



THE PRIMARY CARE PTSD SCREEN

The Primary Care PTSD Screen (PC-PTSD) has been designed for use in primary care and other medical settings. The screen does not include a list of potentially traumatic events because, (a) the relationship between trauma and health appears to be mediated through a current PTSD diagnosis rather than trauma exposure, and (b) additional time is required to comprehensively assess a Veteran's entire trauma history (in VA populations the average number of traumatic events meeting criterion A for PTSD is over 4). If you have time available and would like to assess trauma history, you can find additional assessment instruments described on the National Center for PTSD website, <http://www.ptsd.va.gov/professional/pages/assessments/assessment.asp>.

SCORING

Current research suggests that the results of the PC-PTSD should be considered "positive" if a patient answers "yes" to any three items. A positive response to the screen does not necessarily indicate that a patient has a diagnosis of PTSD. However, it does indicate that a patient may have PTSD or trauma-related problems, and further assessment may be warranted.

SCREEN

In your life, have you ever had any experience that was so frightening, horrible, or upsetting that, in the past month, you:

1. Have had nightmares about it or thought about it when you did not want to?
YES NO
2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
YES NO
3. Were constantly on guard, watchful, or easily startled?
YES NO
4. Felt numb or detached from others, activities, or your surroundings?
YES NO

