

## PCL-5

Instructions: Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and then choose the answer which indicates how much you have been bothered by that problem in the past month.

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

**1. Repeated, disturbing, and unwanted memories of the stressful experience?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**2. Repeated, disturbing dreams of the stressful experience?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**3. 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 (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**8. Trouble remembering important parts of the stressful experience?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**9. 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 (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**15. Irritable behavior, angry outbursts, or acting aggressively?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**17. Being “superalert” or watchful or on guard?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**18. Feeling jumpy or easily startled?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**19. Having difficulty concentrating?**

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

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

- Not at all (0)
- A little bit (1)
- Moderately (2)
- Quite a bit (3)
- Extremely (4)

**Now add up the total for your answers using the number in the parentheses next to each answer you selected. Record your total score here:**

This is your PCL-5 score.

Source: Weathers, F.W., Litz, B.T., Keane, T.M., Palmieri, P.A., Marx, B.P., & Schnurr, P.P. (2013). The PTSD Checklist for DSM-5 (PCL-5). Scale available from the National Center for PTSD at [www.ptsd.va.gov](http://www.ptsd.va.gov).