LEC-5

Life Events Checklist for DSM-5 (LEC-5)

The LEC-5 is a self-report questionnaire designed to identify exposure to potentially traumatic events over the lifetime. It helps the psychologist identify the nature of the events experienced, the type of exposure and the possible index event to be explored subsequently in an assessment of posttraumatic stress disorder. The tool covers 16 categories of events likely to cause significant distress, plus an open item for any other extremely stressful event. In clinical practice, it is mainly used as a first step to structure the trauma history and document DSM-5 Criterion A, alongside symptom-focused tools.

Number of questions	17 questions
Estimated duration	5 minutes
Language	English
Original name	Life Events Checklist for DSM-5
Target audience	Adults
Authors	Frank W. Weathers, Dean D. Blake, Paula P. Schnurr, Danny G. Kaloupek, Brian P. Marx, Terence M. Keane (2013)
Category	General

Preview of the 17 questions

Natural disaster (for example, flood, hurricane, tornado, earthquake)

Happened to me | Witnessed it | Learned about it | Part of my job | Not sure | Doesn't apply

Fire or explosion

Happened to me | Witnessed it | Learned about it | Part of my job | Not sure | Doesn't apply

Transportation accident (for example, car accident, boat accident, train wreck, plane crash)

Happened to me | Witnessed it | Learned about it | Part of my job | Not sure | Doesn't apply

Serious accident at work, home, or during recreational activity

Happened to me | Witnessed it | Learned about it | Part of my job | Not sure | Doesn't apply

Exposure to toxic substance (for example, dangerous chemicals, radiation)

Happened to me | Witnessed it | Learned about it | Part of my job | Not sure | Doesn't apply

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

There is no total score or composite score. For each item, one or more types of exposure are recorded from six possible responses: happened to me, witnessed it, learned about it, part of my job, not sure, doesn't apply. Interpretation focuses on the presence of one or more potentially traumatic events, their type and the type of exposure. If several events are reported, it is recommended to identify the one that is currently the most distressing in order to guide the subsequent clinical assessment.

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Samia T. - Online Psychologist