

# PCL-5 Assessment Sheet

The PCL-5 (Posttraumatic Stress Disorder Checklist for DSM-5) is a widely used self-report measure for assessing the 20 DSM-5 symptoms of PTSD. This document provides a comprehensive overview of the PCL-5 assessment sheet, including instructions for completion, the questionnaire itself, and guidelines for scoring and interpretation. It is designed to assist clinicians and researchers in accurately evaluating PTSD symptom severity in individuals who have experienced potentially traumatic events.

**Eapily Assessment Sheet**

**Instructions**

Your concerned friends will be able to assist you in completing this sheet and help you understand the questions and answers on the sheet to help you understand the sheet.

Consider the following: ☐ None at all ☐ A little ☐ Moderately ☐ Very much

**Questions**

☐ I have been thinking about the event over and over again.

☐ I have been having trouble sleeping.

☐ I have been having trouble concentrating.

**Scoring**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

**Scoring & Scoring**

☐ \_\_\_\_\_

☐ \_\_\_\_\_

# Instructions for Completing the PCL-5

The PCL-5 is designed to be self-administered, meaning the individual completing the form fills it out themselves. To ensure accurate results, it is important to follow these instructions carefully:

1. **Consider a Specific Traumatic Event:** Before beginning, identify a specific traumatic event that has had a lasting impact. Keep this event in mind as you answer the questions.
2. **Read Each Item Carefully:** Each item on the PCL-5 describes a symptom related to traumatic experiences. Read each statement thoroughly.
3. **Rate Symptom Severity:** For each item, indicate how much you have been bothered by that symptom in the past month. Use the following scale:
  - 0 = Not at all
  - 1 = A little bit
  - 2 = Moderately
  - 3 = Quite a bit
  - 4 = Extremely
4. **Answer Honestly:** Provide responses that accurately reflect your experience, even if the symptoms seem embarrassing or difficult to acknowledge.
5. **Complete All Items:** Ensure that you answer every item on the questionnaire. Leaving items blank will affect the accuracy of the scoring.
6. **Review Your Answers:** Once you have completed the questionnaire, take a moment to review your responses to ensure they accurately reflect your experience.

By following these instructions, you can help ensure that the PCL-5 accurately reflects your experience and provides valuable information for assessment and treatment planning.

# PCL-5 Questionnaire

Below is the PCL-5 questionnaire. Please read each statement carefully and indicate how much you have been bothered by each symptom in the past month, in relation to the traumatic event you identified earlier.

Symptom	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Repeated, disturbing dreams of the event?	0	1	2	3	4
2. Repeated, disturbing memories of the event?	0	1	2	3	4
3. Feeling as if the event were happening again?	0	1	2	3	4
4. Upset by reminders of the event?	0	1	2	3	4
5. Physical reactions to reminders of the event?	0	1	2	3	4
6. Avoiding thoughts or feelings about the event?	0	1	2	3	4
7. Avoiding reminders of the event?	0	1	2	3	4
8. Trouble remembering parts of the event?	0	1	2	3	4
9. Negative beliefs about yourself, others, or the world?	0	1	2	3	4
10. Blaming yourself or others for the event?	0	1	2	3	4
11. Feeling strong negative emotions?	0	1	2	3	4
12. Loss of interest in activities?	0	1	2	3	4
13. Feeling distant from others?	0	1	2	3	4
14. Trouble experiencing positive feelings?	0	1	2	3	4
15. Irritable or aggressive?	0	1	2	3	4
16. Taking too many risks?	0	1	2	3	4
17. Hypervigilance ?	0	1	2	3	4
18. Easily startled?	0	1	2	3	4
19. Trouble concentrating?	0	1	2	3	4
20. Trouble sleeping?	0	1	2	3	4

This questionnaire includes 20 questions corresponding to the DSM-5 criteria for PTSD. Each question asks about the severity of a particular symptom experienced in the past month, rated on a scale from "Not at all" (0) to "Extremely" (4).

# Scoring and Interpretation

After completing the PCL-5, scoring and interpretation are crucial steps in understanding the results. Here's how to proceed:

1. **Calculate the Total Score:** Sum the scores for all 20 items. The total score can range from 0 to 80.
2. **Subscale Scores:** The PCL-5 aligns with the DSM-5 criteria for PTSD, which are grouped into four clusters:

Calculate subscale scores by summing the scores for the items within each cluster.

- Cluster B: Intrusion (Items 1-5)
  - Cluster C: Avoidance (Items 6-7)
  - Cluster D: Negative Alterations in Cognitions and Mood (Items 8-14)
  - Cluster E: Alterations in Arousal and Reactivity (Items 15-20)
1. **Provisional Diagnosis:** A total score of 33 or higher may indicate a provisional diagnosis of PTSD. However, clinical judgment is essential, and this score should not be the sole basis for diagnosis.
  2. **Symptom Severity:** The total score can also indicate the severity of PTSD symptoms:
    - 1-17: Minimal symptoms
    - 18-29: Mild symptoms
    - 30-44: Moderate symptoms
    - 45-59: Moderate to severe symptoms
    - 60-80: Severe symptoms

It's important to note that the PCL-5 is a screening tool, and a formal diagnosis should be made by a qualified mental health professional. The PCL-5 can help identify potential PTSD symptoms and guide further evaluation and treatment planning. Additionally, cultural factors, individual history, and other contextual variables should be considered when interpreting the results.



# Recommended Interventions by Severity Level

## Minimal Symptoms (Score 1-17)

- Self-monitoring of symptoms
- Stress management techniques
- Regular exercise and sleep hygiene
- Consider preventive counseling if symptoms persist

## Mild Symptoms (Score 18-29)

- Individual counseling or therapy
- Mindfulness and relaxation techniques
- Support group participation
- Regular check-ins with mental health professional

## Moderate Symptoms (Score 30-44)

- Comprehensive psychological assessment
- Regular psychotherapy sessions
- Consider medication evaluation
- Development of coping strategies

## Moderate to Severe Symptoms (Score 45-59)

- Intensive outpatient treatment
- Combined therapy and medication management
- Safety planning if needed
- Regular psychiatric monitoring

## Severe Symptoms (Score 60-80)

- Immediate psychiatric evaluation
- Consider intensive treatment program or hospitalization
- Crisis intervention if needed
- Comprehensive treatment plan with multiple modalities

Note: These interventions are guidelines only. Treatment plans should be individualized and developed in consultation with qualified mental health professionals. Immediate help should be sought if there are safety concerns.

# Works Cited

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