CAPS-5

Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)

The CAPS-5 is the gold-standard structured instrument for assessing posttraumatic stress disorder (PTSD) according to DSM-5 criteria. It makes it possible to establish the presence of the diagnosis, the severity of symptoms and their course over time, based on a semi-structured interview conducted by a trained clinician.

Number of questions	30 questions
Estimated duration	45 minutes
Language	English
Original name	Clinician-Administered PTSD Scale for DSM-5
Target audience	Adults and adolescents
Authors	Weathers, F.W., Blake, D.D., Schnurr, P.P., Kaloupek, D.G., Marx, B.P., Keane, T.M. (2013)
Category	PTSD

Preview of the 30 questions

In the past month, have you had any unwanted memories of (EVENT) while you were awake, so not counting dreams?

B1. Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s).

0 - Absent | 1 - Mild / subthreshold | 2 - Moderate / threshold | 3 - Severe / markedly elevated | 4 - Extreme / incapacitating

In the past month, have you had any unpleasant dreams about (EVENT)?

B2. Recurrent distressing dreams in which the content and/or affect of the dream are related to the event(s).

0 - Absent | 1 - Mild / subthreshold | 2 - Moderate / threshold | 3 - Severe / markedly elevated | 4 - Extreme / incapacitating

In the past month, have there been times when you suddenly acted or felt as if (EVENT) were actually happening again?

B3. Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring.

0 - Absent | 1 - Mild / subthreshold | 2 - Moderate / threshold | 3 - Severe / markedly elevated | 4 - Extreme / incapacitating

In the past month, have you gotten emotionally upset when something reminded you of (EVENT)?

B4. Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).

0 - Absent | 1 - Mild / subthreshold | 2 - Moderate / threshold | 3 - Severe / markedly elevated | 4 - Extreme / incapacitating

In the past month, have you had any physical reactions when something reminded you of (EVENT)?

B5. Marked physiological reactions to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).

0 - Absent | 1 - Mild / subthreshold | 2 - Moderate / threshold | 3 - Severe / markedly elevated | 4 - Extreme / incapacitating

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each symptom is rated from 0 (absent) to 4 (extreme/incapacitating) based on the frequency and intensity reported over the past month. A cutoff score makes it possible to establish the diagnosis according to DSM-5 and to assess overall severity. Results should be interpreted by a clinician trained in PTSD diagnosis.

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