

PTSD Checklist for DSM-5 (PCL-5)

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

- 1) 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:

- 2) 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:

- 3) 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:

- 4) 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:

- 5) 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:

- 6) 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:

- 7) 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:

- 8) 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:

- 9) 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:

- 10) 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:

11) 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:

12) 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:

13) 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:

14) 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:

15) 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:

16) 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:

17) 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:

18) 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:

19) 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:

20) Having difficulty concentrating?

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

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

21) Trouble falling or staying asleep?

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