

PC-PTSD-5 Modified for Teens

Clinician _____

Medical Record/ID # _____

Name _____

Date _____

INSTRUCTIONS: Some people experience extremely stressful, dangerous or terrifying situations that can affect them even after the situation is over. There are many different types of situations but some examples include...

- Violence at school or at home
- A serious accident or fire
- Physical or sexual abuse
- A natural disaster like a hurricane or tornado
- Seeing someone be killed or seriously injured
- Having someone close to you die unexpectedly

Have you ever experienced an extremely stressful, dangerous, or terrifying situation similar to those described above? Please **CIRCLE** your answer.

NO **YES**

If NO, screen total=0. Please **stop** here.

If YES, for each question below, place an **"X"** in the box that best describes your experiences.

| | NO | YES |
|--|-----------|------------|
| 1. Had nightmares about the situation(s) or thoughts about the situation(s) when you did not want to? | | |
| 2. Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)? | | |
| 3. Been constantly on guard, cautious, or easily startled? | | |
| 4. Felt numb, disinterested, or detached from people, activities, or your surroundings? | | |
| 5. Felt guilty or unable to stop blaming yourself or others for the situation(s) or any problems the situation(s) may have caused? | | |

Screen Total =