

PTSD Assessment

You can complete this form and print it for easy reference. When you exit the form, the information will be deleted.

Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully. Then enter the appropriate number in the right-hand column to show how much you have been bothered by that problem in the **last month**.

1 = Not at all 2 = A little bit 3 = Moderately 4 = Quite a bit 5 = Extremely

Repeated, disturbing memories, thoughts, or images of a stressful experience from the past.	
Repeated, disturbing dreams of a stressful experience from the past.	
Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it).	
Feeling very upset when something reminded you of a stressful experience from the past.	
Having physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminded you of a stressful experience from the past.	
Avoiding thinking about or talking about a stressful experience from the past or avoiding having feelings related to it.	
Avoiding activities or situations because they reminded you of a stressful experience from the past.	
Trouble remembering important parts of a stressful experience from the past.	
Loss of interest in activities that you used to enjoy.	
Feeling distant or cut off from other people.	
Feeling emotionally numb or being unable to have loving feelings for those close to you.	
Feeling as if your future will somehow be cut short .	
Trouble falling or staying asleep .	
Feeling irritable or having angry outbursts .	
Having difficulty concentrating .	
Being "super-alert" or watchful or on guard.	
Feeling jumpy or easily startled.	
To find your score, add up the numbers you entered. If your score is: 0 – 16 = No symptoms of PTSD. 17 – 20 = No to minimum symptoms of PTSD. 21 – 29 = Mild symptoms of PTSD. 30 – 49 = Moderate symptoms of PTSD. 50 – 86 = Severe symptoms of PTSD.	

Source: Weathers FW, et al. (1994). PCL-C for DSM-IV. Boston: National Center for PTSD, Behavioral Science Division.



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