

# Global Psychotrauma Screen (GPS)

## Summary

The [Global Psychotrauma Screen \(GPS\)](#) was developed by an international group of experts representing traumatic stress societies worldwide called the “[Global Collaboration on Traumatic Stress](#)” in which our society is participating (Schnyder et al., 2017).

The GPS is a brief instrument meant to screen for a range of trauma related psychological problems, as well as for risk and protective factors. It consists of 22 items to be answered in a yes/no format.

The GPS was constructed by 1) reaching consensus on the domains, including trauma related problems, but also risk and protective factors. 2) Selecting scales or items -as much as possible- from existing valid and reliable measures that were available without barriers to access.

The domains are:

- PTSD
- Complex PTSD
- Anxiety
- Depression
- Sleep problems
- Self-injurious behavior
- Dissociation
- Other physical, emotional or social problems
- Substance abuse
- Other stressful events
- Childhood trauma
- History of mental illness
- Social support
- Psychological resilience

The GPS is currently available in **18 languages**.

For more information or for participating in research with the GPS: <https://www.global-psychotrauma.net/gps>

## Project group

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## Key/Core References

Schnyder, U., Schafer, I., Aakvaag, H. F., Ajdukovic, D., Bakker, A., Bisson, J.I., Brewer, D., Cloitre, M., Dyb, G.A., Frewen, P., Lanza, J., Le Brocque, R., Lueger-Schuster, B., Mwititi, G.K., Oe, M., Rosner, R., Schellong, J., Shigemura, J., Wu, K., & Olf, M. (2017). **The global collaboration on traumatic stress.** *European Journal of Psychotraumatology*, 8,1  
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