

# The role and clinical correlates of complex PTSD in people with psychosis

Peter Panayi<sup>1, 2\*</sup>, Katherine Berry<sup>1, 2</sup>, William Sellwood<sup>3</sup>, Richard Bentall<sup>4</sup>, Carolina Campodonico<sup>5</sup>, Filippo Varese<sup>1, 2</sup>

<sup>1</sup>The University of Manchester, United Kingdom, <sup>2</sup>Complex Trauma and Resilience Research Unit, Manchester Academic Health Science Centre, United Kingdom, <sup>3</sup>Lancaster University, United Kingdom, <sup>4</sup>The University of Sheffield, United Kingdom, <sup>5</sup>University of Central Lancashire, United Kingdom

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In review

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The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest

### *Author contribution statement*

PP, FV, KB and WS contributed to the conception and design of the study. FV, WS, CC and RPB were involved in collecting the data. PP analysed the data, and wrote the first draft of the manuscript. FV, KB, WS and RPB contributed to the final draft of the manuscript. All authors contributed to the article and approved its submission.

### *Keywords*

Trauma, psychosis, PTSD, CPTSD, Mediation, disturbance of self-organisation

### *Abstract*

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Traumatic experiences and post-traumatic stress are highly prevalent in people with psychosis, increasing symptom burden, decreasing quality of life and moderating treatment response. A range of post-traumatic sequelae have been found to mediate the relationship between trauma and psychotic experiences including the 'traditional' symptoms of post-traumatic stress disorder (PTSD). The International Classification of Diseases-11th Edition recognises a more complex post-traumatic presentation, complex PTSD (cPTSD), which captures both the characteristic symptoms of PTSD alongside more pervasive post-traumatic sequelae known as 'disturbances in self-organisation' (DSOs). The prevalence and impact of cPTSD and DSOs in psychosis remains to be explored. In the first study of this kind, 144 participants with psychosis recruited from North West United Kingdom mental health services completed measures assessing trauma, PTSD and cPTSD symptoms and symptoms of psychosis. Forty-per-cent of the sample met criteria for cPTSD, compared to 10% who met diagnostic criteria for PTSD. PTSD mediated the relationship between trauma and positive symptoms; DSOs did not contribute to explaining this relationship. Both PTSD and DSOs mediated the relationship between trauma and affective symptoms but did not explain a significant proportion of variance in negative symptoms. Cognitive and excitative symptoms of psychosis did not correlate with trauma, PTSD or DSO scores. This findings indicate the possible value of adjunct therapies to manage cPTSD symptoms in people with psychosis, pending replication in larger epidemiological samples and longitudinal studies.

### *Contribution to the field*

Research has shown that people with psychosis often have a history of traumatic life experiences. As such, post-traumatic stress disorder (PTSD) is highly common in people with psychosis. Such complex trauma histories may lead to complex PTSD - a more severe and enduring presentation than PTSD that requires distinct trauma-focused interventions. This paper is the first (to the authors' knowledge) to investigate the rates of complex PTSD in a sample of people with psychosis, and explore its clinical correlates. This provides a basis for future research into the prevalence and impact of complex PTSD in people with psychosis.

### *Ethics statements*

#### *Studies involving animal subjects*

Generated Statement: No animal studies are presented in this manuscript.

#### *Studies involving human subjects*

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#### *Inclusion of identifiable human data*

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In review

## The role and clinical correlates of complex PTSD in people with psychosis

1 **Peter Panayi<sup>1,2</sup>, Katherine Berry<sup>1,2</sup>, William Sellwood<sup>3</sup>, Carolina Campodinic<sup>1,2</sup>, Richard P.**  
2 **Bentall<sup>4</sup>, Filippo Varese<sup>1,2</sup>**

3 <sup>1</sup>Division of Psychology and Mental Health, Manchester Academic Health Sciences Centre,  
4 University of Manchester, Manchester, UK

5 <sup>2</sup>Complex Trauma and Resilience Research Unit, Greater Manchester Mental Health NHS  
6 Foundation Trust, Manchester, UK

7 <sup>3</sup>Division of Health Research, University of Lancaster, Faculty of Health & Medicine, Lancaster, UK

8 <sup>4</sup>University of Sheffield, Department of Psychology, Sheffield, UK

9 **\*Correspondence:**

10 Peter Panayi

11 peter.panayi@postgrad.manchester.ac.uk

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16

17 **Abstract**

18 Traumatic experiences and post-traumatic stress are highly prevalent in people with psychosis,  
19 increasing symptom burden, decreasing quality of life and moderating treatment response. A range of  
20 post-traumatic sequelae have been found to mediate the relationship between trauma and psychotic  
21 experiences, including the ‘traditional’ symptoms of post-traumatic stress disorder (PTSD). The  
22 International Classification of Diseases-11<sup>th</sup> Edition recognises a more complex post-traumatic  
23 presentation, complex PTSD (cPTSD), which captures both the characteristic symptoms of PTSD  
24 alongside more pervasive post-traumatic sequelae known as ‘disturbances in self-organisation’  
25 (DSOs). The prevalence and impact of cPTSD and DSOs in psychosis remains to be explored. In the  
26 first study of this kind, 144 participants with psychosis recruited from North West United Kingdom  
27 mental health services completed measures assessing trauma, PTSD and cPTSD symptoms and  
28 symptoms of psychosis. Forty-per-cent of the sample met criteria for cPTSD, compared to 10% who

29 met diagnostic criteria for PTSD. PTSD and DSOs mediated the relationship between trauma and  
30 positive symptoms, controlling for dataset membership. Both PTSD and DSOs mediated the  
31 relationship between trauma and affective symptoms but did not explain a significant proportion of  
32 variance in negative symptoms. Cognitive and excitative symptoms of psychosis did not correlate  
33 with trauma, PTSD or DSO scores. These findings indicate the possible value of adjunct therapies to  
34 manage cPTSD symptoms in people with psychosis, pending replication in larger epidemiological  
35 samples and longitudinal studies.

36

## 37 **1 Introduction**

38 Traumatic life events and adverse childhood experiences may lead to various psychosocial  
39 difficulties. Perhaps the most notable consequence of such experiences is Post-Traumatic Stress  
40 Disorder (PTSD), characterized by re-experiencing (e.g., intrusive trauma memories), hyperarousal  
41 (e.g., irritability and hypervigilance) and avoidance of trauma reminders (1). Cohort studies have  
42 recorded a prevalence of PTSD as high as 7.8% in England (2). PTSD has been shown to predict  
43 adverse physical and mental health outcomes (3,4), as well as reduced quality of life and social  
44 functioning (5,6).

45

46 Following the classification of PTSD in the third edition of the Diagnostic and Statistical Manual of  
47 Mental Disorders (7), neither clinicians nor trauma survivors felt it captured the complex difficulties  
48 endorsed by victims of multiple or prolonged traumas. Hence, Herman (8) introduced the concept of  
49 complex PTSD (cPTSD). This includes the above core symptoms of PTSD, as well as broader and  
50 more severe symptomatology (e.g., cognitive, affective, and relational disturbance). Following a  
51 body of empirical research demonstrating a quantitative (9) and qualitative (10) distinction between  
52 PTSD and cPTSD, the most recent International Classification of Diseases (11<sup>th</sup> Edition; ICD-11, 1)  
53 has recognised cPTSD as a separate, sibling diagnosis to PTSD (11). This includes the symptoms of  
54 PTSD as above, alongside other symptoms collectively referred to as ‘disturbances of self-  
55 organisation’ (DSOs), including negative self-concept, emotional dysregulation and interpersonal  
56 difficulties. Prior studies indicate that core PTSD symptoms may be more severe in people with

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57 cPTSD (12,13), that cPTSD is associated with increased burden (14), and requires disparate  
58 treatment approaches to PTSD (15).

59

60 Complex trauma histories are highly common among people with schizophrenia spectrum conditions  
61 (16), with meta-analyses consistently implicating trauma as an aetiological factor in psychosis (17–  
62 19). Trauma exposure may lead to symptoms of PTSD – namely, re-experiencing and memory  
63 intrusions – that may be appraised as anomalous experiences (e.g., hearing insults or phrases of past  
64 abusers appraised as an external voice in the present moment) (20). Systematic reviews have  
65 indicated that PTSD symptoms mediate the relationship between trauma and psychosis (21–23).  
66 Despite consistent evidence of the involvement of PTSD symptoms in the pathway between trauma  
67 and psychosis, there are no studies to our knowledge investigating the potential role of cPTSD.

68

69 The involvement of these additional post-traumatic sequelae in the trauma-psychosis relationship is  
70 plausible, considering previous studies which considered similar mediators. Systematic reviews have  
71 shown that emotion dysregulation, negative thoughts about the self and interpersonal difficulties  
72 mediate the relationship between trauma and psychosis (21–23). Meta-analytic evidence is  
73 concordant with these findings, showing that emotion dysregulation, negative self-concept and  
74 attachment difficulties predict specific psychotic symptoms following trauma exposure (24). Further  
75 plausibility for the role of cPTSD in the pathway from trauma to psychosis stems from repeated  
76 childhood trauma, an risk factor for cPTSD (25) that is highly common among those with psychosis  
77 (16). Similarly, PTSD is highly comorbid with psychosis (26,27), moderating treatment outcomes  
78 and reducing quality of life (28,29). This requires replication in a psychosis sample to inform  
79 assessment and intervention.

80

81 Negative symptoms of psychosis remain largely unexplained by PTSD. Strauss et al. (2011) found  
82 those meeting criteria for deficit schizophrenia (i.e., negative symptoms related to the illness itself  
83 lasting longer than 12 months; 29) were at lower risk of PTSD than those displaying secondary  
84 negative symptoms. Consistently, subsequent meta-analytic evidence (32) has found small, non-

85 significant effects of trauma-focused cognitive-behavioural therapies on negative symptoms.  
86 Together, these findings suggest PTSD symptoms may not mediate the relationship between trauma  
87 and negative psychotic symptoms. DSOs may, however, play a role in this relationship as opposed to  
88 PTSD, owing to their apparent clinical similarity with certain negative symptoms. For instance,  
89 DSOs may present as emotional numbing and anhedonia (25,33) as well as social withdrawal (34),  
90 consistent with negative symptom presentations in psychosis. The limited evidence-based  
91 interventions for negative symptoms and their associated burden (35) makes this mediation  
92 hypothesis worth exploring.

93

94 Psychotic symptomatology is not restricted to positive and negative domains. Affective difficulties  
95 are also common in people with psychosis, with anxiety and major depressive disorders affecting up  
96 to 1 in 3 people at their first episode (36). Systematic reviews suggest that these difficulties correlate  
97 with psychotic symptom severity, distress and content (37), and decrease quality of life (38), making  
98 affective problems key targets in psychological interventions for psychosis. PTSD is associated with  
99 a greater risk of anxiety and depression (39), and cPTSD even more so (40). Hence, post-traumatic  
100 sequelae may play a maintaining role in affective difficulties among people with psychosis.

101

102 Other symptom domains of psychosis have also been identified; namely, cognitive and excitative  
103 difficulties. PTSD symptoms do not correlate with cognitive difficulties in people with psychosis  
104 (41,42). However, those with an alleged neurodevelopmental predisposition to psychosis may be at  
105 greater risk of childhood victimization, especially bullying from peers (43). Thus, this pathway may  
106 interact with a trauma pathway to psychosis. The positive/negative symptom solutions typically used  
107 in the scoring of the PANSS may not capture such cognitive difficulties; factor analytic studies have  
108 identified a more complex underlying structure to the PANSS comprising positive, negative,  
109 cognitive, affective and excitative symptoms (44–46). Therefore, it is possible that post-traumatic  
110 sequelae more complex than PTSD – i.e., cPTSD – may lead to nuanced psychotic symptoms, such  
111 as cognitive/excitative symptoms. Given that adults with PTSD following childhood maltreatment  
112 scored significantly higher on cognitive dysfunction than those without such experiences (47), and  
113 also given that cPTSD is often associated with prolonged, repeated traumatic experiences during

114 childhood, it is plausible that cPTSD may incur greater cognitive consequences than PTSD.  
115 Preliminary findings support this hypothesis, demonstrating that childhood trauma is linked to  
116 subjective and objective cognitive difficulties among people with psychosis, including working  
117 memory and attention (48,49). Therefore, it is possible that DSOs rather than core PTSD symptoms  
118 may contribute to explaining cognitive and/or excitative symptoms of psychosis.

119

120 This study aimed to describe rates of cPTSD and PTSD in a trauma-exposed sample of people with  
121 psychosis, assess clinical differences in symptom severity between trauma groups, and explore the  
122 relative contribution of cPTSD via PTSD and DSOs in explaining the relationship between trauma  
123 and psychotic symptoms. Using a parallel mediation framework (illustrated in Figure 1), we tested  
124 separate mediational models to test whether PTSD and DSO symptoms mediated between trauma  
125 and positive, negative, affective, cognitive and excitative symptoms.

126

## 127 **2 METHOD**

### 128 **2.3 Study design**

129 This study employed a correlational design, combining data collected from a feasibility randomised  
130 controlled trial testing the feasibility and acceptability of a Eye-Movement Desensitisation and  
131 Reprocessing for psychosis intervention (the EASE trial) (57), and a previous research project within  
132 the University of Manchester Complex Trauma & Resilience Research Unit (58). Both samples were  
133 recruited from North West of England mental health services with ethical approval received from an  
134 National Health Service (NHS) research ethics committee.

135

### 136 **2.4 Participants**

137 This study employed the baseline sample of the EASE trial (n = 66) and the full sample recruited by  
138 Capodonico and colleagues (n = 85), thus N = 151.

139



140 The inclusion criteria for the parent studies are reported in full elsewhere (57,58). Generally, these  
141 included adults with a schizophrenia-spectrum diagnosis (or who met diagnostic criteria), that were  
142 registered with local NHS mental health services, and had capacity to provide informed consent at  
143 the time of recruitment. Exclusion criteria for both studies were requirement of an interpreter, a  
144 primary diagnosis of substance misuse, intellectual disability or gross cognitive dysfunction.

145 In addition to those set out by the parent studies, inclusion criteria for this study included  
146 endorsement of at least one traumatic life event on the Trauma and Life Events checklist (TALE; 33),  
147 with International Trauma Questionnaire (60) scores anchored to traumas identified by the TALE.  
148 Participants must also have completed the Positive and Negative Syndrome Scale (61).

149

### 150 **2.5 Measures**

151 The Positive and Negative Syndrome Scale (PANSS; 47) is a 30-item semi-structured clinical  
152 interview used to measure psychotic symptoms and general psychopathology. Items are scored on a  
153 Likert scale from 1 ('Absent') to 7 ('Extreme'), with higher scores indicating more severe symptoms.  
154 This study employed a pentagonal model of the PANSS, in accordance with factor analytic evidence  
155 (44,45). This is comprised of 5 factors: positive, negative, cognitive (measuring cognitive  
156 disorganization), affective (measuring anxiety and depression) and excitative (measuring activity and  
157 hostility); see Supplementary Table 1. Cronbach's  $\alpha$  in this sample for these subscales were good,  
158 ranging from .73 to .83, aside from the negative subscale, where  $\alpha = .66$ . This is comparable to prior  
159 research (62). All PANSS interviews were administered by trained and supervised research  
160 assistants/workers who completed thorough reliability assessments against 'gold standard' scores  
161 produced by expert PANSS raters. Raters across datasets demonstrated excellent inter-rater reliability  
162 with 'gold standard' scores, with baseline intra-class correlation coefficients (ICCs) ranging from .86  
163 to .94 in the EASE dataset, and .90 in the Campodonico dataset.

164

165 The Trauma and Life Events Questionnaire (TALE; 33) is a 22-item self-report checklist assessing  
166 traumatic and difficult life experiences. Each event is scored for its occurrence, whether this was  
167 more than once, and whether this occurred when the participant was under/over 16 or both. The

168 number of traumas endorsed is summed to derive a traumatic experiences score. The TALE  
169 demonstrates good test-retest reliability and convergent validity with related trauma measures (33).

170

171 The International Trauma Questionnaire (ITQ; 46) is an 18-item self-report scale assessing the  
172 presence and severity of PTSD and DSOs within the past month. Items are administered in relation to  
173 an index trauma identified on the TALE as affecting the individual most in the past month. PTSD and  
174 DSO subscales are each comprised of 3 symptom clusters, themselves comprised of 2 items each.  
175 Both subscales include 3 additional items measuring functional impairment associated with the  
176 symptoms captured by each subscale. All items are scored on a 5-point Likert scale from 0 ('Not at  
177 all') to 4 ('Extremely'). As per the ITQ diagnostic algorithm, a probable diagnosis of PTSD is  
178 identified when a participant presents with a score of 2 or more on at least one item in each PTSD  
179 cluster, plus a score of 2 or more on at least one functional impairment item associated with these  
180 symptoms. The cPTSD threshold includes that of PTSD, as well as a score of 2 or more on at least  
181 one item in each DSO cluster, plus a score of 2 or more on at least one functional impairment item  
182 associated with these symptoms. PTSD and DSO items were totaled to derive continuous severity  
183 scores, with higher scores indicating higher severity. Scores within each DSO cluster were summed  
184 to derive continuous DSO scores for use in planned secondary analyses. Both PTSD and DSO  
185 subscales demonstrated high internal consistency in this sample ( $\alpha = .83$  and  $.87$ , respectively).

186

### 187 **2.6 Procedures**

188 Participants were first introduced to either parent study by members of their clinical teams, and  
189 signposted to the research team, if interested in participating. Participants then met with a researcher  
190 for more information about the relevant study at a mutually convenient location or a digital meeting  
191 (during the COVID-19 pandemic in affected periods of the EASE trial). Information sheets were then  
192 provided, and informed consent taken. Following informed consent, participants completed a battery  
193 of measures that included the PANSS, TALE and ITQ, in addition to other measures (see (57,58)).

194

### 195 **2.7 Data analysis**

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196 Diagnostic algorithms outlined above were applied to ITQ scores to group participants into those  
197 who met criteria for PTSD, cPTSD or neither. Independent samples t-tests were then used to explore  
198 mean differences in psychotic symptoms scores between these trauma groups. Correlation, regression  
199 and finally mediation analyses were used to examine the role of PTSD and DSO symptoms in the  
200 relationship between trauma and symptom dimensions. The Baron and Kenny (1986) requirement for  
201 the presence of a significant direct effect was used here as a conservative option to indicate  
202 subsequent mediation analyses, to minimize Type I error.

203

204 Out of 151 participants available from the parent studies, 144 people met inclusion criteria for this  
205 study. No cases were identified as multivariate outliers per Mahalanobis (64), Cook's (65) or  
206 Leverage analyses of distance. The data were then checked for normality and homoscedasticity; both  
207 assumptions were met per Curran and colleagues' criteria (66).

208

209 Within this dataset, less than 20% of the data were missing. Little's MCAR test was not significant,  
210  $\chi^2 = 257.59(251), p = .37$ , suggesting the data were missing at random. Thus, the missing scores  
211 were imputed where possible. Eight participants were missing PANSS scores on specific items likely  
212 obfuscated by remote assessments in the EASE trial; these participants were excluded from analyses  
213 involving these items. Where one of the two scores on an ITQ symptom was missing, this was  
214 imputed with the score on the other item. Where an ITQ functional impact score was missing, this  
215 was imputed with the mean of the other two available scores. One participant chose not to respond to  
216 one item on the TALE; this was not imputed, as trauma checklists are likely not missing at random.  
217 Then, specific items were summed to derive continuous TALE, PTSD, DSO, and PANSS subscale  
218 scores.

219

220 Twenty-four participants in the EASE trial completed their assessments remotely due to the COVID-  
221 19 lockdown restrictions on face-to-face working. This impacted the confidence of negative PANSS  
222 ratings reliant on factors more easily observed in person (e.g., gesticulation). Analyses were rerun  
223 with these participants excluded ( $n = 120$ ), to check the validity of the full dataset. This did not affect

224 the outcomes of the study. As such, the following findings are in relation to the full combined  
225 sample.

226

227 To capture potential confounding differences between parent datasets, dataset membership was  
228 entered as a covariate in our analyses. This did not affect the outcomes of PANSS-negative or -  
229 affective analyses. As such, the analyses of these outcomes reported below do not include covariates.  
230 Dataset did, however, change the outcomes of analyses of PANSS-positive scores. Thus, the analyses  
231 thereof include dataset as a covariate. Bonferroni-corrected independent samples *t*-tests and bivariate  
232 Pearson correlations were used to assess the role of gender and age, respectively, as potential  
233 covariates. The only significant finding was a small, positive correlation between PANSS-cognitive  
234 scores and age ( $r = .19, p = .027$ ). Age would therefore be included in analyses of PANSS-cognitive  
235 scores, but these were not indicated by bivariate correlations (see below).

236

## 237 **3 RESULTS**

### 238 **3.3 Descriptive statistics**

239 Demographic and clinical characteristics were aggregated across datasets, reported in Table 1.  
240 Participants reported a mean of 9.7 traumatic life experiences on the TALE. The most common  
241 experiences endorsed were loss or permanent separation from a close friend or relative (81%),  
242 bullying (70%), emotional (66%) and physical (62%) abuse.

243

### 244 **3.4 The frequency of cPTSD**

245 The ITQ diagnostic algorithm was applied to ITQ scores of the sample to delineate groups of  
246 participants meeting ICD-11 criteria for PTSD and cPTSD. Among those who met criteria for a post-  
247 traumatic stress diagnosis (50.7%), cPTSD was far more common (40.3%) than PTSD (10.4%).

248

### 249 **3.5 Symptom severity between trauma group**

250 A between-subjects MANOVA found a significant overall trauma diagnosis group differences across  
251 PANSS subscales ( $F_{10, 252} = 4.702, p < .001, \text{Wilk's } \Lambda = .710$ ). Follow-up univariate ANOVAs  
252 detected significant differences on positive ( $F_2 = 6.02, p = .003, \eta_p^2 = .09$ ), negative ( $F_2 = 5.94, p =$   
253  $.003, \eta_p^2 = .08$ ) and affective ( $F_2 = 17.16, p < .001, \eta_p^2 = .21$ ) PANSS subscales. No significant  
254 differences among cognitive ( $F_2 = 1.30, p = .276, \eta_p^2 = .02$ ) or excitative ( $F_2 = 6.14, p = .345, \eta_p^2 =$   
255  $.02$ ) subscales were observed. Post-hoc Tukey's tests were used to investigate significant differences  
256 between groups. These suggested that positive symptoms were significantly higher among those  
257 meeting criteria for cPTSD ( $M = 16.86, SD = 3.93$ ) than those who met criteria for neither cPTSD  
258 nor PTSD ( $M = 13.93, SD = 5.13$ ), as were negative symptoms (cPTSD:  $M = 15.41, SD = 5.40$ ; none:  
259  $M = 12.66, SD = 4.21$ ). Affective symptoms were significantly higher among those meeting criteria  
260 for cPTSD ( $M = 17.51, SD = 4.22$ ) compared to those meeting criteria for PTSD ( $M = 13.86, SD =$   
261  $3.59$ ) or neither ( $M = 12.40, SD = 5.26$ ).

262

263 Another between-subjects MANOVA was used to assess differences among PTSD, DSO and TALE  
264 scores. This was also significant ( $F_{6, 264} = 27.16, p < .001, \text{Wilk's } \Lambda = .38$ ). Follow-up univariate  
265 ANOVAs showed significant differences between PTSD ( $F_2 = 72.80, p < .001, \eta_p^2 = .52$ ), DSO ( $F_2 =$   
266  $26.89, p < .001, \eta_p^2 = .29$ ) and TALE scores ( $F_2 = 14.95, p < .001, \eta_p^2 = .18$ ). Post-hoc Tukey's tests  
267 were used in an attempt to replicate prior findings of PTSD symptom severity in people with cPTSD.  
268 PTSD scores were significantly higher among those meeting criteria for PTSD ( $M = 15.93, SD =$   
269  $4.42$ ) and cPTSD ( $M = 18.66, SD = 3.98$ ) than those who did not meet criteria ( $M = 8.09, SD = 5.32$ ).  
270 DSO scores were significantly higher among those meeting criteria for cPTSD ( $M = 18.98, SD =$   
271  $3.60$ ) than those meeting criteria for PTSD ( $M = 9.80, SD = 4.90$ ) or neither ( $M = 11.90, SD = 7.06$ ).  
272 Lastly, TALE scores were significantly higher among those meeting criteria for cPTSD ( $M = 11.61,$   
273  $SD = 2.93$ ) than those meeting PTSD criteria ( $M = 8.93, SD = 3.73$ ) or neither ( $M = 8.39, SD = 3.57$ ).

274

### 275 3.6 Hierarchical Regressions

276 Bivariate Pearson correlations are presented in Table 1. These did not indicate a need for further  
277 regressions on excitatory subscales, as no significant relationships were observed with predictor  
278 variables. Hierarchical regressions were then used to assess whether DSO scores predicted positive,

279 negative, cognitive and affective PANSS scores, and whether these associations survived the addition  
280 of PTSD scores as a covariate (see Table 2 for coefficients). As neither PTSD nor DSOs were  
281 significant predictors of negative or cognitive subscale scores, exploratory mediation analyses were  
282 only assessed for positive and affective subscales.

283

### 284 **3.7 Mediation analyses**

#### 285 **3.7.1 Positive symptoms**

286 Exploratory parallel mediation analyses were conducted via the SPSS PROCESS macro (model 4;  
287 40) to assess whether PTSD and/or DSOs mediate the relationship between TALE and positive  
288 PANSS scores, including dataset as a covariate. TALE scores significantly predicted PTSD ( $b = .597$ ,  
289  $t_{137} = 3.989$ ,  $p < .001$ , 95% CI [.349, .845]) and DSOs ( $b = .530$ ,  $t_{137} = 3.648$ ,  $p < .001$ , 95% CI [.290,  
290 .771]). Dataset also significantly predicted both PTSD ( $b = -3.463$ ,  $t_{137} = -3.097$ ,  $p = .002$ , 95% CI [-  
291 5.315, -1.611]) and DSOs ( $b = -4.008$ ,  $t_{137} = -3.689$ ,  $p < .001$ , 95% CI [-5.807, -2.209]). When  
292 controlling for PTSD, DSOs and dataset, TALE scores no longer predicted positive PANSS scores ( $b$   
293  $= .144$ ,  $t_{135} = 1.338$ ,  $p = .183$ , 95% CI [-.034, .321]). Both PTSD ( $b = .240$ ,  $t_{135} = 3.650$ ,  $p < .001$ ,  
294 95% CI [.131, .349]) and DSO scores ( $b = .143$ ,  $t_{135} = 2.118$ ,  $p = .036$ , 95% CI [.031, .255])  
295 significantly mediated the relationship between TALE scores and positive PANSS scores. Dataset  
296 significantly predicted positive PANSS scores ( $b = 1.770$ ,  $t_{135} = 2.235$ ,  $p = .027$ , 95% CI [.458,  
297 3.082]). Regression statistics are presented in Table 3, and results displayed graphically in Figure 2.

298

#### 299 **3.7.2 Affective symptoms**

300 A similar mediation analysis was conducted to assess whether PTSD and DSOs mediate the  
301 relationship between TALE and affective PANSS scores. TALE scores significantly predicted PTSD  
302 ( $b = .711$ ,  $t_{132} = 3.998$ ,  $p < .001$ , 95% CI [.464, .958]) and DSOs ( $b = .649$ ,  $t_{132} = 4.375$ ,  $p < .001$ ,  
303 95% CI [.403, .895]). When controlling for PTSD and DSOs, TALE scores no longer predicted  
304 positive PANSS scores ( $b = .086$ ,  $t_{130} = .840$ ,  $p = .403$ , 95% CI [-.084, .257]). PTSD scores  
305 significantly mediated the relationship between TALE scores and positive PANSS scores ( $b = .212$ ,  
306  $t_{130} = 3.342$ ,  $p = .001$ , 95% CI [.107, .317]), as did DSO scores ( $b = .328$ ,  $t_{130} = 5.139$ ,  $p < .001$ , 95%

307 CI [.222, .434]). Regression statistics are presented in Table 3, and results displayed graphically in  
308 Figure 3.

### 309 **4 DISCUSSION**

310 To the authors' knowledge, this is the first study to investigate the frequency and correlates of  
311 cPTSD in a trauma-exposed sample of people with psychosis. A higher proportion of the sample met  
312 criteria for cPTSD than PTSD. The results suggest that participants meeting criteria for cPTSD  
313 presented with significantly higher positive, negative and affective symptoms than those who did not  
314 meet criteria for a trauma diagnosis. These did not differ from those meeting criteria for PTSD, aside  
315 from affective symptoms, which were significantly higher in the cPTSD group.

316

317 The frequency of cPTSD in our sample may suggest that PTSD symptoms in psychosis occur in the  
318 context of cPTSD. In this sense, our mediation models may hint at the role of cPTSD in the trauma-  
319 psychosis pathway. Consistent with hypotheses, PTSD and DSO symptoms mediated the relationship  
320 between trauma and positive symptoms. Of note, the DSO path became significant following the  
321 inclusion of dataset as a covariate. The mediation analyses were rerun in each dataset to tentatively  
322 investigate the validity of this effect; the coefficients of the DSO path closely resembled that of the  
323 adjusted, pooled analysis reported above, though these did not reach statistical significance in either  
324 dataset. This pattern of results suggests the samples of each parent dataset were inadequately  
325 powered to test these multivariate models individually. This preserves the validity of our results, but  
326 clearly requires further replication in larger samples. Also as hypothesized, both PTSD and DSOs  
327 were found to mediate the relationship between trauma and affective symptoms. However, significant  
328 relationships between excitative symptoms, PTSD and DSOs were not observed, and neither PTSD  
329 nor DSOs significantly predicted negative or cognitive symptoms, contraindicating further regression  
330 and mediation analyses.

331

332 Our main aim of assessing how common cPTSD is relative to PTSD in a trauma-exposed sample of  
333 people with psychosis was met. The considerable proportion of participants meeting criteria for  
334 cPTSD is consistent with prior research demonstrating the prevalence of difficulties consistent with

335 DSOs among those with psychosis (22,23,68). The finding that cPTSD may be more common than  
336 PTSD is consistent with other clinical samples (e.g., 11,34,42). This may be unsurprising,  
337 considering the prevalence of complex interpersonal trauma in this population, thought to underpin  
338 cPTSD (see (25). We did not replicate prior findings of increased PTSD symptom severity in people  
339 meeting cPTSD (12,13) criteria, though our descriptive statistics between groups hint at these  
340 findings in larger samples of people with psychosis. These results demonstrate the importance of  
341 trauma-informed approaches to assessment and treatment of those with psychosis, owing to the  
342 potentially high prevalence of cPTSD that larger epidemiological studies could confirm. Again, this  
343 could contextualize the reliability of PTSD mediating the trauma-psychosis relationship in terms of  
344 cPTSD, with specific symptoms thereof predicting specific psychotic phenomena. This is consistent  
345 with prior findings (24), but requires further empirical investigation.

346

347 The second aim of this study exploring the relative contribution of cPTSD via PTSD and DSOs in  
348 explaining the relationship between trauma and psychotic symptoms was also met. The finding that  
349 PTSD symptoms mediate the relationship between trauma and positive symptoms is consistent with  
350 prior systematic reviews (21–23) and meta-analyses (24). Indeed, it may be that re-experiencing  
351 symptoms of PTSD underpin positive symptoms in certain psychosis subgroups (70). The finding  
352 that DSOs also mediate this is not surprising, owing to the theoretical consistency between these and  
353 related constructs previously shown to predict hallucinations and delusions (21,23). Notably,  
354 however, the effect size of the PTSD path is almost double that of the DSO path, suggesting the way  
355 in which cPTSD may precipitate or maintain positive symptoms may primarily occur via PTSD  
356 symptoms, rather than DSOs. This finding could be explained by the sensory phenomenology of re-  
357 experiencing symptoms, compared to the psychological phenomenology of DSOs in cognitive and  
358 emotional patterns (71), leaving core PTSD symptoms open to interpretation as anomalous  
359 experiences (20). That said, re-experiencing symptoms have been shown not to correlate with  
360 positive PANSS scores (72). Indeed, recent network analyses have demonstrated that trauma-related  
361 beliefs and hypervigilance may be more closely related to positive symptoms of psychosis than re-  
362 experiencing symptoms (73). Therefore, it may be that the complexity of trauma histories among  
363 those with cPTSD lead to trauma beliefs dissimilar to those with PTSD that predict positive  
364 symptoms. However, qualitative (10) and quantitative (74) research suggests that trauma-related  
365 beliefs among those with cPTSD are similar to those with PTSD. The present study therefore requires



366 replication to assess the reliability of these findings, to further delineate the mechanism by which  
367 DSOs may impact psychotic symptoms.

368

369 Our findings suggest that cPTSD may underpin the affective difficulties among people with  
370 psychosis. This would be unsurprising, considering cPTSD is more strongly correlated with anxiety  
371 and depressive disorders than PTSD (75,76). Affective difficulties (i.e., anxiety and depressive  
372 disorders) are highly comorbid with psychosis (27). Prospective studies suggest anxiety and  
373 depression mediate the relationship between childhood victimisation and adolescent psychotic-like  
374 experiences (77), consistent with the affective pathway to psychosis (78). Affective difficulties may  
375 also maintain psychoses, posing a higher risk of maladaptive appraisals and behavioural responses to  
376 psychotic experiences that perpetuate the experience (79). Together with our findings, this literature  
377 could imply an aetiological or maintaining role of cPTSD in the affective pathway to psychosis. This  
378 requires exploration in longitudinal studies, which could indicate the adjustment of trauma-focused  
379 cognitive behaviour therapy for psychosis to account for cPTSD symptoms. Considering our model  
380 clustered DSOs together, such research may investigate symptom-specific relationships between  
381 cPTSD and psychosis to uncover finer mechanisms for therapeutic targets. These were not explored  
382 here following considerations of statistical power.

383

384 The small correlation between negative symptoms of psychosis and all trauma-related variables is  
385 consistent with the literature. Meta-analytic evidence has found no relationship between childhood  
386 trauma and negative symptoms (80), and that TF-CBT may not lead to significant improvements in  
387 this domain (32). Whilst reliable, these findings seem at odds with the consistency between negative  
388 and post-traumatic sequelae (e.g., interpersonal difficulties and social withdrawal, (34)), as well as  
389 recent network analyses demonstrating paths between specific adverse childhood experiences and  
390 negative symptoms (81). Negative symptoms may be divided conceptually into experiential and  
391 expressive subgroups (82); it may be that the PANSS score does not reflect this complexity that is  
392 captured by, for instance, the Scale for the Assessment of Negative Symptoms (83). Similar  
393 arguments may be applied to the measurement of positive symptoms in this study, considering  
394 experiences such as hallucinations and delusions were collapsed into a single score, despite research

395 demonstrating specific trauma pathways to each (24,70). Future studies may therefore adopt a  
396 symptom-specific approach to assess whether and how trauma and post-traumatic sequelae may  
397 predict specific psychotic symptoms. Prior studies have also shown no relationship between  
398 cognitive or excitative symptoms and PTSD (41,42); our findings are consistent with these. It is  
399 outlined above that high cognitive/excitative symptoms may reflect a subgroup of individuals  
400 experiencing psychosis via a neurodevelopmental pathway. Whilst atypical neurodevelopment may  
401 pose a risk for childhood victimization, this may not necessarily incur post-traumatic  
402 symptomatology (43). This further demonstrates the importance of assessing for trauma-related  
403 difficulties in psychosis, to inform whether said difficulties are incorporated into formulations and  
404 treatment plans.

405

406 A number of methodological limitations should be noted. For instance, the relatively small number of  
407 participants meeting criteria for PTSD may have reduced statistical power – G\*Power analyses  
408 indicate an achieved power of 0.4 in the comparison of positive symptoms between trauma groups,  
409 far below the acceptable 0.8 (84). Our finding that those meeting criteria for neither PTSD nor  
410 cPTSD significantly differed in psychotic symptoms to those meeting cPTSD criteria may indicate a  
411 stepwise increase in psychotic symptom severity along the spectrum of trauma-related diagnoses.  
412 Future research in larger samples may better assess this, to delineate the clinical utility of diagnosing  
413 cPTSD separately from PTSD among those with psychosis.

414

415 The unidimensional measurement of emotional dysregulation on the ITQ may not represent the  
416 complexity of affective difficulties among those with cPTSD. The ITQ currently includes two items  
417 – one assessing emotional hyperactivation and the other hypoactivation – that are summed to derive a  
418 single emotional dysregulation score, as per ICD-11 guidance (85). Prior studies suggest that a  
419 bifactor structure of this DSO reflecting these dimensions - and measured by more items - may  
420 provide a better fit (69,86). This would align with research (e.g., 42) demonstrating the specificity of  
421 certain traumas with specific affective regulatory difficulties. Further, as a self-report measure,  
422 diagnostic categories assigned by the ITQ may not be as valid as, for instance, a structured clinical  
423 interview. The ITQ is the only validated psychometric measure of cPTSD, though Lechner-

424 Meichsner and Steil (2021) propose updates to the Clinician-Administered PTSD Scale to diagnose  
425 cPTSD. Perhaps these limitations may be considered in ongoing development of the ITQ.

426

427 Our models could not be adjusted for potential clinical confounds. Substance misuse is common  
428 among trauma survivors (89) and has been shown to predict psychosis (90), but was unfortunately  
429 not measured by the parent datasets. This could arguably act as a covariate in our model, though this  
430 is unclear based on prior systematic reviews (21). Another potential confound is dissociation – an  
431 associated, but not core, feature of both PTSD and cPTSD that has been shown to mediate the  
432 relationship between trauma and psychosis (21,23). Similarly, further exploration of contextual  
433 factors (e.g., lack of emotional resources) that may moderate the expression of complex trauma  
434 symptoms and their relationships with psychotic outcomes is warranted. Future research controlling  
435 for these confounds could elucidate further the relative contribution of cPTSD in explaining the  
436 trauma-psychosis relationship.

437

438 Owing to the cross-sectional nature of this study, causal interpretations of our model should be very  
439 tentative. The possibility of reverse causation from positive and/or affective symptoms to PTSD and  
440 DSOs cannot be completely discounted, though previous prospective studies make this unlikely (91).  
441 Paradigms focused on finer-grained measurement of cPTSD and psychosis may prove fruitful in  
442 future research refining these models. One paradigm - ecological sampling methods (ESM) – may  
443 address both questions, enabling a fine-grained assessment of whether DSOs and psychosis interact  
444 in the flow of daily life. One study (92) found emotion regulation predicted psychosis symptoms in  
445 daily life, despite no association between retrospective measures of the same variables,  
446 demonstrating the utility of ESM in overcoming common methodological limitations (e.g., recall  
447 bias).

448

449 The sample may constitute a limitation of this study. For one, it is predominantly white. The  
450 prevalence of psychosis in minority ethnic groups (93) coupled with the trauma of systemic racial  
451 discrimination could mean psychotic symptoms and DSOs interact differently in minoritised groups

452 than in their white counterparts. Indeed, systemic racism may decrease self-concept clarity (94),  
453 known to be common in people with psychosis (95) building the plausibility of this argument. Future  
454 research into this area may explore the generalisability of these findings to black and minority ethnic  
455 populations; such research may have implications for sociodevelopmental pathways to psychosis (see  
456 (96). Including those with affective psychosis may pose a further limitation of this sample,  
457 considering biological sequelae robustly mediate the relationship between trauma and bipolar  
458 disorder, as opposed to symptoms of post-traumatic stress (97). This heterogeneity may have diluted  
459 the effects of cPTSD in this sample. However, diagnoses were not collected using gold-standard  
460 tools. They were validated with clinical services and medical notes, though exact confounding effects  
461 are therefore difficult to determine. Future studies into the impact of cPTSD in psychosis may choose  
462 to focus specifically on non-affective psychosis samples to avoid such effects.

463

464 Our findings suggest a potentially nuanced impact of cPTSD in people with psychosis. Rates of  
465 cPTSD in our sample suggest that the ‘core’ symptoms of PTSD (i.e., re-experiencing, hyperarousal  
466 and avoidance) mostly occur in the context of cPTSD, impacting or maintaining positive symptoms.  
467 Both symptom domains of cPTSD (i.e., PTSD and DSOs) may play a role in the maintenance of  
468 positive symptoms and affective difficulties (i.e., anxiety and depression) among people with  
469 psychosis. Therefore, whilst trauma-focused interventions may be effective at addressing symptoms  
470 of trauma and psychosis in people with psychosis (98), a broader range of treatment options may  
471 need to be developed to address DSO-related difficulties. For example, dialectic behavioural skills  
472 training, demonstrated as most effective when used as an adjunct therapy (99) and more effective for  
473 cPTSD than cognitive processing therapy (100). In any case, diagnostic criteria on the ITQ require a  
474 functional impact of DSOs in at least one domain, demonstrating an increased treatment need among  
475 those with psychosis and comorbid cPTSD. Future research testing the reliability of our findings in  
476 larger, more representative samples may therefore have important assessment and treatment  
477 implications as trauma-informed care becomes the norm in psychosis services. Such research could  
478 employ intense longitudinal designs and adjust for potential confounds to further refine our models.

479

### 480 **4.3 Conclusions**

481 This is the first study to the authors' knowledge investigating the frequency of cPTSD in a trauma-  
482 exposed psychosis sample. In accordance with prior research, cPTSD was more common than PTSD  
483 in this sample, comprised of both early and chronic psychosis presentations. The functional  
484 impairment required to meet cPTSD criteria, as well as the potentially maintaining role cPTSD in  
485 positive and affective psychotic symptoms, demands further research into the impact of this  
486 comorbidity. This impact may be more nuanced than first thought, with symptom-specific  
487 relationships affecting individuals in different ways. Future research may investigate the relationship  
488 between symptoms of cPTSD and psychosis at a momentary level, to assess this potentially dynamic  
489 interplay between cPTSD and psychosis, as well as the reliability of these results.

490

### 491 **5 Conflict of Interest**

492 *The authors declare that the research was conducted in the absence of any commercial or financial*  
493 *relationships that could be construed as a potential conflict of interest.*

### 494 **6 Author Contributions**

495 PP, FV, KB and WS contributed to the conception and design of the study. FV, WS, CC and RPB  
496 were involved in collecting the data. PP analysed the data, and wrote the first draft of the manuscript.  
497 FV, KB, WS and RPB contributed to the final draft of the manuscript. All authors contributed to the  
498 article and approved its submission.

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### 505 **8 Data Availability Statement**

506 The datasets analysed for this study are not available due to the sensitivity of the dataset and  
507 participant confidentiality.

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874

In review

875 **Tables**

876 **Table 1.** Bivariate Pearson correlations between PANSS subscales and trauma variables

	Positive	Negative	Cognitive	Affective	Excitative	TALE score	PTSD	DSO	<i>M</i>	<i>SD</i>
Positive	-	.13	.21*	.46**	.12	.26**	.45**	.38**	15.4	4.8
Negative		-	.17	.39**	-.03	.06	.28**	.28**	13.8	4.9
Cognitive			-	.12	.52**	-.09	-.17*	-.15	13.1	4.3
Affective				-	-.05	.32**	.55**	.61**	14.5	5.2
Excitative					-	-.13	-.13	-.10	4.9	2.3
TALE score						-	.38**	.37**	9.7	3.6
PTSD							-	.59**	13.2	6.9
DSO								-	14.5	6.8

877 *Note: PANSS = Positive and Negative Syndrome Scale, TALE = Trauma and Life Events Checklist, PTSD = Post-traumatic Stress Disorder, DSO = Disturbances of Self-Organisation, M = mean, SD = standard*  
 878 *deviation.*

879 *\*Significant at the p < .05 level*

880 *\*\*Significant at the p < .01 level*

881 **Table 2.** Standardised coefficients of hierarchical regressions predicting PANSS scores

Predictor	Positive	Negative	Cognitive	Affective
<b>Step 1</b>				
DSOs	.383**	.284*	-.154	.606**
<i>F</i>	23.737	11.501	3.138	76.773
<i>R</i> <sup>2</sup>	.212	.086	.016	.363
<b>Step 2</b>				
DSOs	.178	.184	-.079	.436**
PTSD	.344**	.171	-.125	.295**
$\Delta F$	13.533	2.761	1.349	13.267
$\Delta R^2$	.077	.019	.010	.058

882 *Note: DSOs = Disturbance of Self Organisation; PTSD = Post-Traumatic Stress Disorder*

883 \**p* < .01

884 \*\**p* < .001

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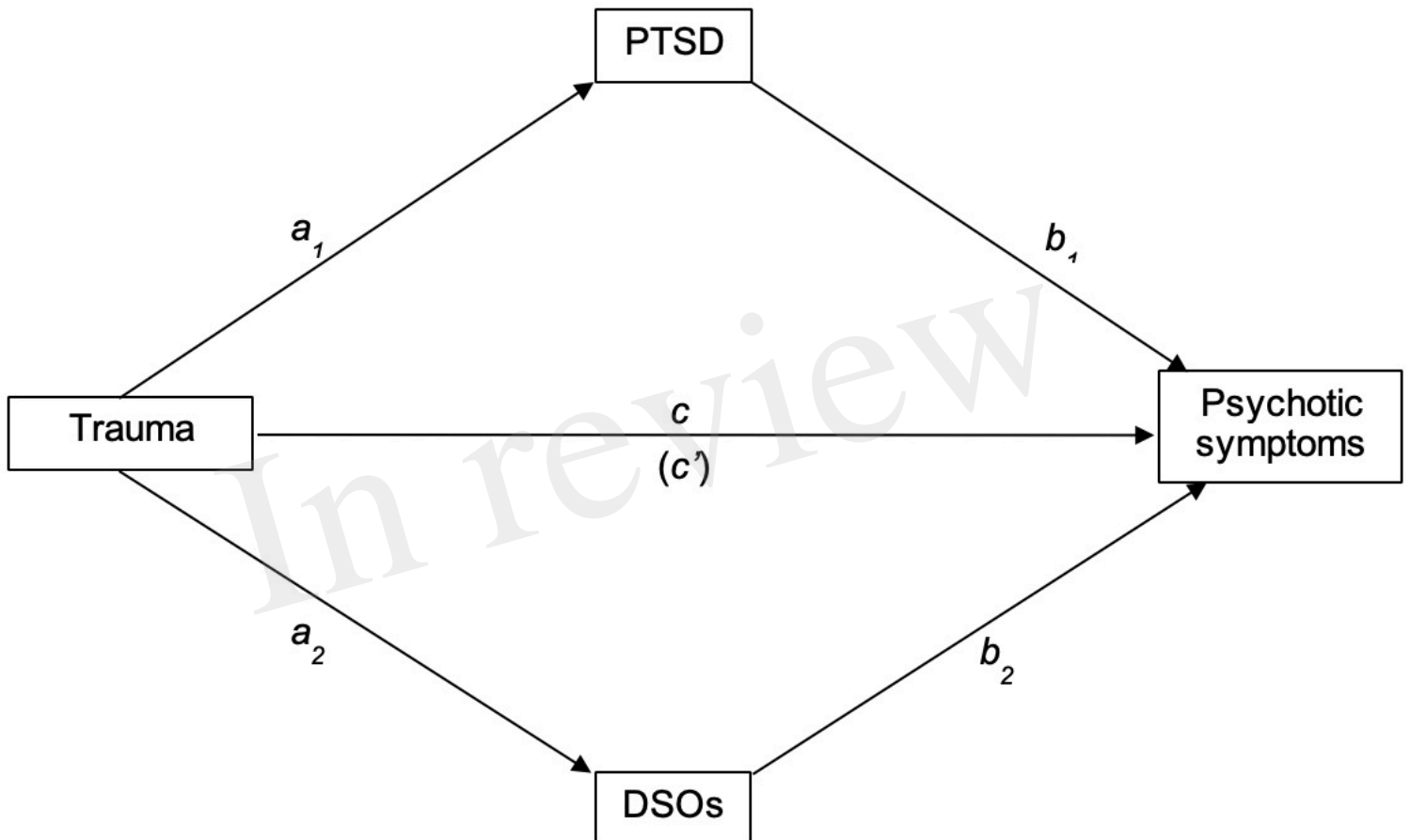
889

890 **Table 3.** Regression statistics for the mediation pathways predicting psychotic symptoms

Path	Positive symptoms			Affective symptoms		
	$R^2$	$F$	$p$	$R^2$	$F$	$p$
$a_1$	.201	17.274	< .001	.177	27.456	< .001
$b_1$	.211	18.351	< .001	.139	20.596	< .001
$c'$	.063	10.496	.001	.097	15.505	< .001
$c$	.257	11.687	< .001	.224	12.125	< .001

891 *Note:*  $a_1$  = TALE → PTSD,  $a_2$  = TALE → DSO,  $c'$  = TALE → PANSS-Positive,  $c$  = TALE → PTSD + DSO → PANSS-Positive. Positive symptom  
 892 coefficients include dataset as a covariate.

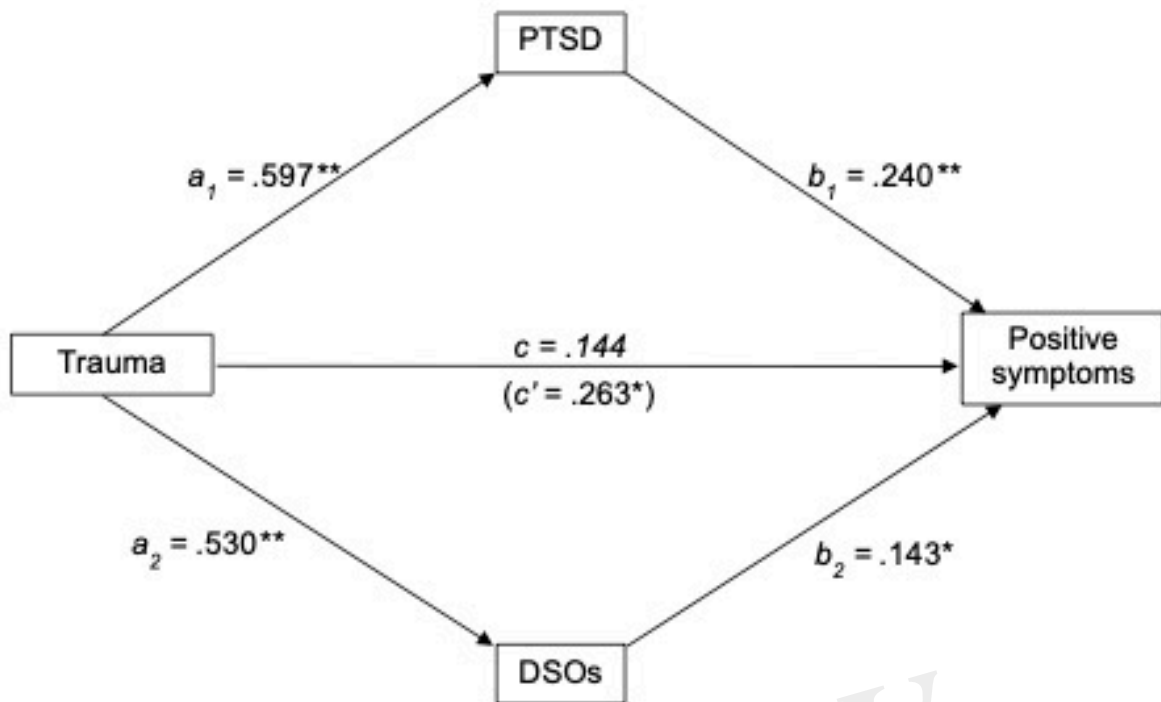
893



**Figure 1.** Proposed path of the relationships between trauma, PTSD, DSOs and psychotic symptoms.

*Note: PTSD = Post-Traumatic Stress Disorder, DSOs = Disturbances of Self-Organisation*

Figure 2.JPEG



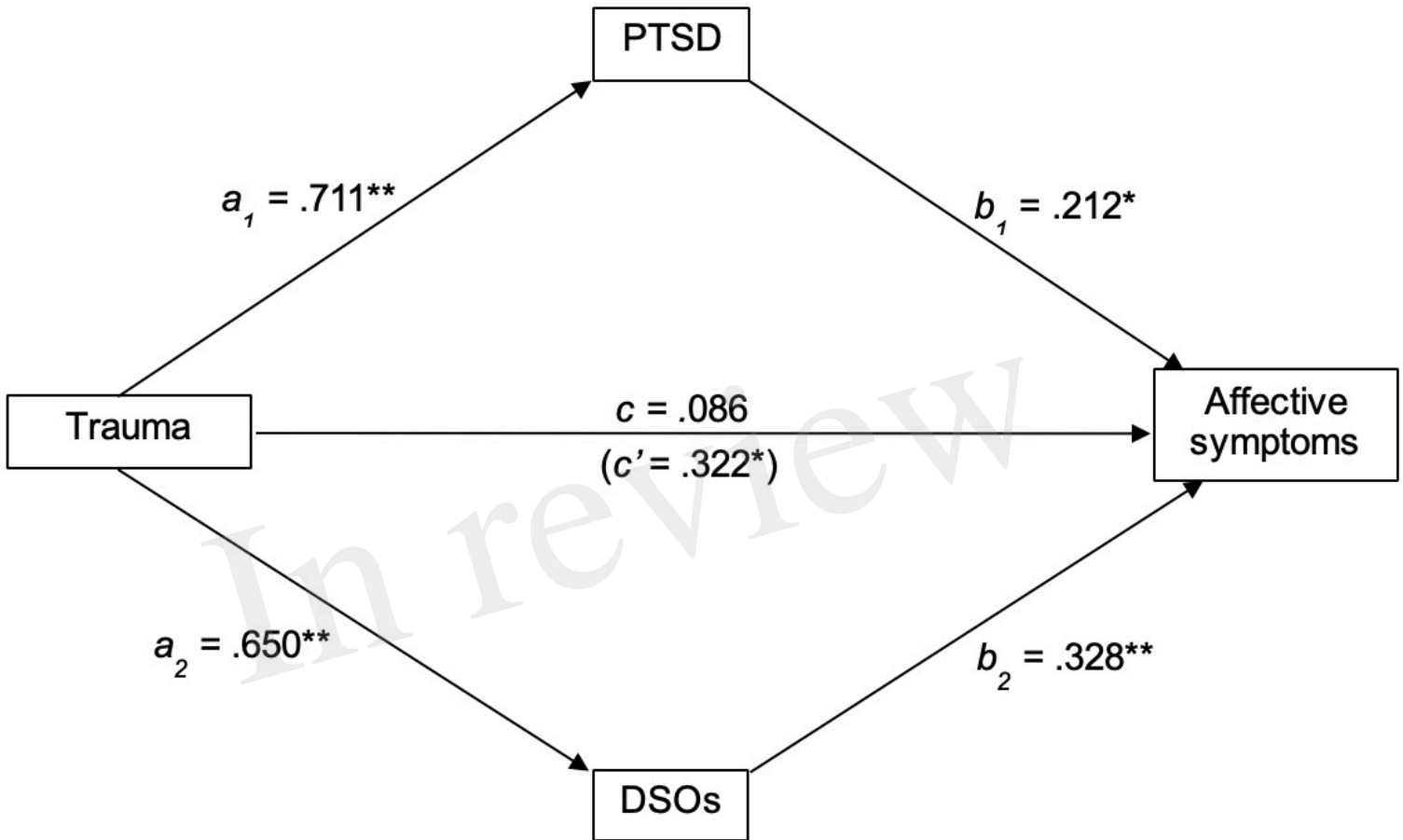
**Figure 2.** Standardised regression coefficients for the relationship between trauma and positive symptoms, mediated by PTSD and DSOs, including dataset as a covariate.

$**p < .005$

$*p < .05$

Note: PTSD = Post-Traumatic Stress Disorder, DSOs = Disturbances of Self-Organisation





**Figure 3.** Standardised regression coefficients for the relationship between trauma and affective symptoms, mediated by PTSD and DSOs.

$**p < .005$

$*p < .05$

Note: PTSD = Post-Traumatic Stress Disorder, DSOs = Disturbances of Self-Organisation