

Developmental Trauma Disorder (DTD)

Symptom List & Diagnostic Criteria (Beta Draft)

Lifetime Contemporaneous Exposure to Developmental Trauma

- A1. Primary caregiving system attachment disruption: impaired caregiver, neglect, prolonged separation, verbal/emotional abuse - *most typically in conjunction with-*
- A2. Interpersonal victimization: physical or sexual abuse or assault, domestic/intimate partner violence

B. Affective and Somatic Dysregulation (4 items; 3 required for DTD)

- B1. Emotion dysregulation: B1a. extreme and intolerable negative affect states, OR B1b. impaired recovery from extreme negative affect states
- B2. Somatic dysregulation: B2a. aversion to touch, OR B2b. aversion to sounds, OR B2c. somatic distress/illness that cannot medically be explained or resolved
- B3. Impaired awareness or dissociation of emotions or body: B3a. absence of emotion, OR B3b. physical anaesthesia that cannot medically be explained or resolved
- B4. Impaired capacity to describe emotions or bodily states: B4a. alexithymia OR B4b. impaired ability to recognize or express somatic feelings or states

C. Attentional and Behavioral Dysregulation (5 items; 2 required for DTD)

- C1. Attention bias toward or away from potential threats: C1a. threat-related rumination, OR C1b. hyper- or hypo-vigilance to actual or potential danger
- C2. Impaired capacity for self-protection: C2a. extreme risk-taking, thrill-seeking or recklessness, OR C2b. intentional provocation of conflict or violence
- C3. Maladaptive self-soothing
- C4. Habitual (intentional or automatic) or reactive self-harm (non-suicidal self-injury)
- C5. Inability to initiate or sustain goal-directed behavior

D. Self and Relational Dysregulation (6 items; 2 required for DTD)

- D1. Persistent extreme negative self-perception: self-loathing or view of self as damaged / defective
- D2. Attachment insecurity and disorganization: D2a. parentified over-protection of caregivers, OR D2b. difficulty tolerating reunion after separation from primary caregivers
- D3. Extreme persistent distrust, defiance or lack of reciprocity in close relationships: D3a. expectation of betrayal, OR D3b. oppositional defiance based on expectation of coercion or exploitation
- D4. Reactive physical or verbal aggression
- D5. Psychological boundary deficits: D5a. inappropriate (excessive or promiscuous) intimate contact (physical or sexual), OR D5b. or excessive reliance on peers or adults for safety and reassurance
- D6. Impaired capacity to regulate empathic arousal: D6a. lack of empathy for, or intolerance of, other's distress, OR D6b. excessive responsiveness to the distress of others

Developmental Trauma Disorder Clinical Interviews

Two clinician-administered interview tools have been developed by Drs. Julian Ford, Joseph Spinazzola and the DTD Field Trial Study Group:

1. **Developmental Trauma Disorder Structured Interview for Child (DTD SI-C)** intended for administration to children and youth aged 7-18. Designed to be administered to children ages 7-10 in the presence of a parent or primary caregiver; and to pre-adolescents, adolescents ages 11-18 alone or accompanied by a parent/caregiver as clinically appropriate for a given youth.
2. **Developmental Trauma Disorder Structured Interview for Parent/Caregiver (DTD SI- P/C)**

Validation of these measures is actively being undertaken in the context of the Developmental Trauma Disorder Field Trials. Published results from the first wave of the DTD Field Trials provide strong preliminary support for the psychometric properties of these measures (Ford, Spinazzola, van der Kolk, Grasso, 2018; Spinazzola, van der Kolk, & Ford, 2018).

Confirmation of the final factor structure, symptom composition and corresponding interview design for the DTD diagnostic construct awaits completion of replication analyses currently underway from the second and final wave of the DTD Field Trial.

Until DTD Field Trial analyses have been completed on the wave two cohort of field trials sites, subjected to peer review, and presented for content matter expert scrutiny and feedback at an annual meeting or conference of one of the international psychological trauma associations, the DTD interviews will not be available for distribution for general clinical use.

In the interim, the DTD Field Trial Study Group has authorized limited release of the interview tools exclusively for research purposes. The Foundation Trust is maintaining a registry cataloguing all research distribution of the DTD instruments.

Academics, clinical researchers, and doctoral students interested in obtaining a copy of the instruments and supporting materials are instructed to contact Dr. Joseph Spinazzola, DTD Field Trial Co-Principal Investigator via email: josephspinazzola@foundationtrust.org.

Requests should include a description of study design, target population, sponsoring institution, principal investigator(s), study timeline, and funding source (if any), and indicate whether the investigators would be interested in data sharing, collaboration or consultation with the DTD Field Trial Study Group (optional).

REFERENCES

Ford, J.D., Spinazzola, J., van der Kolk, B., & Grasso, D.J. (2018). Toward an empirically based Developmental Trauma Disorder diagnosis for children: Factor structure, item characteristics, reliability, and validity of the developmental trauma disorder semi-structured interview (DTD-SI). *Journal of Clinical Psychiatry*, 79(5): 17m11675.

Spinazzola, J., van der Kolk, B., & Ford, J. (2018). When nowhere is safe: Interpersonal trauma and attachment adversity as antecedents of posttraumatic stress disorder and developmental trauma disorder. *Journal of Traumatic Stress*, 31(5), 631-642. DOI:10.1002/jts.22320

Developmental Trauma Disorder Clinical Interviews Request Form

Contact Information

Principal Investigator Name: _____

Principal Investigator Position/Title: _____

Primary Affiliation: _____

Email: _____ Phone: _____

Mailing Address: _____

If student, Faculty Advisor Name & Contact Information: _____

Study Description:

Primary hypotheses: _____

Study Population: _____

Setting(s): _____

Type of Study (e.g., incidence/prevalence; treatment outcome; comorbidity; risk trajectories, etc.):

Data Analytic Plan (including primary forms of statistical analyses to be used to test study hypotheses):

Study Timeline: _____

Funding Source: _____

Interest in data sharing or collaboration with the DTD Field Trial PI team? _____

Request for consultation on project from the DTD Field Trial PI team? _____