

Post-traumatic Stress Disorder Checklist: Civilian Scale (PCL-C)

**National Prevention Toolkit on
Domestic Violence for Medical
Professionals**



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Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, the circle one of the numbers to the right to indicate how much you have been bother by that problem in the past month.

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

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	Not at all	A little bit	Moderately	Quite a bit	Extremely
10. Feeling <i>distant or cut off</i> from other people	1	2	3	4	5
11. Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you	1	2	3	4	5
12. Feeling as if your <i>future</i> will somehow be <i>cut short</i>	1	2	3	4	5
13. Trouble <i>falling or staying asleep</i>	1	2	3	4	5
14. Feeling <i>irritable</i> or having <i>angry outbursts</i>	1	2	3	4	5
15. Having <i>difficulty concentrating</i>	1	2	3	4	5
16. Being " <i>super-alert</i> " or watchful or on guard	1	2	3	4	5
17. Feeling <i>jumpy</i> or easily startled	1	2	3	4	5

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. We recommend that you use this assessment at least quarterly because your answers might change.

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.

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If you have questions or would like further evaluation, please contact your Employment Assistance Program (EAP), physician, or a mental health professional.

Weathers, F.W., Huska, J.A., Keane, T.M. (1991). *PCL-C for DSM-IV*. Boston: National Center for PTSD – Behavioral Science Division.