**Description:**

The Traumatic Injuries Distress Scale is a 12-item questionnaire designed to measure 3 different domains of trauma-related distress following musculoskeletal injuries. It has been designed for use in the acute (<4 weeks) stage of injury, and will provide information on the *magnitude* and *nature* of risk of persistent or chronic problems based on psychological or cognitive factors.2 Exaggerated post-traumatic distress has consistently demonstrated prognostic associations with chronic problems1, but most tools have been designed for use in chronic problems. The TIDS is the first designed from the ground up for use in acute, non-catastrophic musculoskeletal injuries.

**What is reported:**

The total TIDS score is reported in addition to scores on each of the 3 subscales: Negative Affect (6 items score range 0-12, especially useful for predicting depression or disability), Uncontrolled Pain (4 items score range 0-8, especially useful for predicting pain or disability) and Intrusion/Hyperarousal (2 items score range 0-4, especially useful for predicting anxiety or PTSD). The score for each subscale is the sum of the responses to the applicable questions. As data are collected and analyzed, clinically useful cut-scores will be derived for each subscale allowing classification of patients into low/moderate/high risk categories for each risk factor. In this way, the TIDS will address not only the common question of ‘is this patient at risk of a chronic problem?’ but crucially will also provide ‘Why are they at risk?’ and ‘At risk of what?’ thus providing firmer guidance for clinical decisions.

**Scaling and Scoring:**

Each item is scaled using frequency-based response options: Never (0), Occasionally (1), Often/All the Time (2). Respondents should be encouraged to reply to all of the 12 questions.

**References:**

1. Walton, D.M. et al., 2013a. An overview of systematic reviews on prognostic factors in neck pain: results from the international collaboration on neck pain (ICON) project. *The Open Orthopedics Journal*, 7(Suppl 4), p.M9.

2. Walton, D.M. et al., 2016b. The Traumatic Injuries Distress Scale: A new tool that quantifies distress and has predictive validity with patient-reported outcomes. *Journal of Orthopedic and Sports Physical Therapy*, epub ahead.