

Patient Name: _____ Today's
Date: _____

Post-Traumatic Stress Disorder Survey

I. Criteria for PTSD: Under each criterion, please check the following statements that apply.

1. The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened violence, in the following way(s):

- _____ Direct exposure
- _____ Witnessing the trauma
- _____ Learning that a relative or close friend was exposed to a trauma
- _____ Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g. first responders, medics, etc.)

2. The traumatic event is persistently re-experienced on the following ways:

- _____ Intrusive thoughts
- _____ Nightmares
- _____ Flashbacks
- _____ Emotional distress after exposure to traumatic reminders
- _____ Physical reactivity after exposure to traumatic reminders

3. Avoidance of trauma-related stimuli after the trauma, in the following ways:

- _____ Trauma-related thoughts or feelings
- _____ Trauma-related reminders

4. Negative thoughts or feelings that began or worsened after the trauma, in the following way(s):*

- _____ Inability to recall key features of the trauma
- _____ Overly negative thoughts and assumptions about oneself or the world
- _____ Exaggerated blame of self or others for causing the trauma
- _____ Negative affect
- _____ Decreased interest in activities
- _____ Feeling isolated
- _____ Difficulty experiencing positive affect

Patient
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Post-Traumatic Stress Disorder Survey (Continued)

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5. Trauma-related arousal and reactivity that began or worsened after the trauma in the following way(s):

- _____ Irritability or aggression
- _____ Risky or destructive behavior
- _____ Hypervigilance
- _____ Heightened startle reaction
- _____ Difficulty concentrating
- _____ Difficulty sleeping

6. Duration of symptoms

- _____ The symptoms last for more than 1 month

7. Impairment due to symptoms

- _____ The symptoms create distress or functional impairment (e.g. social or occupational)

8. Other factors

- _____ The symptoms are not due to medication, substance use or other illness

II. Specifications for PTSD

Dissociative Specification: In addition to meeting criteria for diagnosis, an individual experiences high levels of either of the following in reaction to trauma-related stimuli:

_____ Depersonalization. Experience of being an outside observer or detached from oneself (e.g. feeling as if “this is not happening to me” or one were in a dream)

_____ Derealization. Experience of unreality, distance or distortion (e.g. “Things are not real”)

Delayed Specification: Full diagnostic criteria are not met until at least six months after the trauma(s) although onset of symptoms may occur immediately

_____ Full diagnostic criteria met at least 6 months after the trauma.

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