

SCREENING FOR PTSD

(Breslau, et al., 1999, Am J Psychiatry)

1. Do you avoid being reminded of the experience by staying away from certain places, people or activities?
2. Have you lost interest in activities that were once important or enjoyable?
3. Have you begun to feel more distant or isolated from other people?
4. Do you find it hard to feel love or affection for other people?
5. Have you begun to feel that there is no point in planning for the future?
6. Have you had more trouble than usual falling or staying asleep?
7. Do you become jumpy or easily startled by ordinary noise or movements?

If 4 or more are answered with “yes”, a diagnosis of PTSD is probable.