

PTSD Checklist (PCL) – Civilian Version for DSM-IV

INSTRUCTIONS: Below is a list of problems and complaints that people sometimes have in response to stressful experiences. Please read each one carefully. Circle the response that indicates how much you have been bothered by that problem in the past month.

1. Repeated, disturbing *memories, thoughts, or images* of a stressful experience?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
2. Repeated, disturbing *dreams* of a stressful experience?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
3. Suddenly *acting or feeling* as if a stressful experience *were happening again* (as if you were reliving it)?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
4. Feeling *very upset* when *something reminded you* of a stressful experience?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
5. Having *physical reactions* (e.g., heart pounding, trouble breathing, sweating) when *something reminded you* of a stressful experience?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
6. Avoiding *thinking about or talking about* a stressful experience or avoiding *having feelings* related to it?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
7. Avoiding *activities or situations* because *they reminded you* of a stressful experience?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely
8. Trouble *remembering important parts* of a stressful experience?
1. Not at all 2. A little bit 3. Moderately 4. Quite a bit 5. Extremely

9. *Loss of interest* in activities that you used to enjoy?

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

10. Feeling *distant* or *cut off* from other people?

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

11. Feeling *emotionally numb* or being unable to have loving feelings for those close to you?

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

12. Feeling as if your *future* will somehow be *cut short*?

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

13. Trouble *falling* or *staying asleep*?

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

14. Feeling *irritable* or having *angry outbursts*?

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

15. Having *difficulty concentrating*?

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

16. Being "*super-alert*" or watchful or on guard?

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

17. Feeling *jumpy* or easily startled?

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

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