

Cologne Risk Index (CRI)

Evaluation

When you have finished the interview, you can evaluate it as described here. First of all you have to code the level of school education (E.). ‚No diploma‘ and ‚GCSE-Exam‘, are coded with a 0, ‚A-Level-Exam‘ and ‚international baccalaureate‘ are coded with a 1. After that you have to code the answers to the questions l. to 14. f): „yes“ = 1 and „no“ = 0.

Sum up the points.

Sum total	Result
< 9,5	Self-Recovery
> 9,5 und < 20,5	Switchers
> 20,5	High-Risk

Group of Self-Recovery: The group of trauma victims, that is able to cope with the trauma within the natural course of self-healing process over time without permanent impairment using their own resources and potentials.

Group of Switchers: The group of trauma victims that is able to manage the trauma within the natural coping process like the “Group of Self-Recovery”, if there are no further “disturbing factors” post-expository (e.g. negative consequences from the employer, family/social problems, re-traumatisation etc.). If those disturbing factors are added to the process of coping, the victims “switch” into the High-Risk Group, which is at a high risk of developing lasting symptoms and psychological impairments because of the trauma.

High-Risk Group: The group of victims, which is at a high risk of developing a chronic posttraumatic stress disorder and/or co-morbid disorders like for example alcohol dependency, depression or anxiety disorders because of the trauma. This chronic traumatic process potentially might last for several years or an increase of symptoms occurs after years, for example because of supervening of further stressful factors or symptoms even occur for the first time after years (delayed PTSD).

The early classification of victims to the respective group is important in so far as the predicted courses in the sense of TGIP need different offers of help and support for preventing a chronic process. The *Cologne Risk Index-Disaster* enables the classification of survivors of major loss situations after stressful events into one of the three groups. In the scope of psychosocial aftercare following major loss situations, target group orientated measures can be initiated due to this classification.