

## PTS Group Psychometrics – 2018 & 2019

### Summary of Results

<i>Measure</i>	<b>Pre</b>	<b>Post</b>	<b>Change</b>	<b>% Decrease</b>
<i>PCL</i>	37.40	21.38	-16.02	42%
<i>TAS</i>	55.86	49.64	-6.21	11%
<i>MDI</i>	55.36	46.00	-9.36	17%
<i>DASS</i>	35.86	17.21	-18.64	52%

### PCL-5

The PTSD Checklist for DSM-5 (PCL-5) is a 20-item self-report measure that assesses the presence and severity of PTSD symptoms. Items on the PCL-5 correspond with DSM-5 criteria for PTSD. A total score of 33 or higher may suggest the presence of PTSD.

A paired sample t-test showed there was a statistically significant decrease in PCL-5 scores from pre (M = 37.40, SD = 19.18) to post (M = 21.38, SD = 15.85),  $t(12) = 3.744$ ,  $p = .003$ . The mean decrease was 16.02 points (42%).

Three subscales also achieved statistically significant decreases; *'Intrusion'*, *'Cognition and Mood'*, and *'Arousal and Reactivity'*. *Intrusion*: pre (M = 10.62) to post (M = 6.33),  $t(12) = 2.82$ ,  $p = .016$ . Mean decrease was 4.5 points. *Mood and cognition*: pre (M = 13.63) to post (M = 6.38),  $t(12) = 3.67$ ,  $p = .003$ . Mean decrease was 8.35 points. *Arousal and Reactivity*: pre (M = 9.00) to post (M = 5.46),  $p = .023$ .

<b>Subscales</b>	<b>Pre</b>	<b>Post</b>	<b>Points Decrease</b>
<b>Intrusion</b>	10.62	6.08	-4.54
<b>Avoidance</b>	4.15	3.46	-.70
<b>Cognition and Mood</b>	13.63	6.38	-7.24
<b>Arousal</b>	9.00	5.46	-3.54

### TAS-20

The TAS is a 20-item instrument that is one of the most commonly used measures of alexithymia. Total scores higher than 61 = high alexithymia ("alexithymia"), scores between 51 and 61 = possible alexithymia, scores less than 51 = low alexithymia ("non-alexithymia").

A paired sample t-test showed there was a statistically significant decrease in TAS-20 scores from pre (M = 55.86, SD = 12.61) to post (M = 49.64, SD = 9.82),  $t(13) = 4.01$ ,  $p = .001$ . The mean decrease was 6.21 points (11%).

Two subscales also achieved statistically significant decreases; *'Identifying Feelings'* and *'Describing Feelings'*. *Identifying Feelings*: pre (M = 19.14) to post (M = 15.50),  $t(13) = 2.86$ ,  $p = .013$ . Mean decrease was 3.71 points (17%). *Describing Feelings*: pre (M = 15.21) to post (M = 12.50),  $t(13) = 3.09$ ,  $p = .009$ . Mean decrease was 4.14 points (26%).

Subscales	Pre	Post	Points Decrease
Identifying Feelings	19.14	15.50	-3.64
Describing Feelings	15.21	12.50	-2.71
Externally Orientated Thinking	21.50	21.64	+1.14

### MDI

The MDI is a 30-item self-report test of dissociative symptomatology. It contains 6 subscales, with higher scores indicating increased severity of symptoms.

A paired sample t-test showed there was a statistically significant decrease in MDI scores from pre (M = 55.36, SD = 17.70) to post (M = 46.00, SD = 12.76),  $t(13) = 2.41$ ,  $p = .031$ . The mean decrease was 6.21 points (11%). The subscale *emotional constriction* achieved a statistically significant decrease from pre (M = 11.36) to post (M = 7.93),  $t(13) = 3.23$ ,  $p = .007$ . Mean decrease was 3.43 points.

Subscales	Pre	Post	Points Decrease
Disengagement	12.07	10.71	-1.36
Depersonalisation	7.29	6.00	-1.29
Derealisation	8.86	8.29	-0.57
Emotional Constriction	11.36	7.93	-3.43
Memory Disturbance	8.57	6.93	-1.64
Identity Dissociation	7.21	6.14	-1.07

### DASS

The DASS is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. Higher scores indicate increased severity of symptoms.

A paired sample t-test showed there was a statistically significant decrease in TAS-20 scores from pre (M = 35.86, SD = 27.28) to post (M = 17.21, SD = 15.85),  $t(13) = 3.52$ ,  $p = .004$ . The mean decrease was 6.21 points (11%).

Two subscales also achieved significant pre and post differences, *Depression* and *Stress*. *Depression*: pre (M = 10.93) to post (M = 4.43),  $t(13) = 2.52$ ,  $p = .026$ . *Stress*: pre (M = 14.07) to post (M = 6.29),  $t(13) = 3.58$ ,  $p = .004$ . Mean decrease was 7.78 points.

Subscales	Pre	Post	Points Decrease
Depression	10.93	4.43	-6.50
Anxiety	10.86	6.50	-4.36
Stress	14.07	6.29	-7.78

