

PTSD Checklist for DSM-5 (PCL-5)

The next few statements are problems that people sometimes have in response to a very stressful experience.

Please read each problem carefully and then select a response to indicate how much you have been bothered by that problem in the past month.

Continue

In the past month, how much were you bothered by:

Repeated, disturbing, and unwanted memories of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Repeated, disturbing dreams of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Feeling very upset when something reminded you of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Avoiding memories, thoughts, or feelings related to the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Trouble remembering important parts of the stressful experience?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Blaming yourself or someone else for the stressful experience or what happened after it?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Having strong negative feelings such as fear, horror, anger, guilt, or shame?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Loss of interest in activities that you used to enjoy?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Feeling distant or cut off from other people?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Irritable behavior, angry outbursts, or acting aggressively?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Taking too many risks or doing things that could cause you harm?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Being "superalert" or watchful or on guard?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Feeling jumpy or easily startled?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Having difficulty concentrating?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely

In the past month, how much were you bothered by:

Trouble falling or staying asleep?

- Not at all
- A little bit
- Moderately
- Quite a bit
- Extremely