

Post-Traumatic Stress Disorder Screening Tool



This is a screening measure to help you determine whether you might have post-traumatic stress disorder (PTSD) that needs professional attention. This screening tool is not designed to make a diagnosis of PTSD but to be shared with your primary care physician or mental health professional to inform further conversations about diagnosis and treatment.

Directions:

1. Complete the provided form
2. Print out the results
3. If after taking the assessment you believe you have the signs of PTSD, share this assessment with your health care provider, a mental health professional or Caterpillar's Employee Assistance Program to determine next steps.

Are you troubled by the following?

Yes No You have experienced or witnessed a life-threatening event.

Do you have intrusions about the event in at least one of the following ways?

Yes No Repeated, distressing memories, or dreams

Yes No Acting or feeling as if the event were happening again (flashbacks or a sense of reliving it)

Yes No Intense physical and/or emotional distress when you are exposed to things that remind you of the event

Do you avoid things that remind you of the event in at least one of the following ways?

- Yes No Avoiding thoughts, feelings, or conversations about it
- Yes No Avoiding activities and places or people who remind you of it

Since the event, do you have negative thoughts and mood associated with the event in at least 2 of the following ways?

- Yes No Blanking on important parts of it
- Yes No Negative beliefs about oneself, others and the world and about the cause or consequences of the event
- Yes No Feeling detached from other people
- Yes No Inability to feel positive emotions
- Yes No Persistent negative emotional state

Are you troubled by at least two of the following?

- Yes No Problems sleeping
- Yes No Irritability or outbursts of anger
- Yes No Reckless or self-destructive behavior
- Yes No Problems concentrating
- Yes No Feeling "on guard"
- Yes No An exaggerated startle response

Share this completed form with your healthcare provider to determine diagnoses.

Reference: American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing