



PCL-M

Source: The items come from the 17-item PCL-M. Public Domain

Reference:

Kimerling, R. (2009). Examining the diagnostic and clinical utility of the PTSD Checklist. HSR&D Study: SHP-169. United States Department of Veteran Affairs.

Blanchard, E. B., Jones-Alexander, J., Buckley, T. C., & Forneris, C. A. (1996). Psychometric properties of the PTSD checklist (PCL). *Behavioral Research & Therapy*, 34, 669-673.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity levels: Low, Medium, High

Each item is scored 1-5, as indicated below. Total is sum of all 17 items. Possible range of scores is 17-85.

Algorithm

Total = 17-33	Low PTS
Total = 34-43	Moderate PTS
Total = 44-85	High PTS

Post-Traumatic Stress Assessment

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

Instructions: Below is a list of problems and complaints that veterans sometimes have in response to stressful life experiences. Please read each one carefully, mark the answer to indicate how much you have been bothered by that problem *in the last month*.

1. Repeated, disturbing *memories, thoughts, or images* of a stressful military experience from the past?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

2. Repeated, disturbing *dreams* of a stressful military experience from the past?



1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

3. Suddenly *acting* or *feeling* as if a stressful military experience *were happening again* (as if you were reliving it)?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

4. Feeling *very upset* when *something reminded* you of a stressful military experience from the past?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

5. Having *physical reactions* (e.g., heart pounding, trouble breathing, or sweating) when *something reminded* you of a stressful military experience from the past?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

6. Avoiding *thinking about* or *talking about* a stressful military experience from the past or avoid having feelings related to it?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

7. Avoid *activities* or *situations* because *they remind you* of a stressful military experience from the past?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely



8. Trouble *remembering important parts* of a stressful military experience from the past?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

9. Loss of *interest in things that you used to enjoy*?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

10. Feeling distant or *cut off* from other people?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

11. Feeling *emotionally numb* or being unable to have loving feelings for those close to you?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

12. Feeling as if your *future* will somehow be *cut short*?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely

13. Trouble *falling or staying asleep*?

1	2	3	4	5
Not at all	A little bit	Moderately	Quite a bit	Extremely



14. Feeling *irritable* or having *angry outbursts*?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

15. Having *difficulty concentrating*?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

16. Being “*super alert*” or watchful on guard?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

17. Feeling *jumpy* or easily startled?

1 2 3 4 5

Not at all A little bit Moderately Quite a bit Extremely

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