

POST-TRAUMATIC STRESS DISORDER (PTSD) CHECKLIST – MILITARY VERSION (PCL-M)

INSTRUCTIONS: Below is a list of problems and complaints that veterans sometimes have in response to stressful life experiences. Please read each one carefully, put an “X” in the box to indicate how much you have been bothered by that problem *in the last month*.

No.	Response	Not at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
1.	Repeated, disturbing <i>memories, thoughts, or images</i> of a stressful military experience from the past?					
2.	Repeated, disturbing <i>dreams</i> of a stressful military experience from the past?					
3.	Suddenly <i>acting or feeling</i> as if a stressful military experience <i>were happening</i> again (as if you were reliving it)?					
4.	Feeling <i>very upset</i> when <i>something reminded</i> you of a stressful military experience from the past?					
5.	Having <i>physical reactions</i> (e.g., heart pounding, trouble breathing, or sweating) when <i>something reminded</i> you of a stressful military experience from the past?					
6.	Avoid <i>thinking about or talking about</i> a stressful military experience from the past or avoid <i>having feelings</i> related to it?					
7.	Avoid <i>activities or situations</i> because they <i>remind you</i> of a stressful military experience from the past?					
8.	Trouble <i>remembering important parts</i> of a stressful military experience from the past?					
9.	Loss of <i>interest in things that you used to enjoy</i> ?					
10.	Feeling <i>distant or cut off</i> from other people?					
11.	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?					
12.	Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?					
13.	Trouble <i>falling or staying asleep</i> ?					
14.	Feeling <i>irritable</i> or having <i>angry outbursts</i> ?					
15.	Having <i>difficulty concentrating</i> ?					
16.	Being “ <i>super alert</i> ” or watchful on guard?					
17.	Feeling <i>jumpy</i> or easily startled?					

RESULTS: If you answered Moderately or more (Quite a bit or Extremely) to many or most of the questions, we recommend that you contact a member of the Clinical Staff at Veterans Outreach Center: 585-546-1081.