Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example:

* a serious accident or fire,
* a physical or sexual assault or abuse,
* an earthquake or flood,
* a war,
* seeing someone be killed or seriously injured,
* having a loved one die through homicide or suicide.

Have you ever experienced this kind of event? \_ 1. Yes \_ 0. No

**If no stop here**

*If Yes \_ as a child \_ as an adult*

If Yes

In the last month, have you…

1.0 had nightmares about the event(s) or thought about the event(s)   
when you did not want to? \_1. Yes \_0. No

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)? \_1. Yes \_0. No

3. been constantly on guard, watchful, or easily startled? \_1. Yes \_0. No

4. felt numb or detached from people, activities, or your surroundings? \_1. Yes \_0. No

5. felt guilty or unable to stop blaming yourself or others for the

events(s) or any problems the event(s) may have caused? \_1. Yes \_0. No

Notes:

The measure begins with an item designed to assess whether the respondent has had any exposure to traumatic events. If a respondent denies exposure, the PC-PTSD-5 is complete with a score of 0.

The question about whether the experience was as a child and/or as an adult, is a modification of the original tool and therefore optional (study-specific).

If a respondent indicates a trauma history – experiencing a traumatic event over the course of their life – the respondent is instructed to answer five additional yes/no questions (the numbered questions above). The PC-PTSD-5 score is the sum of yes responses to questions numbered 1-5. Validation studies suggest that a cut-point of 3 (respondent says “yes” to at least 3 of the listed items) is optimally sensitive to probable PTSD.

Reference:

Prins A, Bovin MJ, Smolenski DJ, et al. The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5): Development and Evaluation Within a Veteran Primary Care Sample. Journal of general internal medicine. 2016;31(10):1206-1211.