

Appendix
The Posttraumatic Growth and Posttraumatic Depreciation Inventory - Expanded
(PTGDI_X)
English version

For each of the statements below, use the scale provided the instructions to indicate the degree to which this change occurred in your life <u>AS A RESULT OF THE STRESSFUL SITUATION YOU IDENTIFIED</u> earlier in this survey. The statements are arranged in pairs representing different types of change you might have experienced. Within each pair , -you might <u>not have experienced either</u> change -you might have experienced <u>both</u> changes to some degree, or -you might <u>only have experienced one type</u> of change. Consider both statements in each pair, then rate the degree to which, if any, you experienced each type of change using the scale provided.			As a result of my crisis, I experienced this change to a:				
			Very small degree	Small degree	Moderate degree	Great degree	Very great degree
		I did not experience this change as a result of my crisis					
1a.	I change my priorities about what is important in life.	0	1	2	3	4	5
1b.	I find it difficult to clarify priorities about what is important in life.	0	1	2	3	4	5
2a.	I have a greater sense of harmony with the world.	0	1	2	3	4	5
2b.	I have less sense of harmony with the world.	0	1	2	3	4	5
3a.	I have a greater appreciation for the value of my own life.	0	1	2	3	4	5
3b.	I have less of an appreciation for the value of my own life.	0	1	2	3	4	5
4a.	I developed new interests.	0	1	2	3	4	5
4b.	I have fewer interests than before.	0	1	2	3	4	5
5a.	I have a great feeling of self-reliance.	0	1	2	3	4	5
5b.	I have a diminished feeling of self-reliance.	0	1	2	3	4	5
6a.	I have a better understanding of spiritual matters.	0	1	2	3	4	5
6b.	I have a poorer understanding of spiritual matters.	0	1	2	3	4	5
7a.	I more clearly see that I can count on people in times of trouble.	0	1	2	3	4	5
7b.	I more clearly see that I cannot count on people in times of trouble.	0	1	2	3	4	5

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			Very small degree	Small degree	Moderate degree	Great degree	Very great degree
8a.	I established a new path for my life.	0	1	2	3	4	5
8b.	I have a less clear path for my life.	0	1	2	3	4	5
9a.	I have greater clarity about life's meaning.	0	1	2	3	4	5
9b.	I have less clarity about life's meaning.	0	1	2	3	4	5
10a.	I have a greater sense of closeness with others.	0	1	2	3	4	5
10b.	I have a greater sense of distance from others.	0	1	2	3	4	5
11a.	I am more willing to express my emotions.	0	1	2	3	4	5
11b.	I am less willing to express my emotions.	0	1	2	3	4	5
12a.	I know better that I can handle difficulties.	0	1	2	3	4	5
12b.	I am less certain that I can handle difficulties.	0	1	2	3	4	5
13a.	I am able to do better things with my life.	0	1	2	3	4	5
13b.	I am less capable of doing better things with my life.	0	1	2	3	4	5
14a.	I am better able to accept the way things work out.	0	1	2	3	4	5
14b.	I am less able to accept the way things work out.	0	1	2	3	4	5
15a.	I can better appreciate each day.	0	1	2	3	4	5
15b.	I appreciate each day less than I did before.	0	1	2	3	4	5
16a.	I feel more connected with all of existence.	0	1	2	3	4	5
16b.	I feel less connected with all of existence.	0	1	2	3	4	5
17a.	New opportunities are available which wouldn't have been otherwise.	0	1	2	3	4	5
17b.	Fewer opportunities are available than would have been there.	0	1	2	3	4	5
18a.	I have more compassion for others.	0	1	2	3	4	5
18b.	I have less compassion for others.	0	1	2	3	4	5
19a.	I put more effort into my relationships.	0	1	2	3	4	5
19b.	I put less effort into my relationships.	0	1	2	3	4	5

For each of the statements below, use the scale provided the instructions to indicate the degree to which this change occurred in your life <u>AS A RESULT OF THE STRESSFUL SITUATION YOU IDENTIFIED</u> earlier in this survey. The statements are arranged in pairs representing different types of change you might have experienced. Within each pair , -you might <u>not</u> have experienced either change -you might have experienced <u>both</u> changes to some degree, or -you might <u>only</u> have experienced one type of change. Consider both statements in each pair, then rate the degree to which, if any, you experienced each type of change using the scale provided.			As a result of my crisis, I experienced this change to a:				
			Very small degree	Small degree	Moderate degree	Great degree	Very great degree
20a.	I am more likely to try to change things that need changing.	0	1	2	3	4	5
20b.	I am less likely to try to change things that need changing.	0	1	2	3	4	5
21a.	I have a stronger religious faith.	0	1	2	3	4	5
21b.	I have a weaker religious faith.	0	1	2	3	4	5
22a.	I discovered that I'm stronger than I thought I was.	0	1	2	3	4	5
22b.	I discovered that I'm weaker than I thought I was.	0	1	2	3	4	5
23a.	I learned a great deal about how wonderful people are.	0	1	2	3	4	5
23b.	I learned a great deal about how disappointing people are.	0	1	2	3	4	5
24a.	I feel better able to face questions about life and death.	0	1	2	3	4	5
24b.	I feel less able to face questions about life and death.	0	1	2	3	4	5
25a.	I better accept needing people.	0	1	2	3	4	5
25b.	I find it harder to accept needing others.	0	1	2	3	4	5

The Posttraumatic Growth and Posttraumatic Depreciation Inventory - Expanded (PTGDI_X) Traditional Chinese version

根據以下每句陳述，參照量表的指示，指出因為這個壓力情境造成生活變化的程度。這些陳述是成對排列的，代表你可能遇到的不同類型變化。 在每對描述中： - 你可能沒有經歷任何所描述的改變， - 你可能在某種程度上經歷到兩種改變，或 - 你可能只經歷到其中一種改變 仔細考慮每一對描述，然後評估你所經歷到每一項改變的程度。		這個危機並沒有令我經歷到這項改變	因為這個危機，我經歷到這項改變的程度是				
			非常小	小	中等	大	非常大
1a.	我重新調整生活重心的優先順序。	0	1	2	3	4	5
1b.	澄清生活重心的優先順序是困難的。	0	1	2	3	4	5
2a.	我感到更多地融入世界。	0	1	2	3	4	5
2b.	我感到更少地融入世界。	0	1	2	3	4	5
3a.	我對自己生命價值有更多領悟。	0	1	2	3	4	5
3b.	我對自己生命價值的領悟減少。	0	1	2	3	4	5
4a.	我發展出新的興趣。	0	1	2	3	4	5
4b.	我的興趣比以前少。	0	1	2	3	4	5
5a.	我有更多自立自強的感覺。	0	1	2	3	4	5
5b.	我對自立自強的感覺減少。	0	1	2	3	4	5
6a.	我對靈性有更深入的瞭解。	0	1	2	3	4	5
6b.	我對靈性的瞭解減弱。	0	1	2	3	4	5
7a.	我更清楚瞭解到，在困境中我能依靠別人。	0	1	2	3	4	5
7b.	我更清楚瞭解到，在困境中我不能依靠別人。	0	1	2	3	4	5
8a.	我為生活建立了新的方向。	0	1	2	3	4	5
8b.	我更不清楚生活的方向。	0	1	2	3	4	5
9a.	我更清楚生命的意義。	0	1	2	3	4	5
9b.	我更不清楚生命的意義。	0	1	2	3	4	5
10a.	我跟別人有更親近的感覺。	0	1	2	3	4	5
10b.	我跟別人有更疏遠的感覺。	0	1	2	3	4	5
11a.	我更願意表達我的情緒。	0	1	2	3	4	5
11b.	我更不願意表達我的情緒。	0	1	2	3	4	5
12a.	我更知道我能夠處理困難。	0	1	2	3	4	5
12b.	我更不確定我能夠處理困難。	0	1	2	3	4	5

根據以下每句陳述，參照量表的指示，指出因為這個壓力情境造成生活變化的程度。這些陳述是成對排列的，代表你可能遇到的不同類型變化。 在每對描述中： - 你可能沒有經歷任何所描述的改變， - 你可能在某種程度上經歷到兩種改變，或 - 你可能只經歷到其中一種改變 仔細考慮每一對描述，然後評估你所經歷到每一項改變的程度。		這個危機並沒有令我經歷到這項改變	因為這個危機，我經歷到這項改變的程度是				
			非常小	小	中等	大	非常大
13a.	我能夠將生活中的事情做得更好。	0	1	2	3	4	5
13b.	我沒有辦法將生活中的事情做得更好。	0	1	2	3	4	5
14a.	我更能接受任何事物的最後結果。	0	1	2	3	4	5
14b.	我更不能接受任何事物的最後結果。	0	1	2	3	4	5
15a.	我更能夠欣賞每一天。	0	1	2	3	4	5
15b.	我沒有辦法像以前一樣欣賞每一天。	0	1	2	3	4	5
16a.	我感到與萬物有更多連結。	0	1	2	3	4	5
16b.	我感到與萬物有更少連結。	0	1	2	3	4	5
17a.	這件事帶給我新的機會。	0	1	2	3	4	5
17b.	這件事令我的機會減少。	0	1	2	3	4	5
18a.	我對他人有更多同情。	0	1	2	3	4	5
18b.	我對他人的同情心減少。	0	1	2	3	4	5
19a.	我花更多的精力在人際關係上。	0	1	2	3	4	5
19b.	我花在人際關係上的精力減少。	0	1	2	3	4	5
20a.	我更多去嘗試改變需要改變的事物。	0	1	2	3	4	5
20b.	我更少去嘗試改變需要改變的事物。	0	1	2	3	4	5
21a.	我對自己的宗教信仰更加堅定。	0	1	2	3	4	5
21b.	我對自己的宗教信仰變得薄弱。	0	1	2	3	4	5
22a.	我發現我比自己想像的更為堅強。	0	1	2	3	4	5
22b.	我發現我比自己想像的還要脆弱。	0	1	2	3	4	5
23a.	我學到很多關於人生美好的事。	0	1	2	3	4	5
23b.	我學到很多關於人生失望的事。	0	1	2	3	4	5
24a.	我更能夠面對生死問題。	0	1	2	3	4	5
24b.	我更不能夠面對生死問題。	0	1	2	3	4	5
25a.	我更能接納我對他人的需要。	0	1	2	3	4	5
25b.	我更難接受我對他人的需要。	0	1	2	3	4	5

