

Posttraumatic Growth
Adapted from Tedeschi & Calhoun, 1996

Posttraumatic Growth (PTG) refers to positive outcomes as described by individuals who have experienced adverse or stressful events. This measure assesses increased strengths, spiritual change, new life possibilities, and appreciation of life. The Posttraumatic Growth Inventory developed by Tedeschi and Calhoun (1996) included 21 items that assessed the positive impact of negative events. We developed a 9-item short form.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all outcome measures of well-being. Of the ten items used in the main survey, nine items were maintained in the final PTG factor. Internal consistencies (coefficient alphas) for the pilot and main samples were both 0.90. Validity was established in the main sample with strong correlations with other outcome measures, such as Subjective Well-being ($r = .56$) and the Awe Index ($r = .58$). It also had moderate to strong correlations with Optimism ($r = .41$), Emotional Regulation ($r = .57$), Coping ($r = .65$), Psychological Endurance ($r = .67$), and Purpose ($r = .60$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate more posttraumatic growth.

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

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

Answer these questions about the most stressful event you experienced in the past year.

1. I changed my priorities about what is important in life.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

2. I have a greater appreciation for the value of my own life.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

3. I established a new path for my life.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

4. I have a greater sense of closeness with others.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

5. Now I know that I can handle hard times.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

6. I am able to do better things with my life.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2

	Not true about me	1
7. I have a stronger religious faith.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
8. I discovered that I am stronger than I thought I was.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
9. I learned a great deal about how wonderful people are.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1