



LAW ENFORCEMENT FAMILIES PARTNERSHIP



SELF-TEST: PTSD

Posttraumatic Stress Disorder Checklist (PCL) from DSMIV

For each question choose from the following alternatives:	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Repeated, disturbing memories, thoughts, or images of a stressful work experience?	1	2	3	4	5
2. Repeated, disturbing dreams of a stressful work experience?	1	2	3	4	5
3. Suddenly acting or feeling as if a stressful 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 experience?	1	2	3	4	5
5. Having physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminded you of a stressful experience?	1	2	3	4	5
6. Avoiding thinking about or talking about a stressful experience or avoiding having feelings related to it?	1	2	3	4	5
7. Avoiding activities or situations because they reminded you of a stressful experience?	1	2	3	4	5
8. Trouble remembering important parts of a stressful experience?	1	2	3	4	5
9. Loss of interest in activities that you used to 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 for 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 on guard?	1	2	3	4	5
17. Feeling jumpy or easily startled?	1	2	3	4	5



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SELF-TEST: PTSD (Continued)

SCORING

To score this tool, add up your responses to the 17 items.

SCORE: _____

This tool will give you a way to assess whether or not you might need to seek further assessment or treatment for PTSD. It is not meant to diagnose PTSD.

The higher your score, the greater the chance that you may be suffering from PTSD. Possible scores range from 17 to 85. Scores of above 44 are considered indicative of possible PTSD.

If you have questions or would like further evaluation, please contact your employment assistance program (EAP), physician, or a mental health professional.