, 2, 13

## Posttraumatic Growth Areas



Source: Calhoun & Tedeschi (2004)

### Reflection Questions

- What areas have I experienced growth? What impact is that having on me?
- What areas do I score moderate or low? What is contributing to my experience?
- What do I want to celebrate?
- What is one area I would like to make some adjustments so I can improve myself?

### Sources

Calhoun, L. G. & Tedeschi, R. G. (2004). The foundations of posttraumatic growth: New considerations. *Psychological Inquiry*. 15, 93-102.

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Tedeschi, R. G. & Calhoun, L. G. (1996). The posttraumatic growth inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*. 9, 455-471.

Tedeschi, R. G. (2020). Growth after trauma: Five steps for coming out of a crisis stronger. *Harvard Business Review*. July-August