

Patient Name: _____ Date Scored: _____ Score: _____

Account #: _____ DOB: _____ Military: _____

PCL-M PTSD Checklist

INSTRUCTIONS: Below is a list of problems and complaints that veterans sometimes have in response to stressful experiences. Please read each one carefully, and circle one of the numbers to the right to indicate how much you have bothered by that problem in the past month.
Not at all A little bit Moderately Quite a bit Extremely

- | | | | | | |
|--|---|---|---|---|---|
| 1. Repeated, disturbing memories, thoughts, or images of a stressful military experience? | 1 | 2 | 3 | 4 | 5 |
| 2. Repeated, disturbing dreams of a stressful military experience? | 1 | 2 | 3 | 4 | 5 |
| 3. Suddenly acting or feeling as if a stressful military experience was happening again (as if you were re-living it)? | 1 | 2 | 3 | 4 | 5 |
| 4. Feeling very upset when something reminded you of a stressful military experience? | 1 | 2 | 3 | 4 | 5 |
| 5. Having physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminded you of a stressful military experience? | 1 | 2 | 3 | 4 | 5 |
| 6. Avoiding thinking about or talking about a stressful military experience or avoiding having feeling related to it? | 1 | 2 | 3 | 4 | 5 |
| 7. Avoiding activities or situations because they remind you of a stressful military experience? | 1 | 2 | 3 | 4 | 5 |
| 8. Trouble remembering important parts of a stressful military 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 outburst? | 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 or easily startled? | 1 | 2 | 3 | 4 | 5 |