

Post-Traumatic Stress Disorder Test - PC-PTSD-5 Screen

Have you ever experienced any event(s) that was/were so frightening or upsetting that, in the past month you have...	No (0)	Yes (1)
1. Had nightmares about the event(s) or thought about the event(s) when you did not want to?		
2. Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?		
3. Been constantly on guard, watchful, or easily startled?		
4. Felt numb or detached from people, activities, or your surroundings?		
5. Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?		

Your Score:

If you scored 3 or more, you may be suffering from PTSD.

No single test is completely accurate. You should always consult your physician when making decisions about your health.

Reference

Prins, A., Bovin, M. J., Smolenski, D. J., Marx, B. P., Kimerling, R., et al., The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5): Development and Evaluation Within a Veteran Primary Care Sample. *J Gen Intern Med*, 2016. **31**(10): p. 1206-11. PMC5023594.

This document may be distributed without restrictions. Use with the guidance of a health professional.

Reference: "I Want to Change My Life" by Dr. S. Melemis. www.IWantToChangeMyLife.org