

Post Traumatic Stress Disorder Check List

Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Use the below scoring to indicate how much you have been bothered by the experience.

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

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|-----|--|---|---|---|---|---|
| 1. | Repeated, disturbing memories, thoughts or images of a stressful life experience. | 1 | 2 | 3 | 4 | 5 |
| 2. | Repeated, disturbing dreams of a stressful life experience. | 1 | 2 | 3 | 4 | 5 |
| 3. | Suddenly acting or feeling as if a stressful life experience were happening again, as if you were reliving it. | 1 | 2 | 3 | 4 | 5 |
| 4. | Feeling very upset when something reminded you of a stressful life experience | 1 | 2 | 3 | 4 | 5 |
| 5. | Having physical reactions (e.g: heart pounding, trouble breathing, sweating) when something reminded you of a stressful life experience. | 1 | 2 | 3 | 4 | 5 |
| 6. | Avoiding thinking about or talking about a stressful life experience or avoiding having feelings related to it. | 1 | 2 | 3 | 4 | 5 |
| 7. | Avoiding activities or situations because they remind you of a stressful life experience | 1 | 2 | 3 | 4 | 5 |
| 8. | Trouble remembering important parts of a stressful life experience. | 1 | 2 | 3 | 4 | 5 |
| 9. | Loss of interest in activities that you used enjoy. | 1 | 2 | 3 | 4 | 5 |
| 10. | Feeling distant or cut off from other people. | 1 | 2 | 3 | 4 | 5 |
| 11. | Feeling emotionally numb or being unable to have loving feelings towards those close to you. | 1 | 2 | 3 | 4 | 5 |
| 12. | Feeling as if your future will somehow be cut short | 1 | 2 | 3 | 4 | 5 |
| 13. | Trouble falling or staying asleep | 1 | 2 | 3 | 4 | 5 |
| 14. | Feeling irritable or having angry outbursts | 1 | 2 | 3 | 4 | 5 |
| 15. | Having difficulty concentrating | 1 | 2 | 3 | 4 | 5 |
| 16. | Being “super-alert” or watchful or on guard | 1 | 2 | 3 | 4 | 5 |
| 17. | Feeling jumpy ore easily startled | 1 | 2 | 3 | 4 | 5 |

Sub Totals by column

Total Score			

Scoring: less than 22 – Mild 22 – 44 Moderate greater than 44 – Severe Total Score