

Multidimensional Trauma Recovery and Resiliency Interview

MTRRI¹ (Short Form)

Harvey, M.R., Westen, D.,
Lebowitz, L., Saunders, E.,
Avi-Yonah, O. and Harney,
P. (1994)

¹ 2000 Version

Victims of Violence Program
Department of Psychiatry
The Cambridge Health Alliance

Multidimensional Trauma Recovery and Resiliency Interview (MTRRI-short form)

Introductory Remarks

- **Time One Introductory Remarks:**

Thank you so much for giving us your time today. The purpose of this interview is to help us learn more about the impact of traumatic experiences on the lives of individual survivors and, more importantly, to learn something about how people survive, cope with and recover from these experiences. The interview will take about 90 minutes and will cover many topics -- your history, your memory for events, difficulties you may have and ways in which you cope, your relationships with others, your feelings about yourself and how you make sense of your experiences and your life. I may move us along from one topic to another in the interest of time; if this ever makes you feel uncomfortable, please let me know. Also, please know that you are free to decline to answer any question I may ask you. Again, thanks so much. Are you ready to begin?

- **Time Two (or more) Introductory Remarks:**

Thank you so much for giving us your time today and for agreeing to let us interview you once again. As you know, the purpose of this interview is to help us learn more about the impact of traumatic experiences on the lives of individual survivors and, more importantly, to learn something about how individuals survive, cope with and recover from these experiences. We are particularly interested in learning how things may have changed for you since the last interview – what VOV services you may have utilized, what community resources you may have accessed, what new things have happened in your life. Like the original, this interview will take about 90 minutes and will cover many topics -- your history, your memory for events, your difficulties and your coping strategies, your relationships, how you feel about yourself and how you make sense of your experiences and your life. As before, I may move us along from one topic to another in the interest of time; if this ever makes you feel uncomfortable, please let me know. Also, if you do not wish to answer any question I ask you, please know that you are free to decline. Again, thanks so much. Are you ready to begin?

- _____

Multidimensional Trauma Recovery and Resiliency Interview (MTRRI-short form)

- 1. I'd like to begin by asking you some questions about your history. Could you begin by telling me about your childhood, starting as early as you can remember, and working your way up through your teenage years--almost as if you were telling the story of your life, or writing an autobiography.*
- 2. Now, if you can, please tell me about a really painful or traumatic experience from when you were growing up.*
- 3. Now, can you tell me about your adult life --like what you do or have done for work; who are, and have been, the important people in your life; and any other events that have been particularly significant to you, either good or bad.*

Probe the following domains as appropriate, letting the personal narrative determine order of inquiry:

- Ability to tell a coherent and continuous life story.*
 - Work History*
 - Family History and Relationships*
 - Social Life and Friendships*
 - Romantic & Sexual Relationships.*
 - Relationships Generally*
- 4. Have there been changes in the nature or quality of your relationships over time? Probes: For second and other follow-up interviews, also ask: have there been any changes in the nature or quality of your relationships since we last interviewed you or (if applicable) since you entered treatment in VOV?*

Multidimensional Trauma Recovery and Resiliency Interview (MTRRI-short form)

5. *Now I'd like you to tell me, if you can, about a painful or traumatic experience you've had as an adult. Prompts: When you recall painful events like these, do you have feelings? For example, do you remember what you felt at the time, or actually reexperience the feelings when you recall the events?*
6. *You've told me about some very painful experiences--[mention what the person has told about painful childhood and adult experiences]. Do memories of this or other painful events ever jump into your mind and prevent you from thinking about or doing something else? (If yes, probe how often and how recently.)*
7. *Have you experienced any changes in what you remember about your past or in how you remember--like how vividly, or with how much detail? (Again, if this is a second or other follow-up interview, ask about changes since the last interview and if applicable changes since entering VOV treatment.)*
8. *Are there ways you think the painful or traumatic events you've experienced affect your day-to-day your life?*
9. *What kinds of things do you do to cope or to manage when you get stressed or distressed? Probe for both adaptive and maladaptive coping strategies.*
10. *Have you changed in the way you manage your distress or cope with your problems? Explore changes since the last interview and, if applicable, since entering VOV treatment.*

Multidimensional Trauma Recovery and Resiliency Interview (MTRRI-short form)

11. *Now, I'd like to ask you some questions about your feelings and how you handle them. What is your normal mood– that is, how do you usually feel?*
12. *Has there been any change in what you feel, how intensely you feel things, or your ability to deal with difficult feelings? (If so, probe what has changed and what caused the changes.) (Again ask about changes since last interview and if applicable since receiving treatment in VOV.)*
13. *Now I'd like to ask you some questions about how you see, feel about, and take care of yourself. Let's start with feelings. How do you generally feel about yourself? Do your feelings about yourself change a lot from day to day or moment to moment?*
14. *Have your feelings about yourself, the way you see yourself, or the ways you treat yourself or your body changed in any way? Explore changes since last interview and if applicable since entering VOV treatment.)*
15. *Does life feel meaningful to you? Does it ever feel meaningless? (If yes, probe for details re: intensity and pervasiveness.)*
16. *How do you understand the painful and traumatic experience/s of your life?*
17. *Has your understanding of these experiences changed over time? How? Does life seem more or less meaningful to you than it used to? (Ask about changes since last interview and entering VOV treatment).*

Multidimensional Trauma Recovery and Resiliency Interview (MTRRI-short form)

18. How do you feel about the future?

19. If this is a second or later interview and if the subject is a current or former VOV patient, ask: How do you think the treatment you've received in VOV has affected your recovery? What, if any, changes have resulted from your work with us in VOV?

Closing Question: I really appreciate the time you've taken to answer these questions. How has this interview been for you? Are there any other areas of difficulty or sources of strength that we haven't talk about? Is there anything you'd like to add, or anything you'd like to ask?

Close the interview by thanking the participant, inviting future questions, and assuring her/him of the value and contribution s/he has made to us, to the field, and to other survivors.

Assess mental status and emotional well-being of interviewee, offer support and, as needed, provide appropriate referrals and follow-up.

This interview can be rated quantitatively by means of the MTRR-99. Interviewer (s) should complete the rating immediately following the interview itself.

This is a short form of the MTRR-I. For more information about the measure and/or for the longer form, which includes specific prompts and probes, please contact: Mary Harvey, Ph.D. at havermr@comcast.net.