

# Traumatic Stress Inventory

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On a scale of 1-5, write the number that corresponds to how often you've been "bothered by" the items below in the past month.

\_\_\_ Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?

\_\_\_ Repeated, disturbing dreams of a stressful experience from the past?

\_\_\_ Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?

\_\_\_ Feeling very upset when something reminded you of a stressful experience from the past?

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

\_\_\_ Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?

\_\_\_ Avoid activities or situations because they remind you of a stressful experience from the past?

\_\_\_ Trouble remembering important parts of a stressful experience from the past?

\_\_\_ Loss of interest in things that you used to enjoy?

\_\_\_ Feeling distant or cut off from other people?

\_\_\_ Feeling emotionally numb or being unable to have loving feelings for those close to you?

\_\_\_ Feeling as if your future will somehow be cut short?

\_\_\_ Trouble falling or staying asleep?

\_\_\_ Feeling irritable or having angry outbursts?

\_\_\_ Having difficulty concentrating?

\_\_\_ Being “super alert” or watchful on guard?

\_\_\_ Feeling jumpy or easily startled?

\_\_\_ Total Score

Description The PCL is a 17-item self-report measure of the 17 DSM-IV symptoms of PTSD. Respondents rate how much they were “bothered by that problem in the past month”. Items are rated on a 5-point scale ranging from 1 (“not at all”) to 5 (“extremely”). There are several versions of the PCL. The original PCL is the PCL-M (military). The PCL-M asks about problems in response to “stressful military experiences.” The PCL-S (specific) asks about problems in relation to an identified “stressful experience.” The PCL-C (civilian) is for civilians and is not focused on any one traumatic event. Instead, it asks more generally about problems in relation to stressful experiences.

Scoring The PCL can be scored in several different ways. A total score (range 17-85) can be obtained by summing the scores from each of the 17 items. Cutoff scores for a probable PTSD diagnosis have been validated for some populations, but may not generalize to other populations. A second way to score the PCL is to follow the DSM-IV criteria. It has been suggested that a combination of these two approaches (i.e., the requisite number of symptoms are endorsed within each cluster AND the total score is above the specified cut point for a specific population) may be best (for a detailed review, see Norris & Hamblen and Orsillo). Separate scores can also be obtained for Criteria B, C, and D. Behavioral Science Division, 1991.

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