



PCL-S (Sexual Trauma)

Source: The items come from the PCL-S Public Domain

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

Weathers, F., Litz, B., Herman, D., Huska, J., & Keane, T. (October 1993). The PTSD Checklist (PCL): Reliability, Validity, and Diagnostic Utility. Paper presented at the Annual Convention of the International Society for Traumatic Stress Studies, San Antonio, TX.

http://www.hsrd.research.va.gov/research/abstracts.cfm?Project_ID=2141698713

Scale Description: The PCL is a standardized self-report rating scale for PTSD comprising 17 items that correspond to the key symptoms of PTSD. Two versions of the PCL exist: 1) PCL-M is specific to PTSD caused by military experiences and 2) PCL-C/S is applied generally to any traumatic event/specifically identified event.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or 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
Total = 44-85	High PTS



Post-Traumatic Stress Assessment

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*.

The event you experienced was: Sexual Trauma on (date): _____

1. Repeated, disturbing *memories, thoughts, or images* of a stressful 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 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 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 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 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 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 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 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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