



Pondering Elephants
Think Big, Think Possibilities

PTSD Questionnaire

This test takes approximately 5-10 minutes to complete.

For a Guide to my approach and advice for treating anxiety please see the link below

<https://www.ponderingelephants.com/wp-content/uploads/2019/04/Pondering-Elephants-Anxiety-Effective-Therapy-My-Approach.pdf>

In the last month how much were you bothered by	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Have you repeatedly recalled memories or a stressful or frightening event?	0	1	2	3	4
2. Have you felt or acted as if you have returned to the moment of a stressful event, feeling as if it is happening now?	0	1	2	3	4
3. When you are reminded of a stressful event you feel really upset	0	1	2	3	4
4. Have you experienced physical symptoms such as heart palpitations, hyperventilation or excessive sweating when you are reminded of a stressful event?	0	1	2	3	4
5. Have you tried to block out emotions, thoughts and memories of a stressful experience?	0	1	2	3	4
6. Have you tried to keep away of anything that reminds you of a stressful event such as conversations, places, objects, environments, situations and circumstances?	0	1	2	3	4
7. Have you avoided things, people, places and conversations and situations that remind you of a stressful event	0	1	2	3	4

8. Has your mind blocked out important parts of a stressful event and you struggle to remember it?					
9. Have you had powerful negative feelings about people around you, life in general, and experienced a lack of self-worth?	0	1	2	3	4
10. Do you think the blame lies with you or others for what has happened to you since the stressful event or for even for the event itself?	0	1	2	3	4
11. Have you experienced strong negative feelings e.g. terror, anger shame or guilt?	0	1	2	3	4
12. Have you found you no longer enjoy things that you used to?	0	1	2	3	4
13. Have you felt alone, as if you are not living in the same world as other people?	0	1	2	3	4
14. Have you struggled to feel love, happiness and to feel close to other people?	0	1	2	3	4
15. Have you lashed out, been unpredictable, grumpy and angry?	0	1	2	3	4
16. Have you taken excessive risks that could pose a danger to yourself?	0	1	2	3	4
17. Have you been "super alert" unable to let your guard down?	0	1	2	3	4
18. Do you alarm easily, feel jittery and on edge?	0	1	2	3	4
19. Have you find it difficult to focus your thoughts to concentrate?	0	1	2	3	4
20. Are you suffering from insomnia? (sleeping problems)	0	1	2	3	4
Totals					

- A total symptom severity score (range - 0-80) can be obtained by summing the scores for each of the 20 items.



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Monitoring your progress

- A 5-10 point change represents reliable change (i.e., change not due to chance) and a 10-20 point change represents clinically significant change.
- A Total of 33 indicates that you may be experiencing symptoms of PTSD. Where you score 2 (moderately) or higher may be a good indication of areas to work on in therapy.

This interactive PTSD questionnaire is based upon the DSM-5 criteria for PTSD and was designed to provide you with a quick and simple self-assessment.

If you think you may have PTSD, Pondering Elephants strongly recommends speaking to your GP about a full assessment and advice prior to therapy.

This diagnoses is moveable and only indicative of how you might be feeling or behaving now.

References

https://www.ptsd.va.gov/professional/assessment/documents/PCL-5_Standard.pdf

<https://www.psycom.net/ptsd-test/>



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