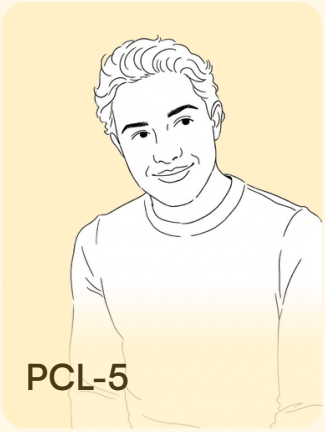


Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5)

The PCL-5 is a standardized questionnaire designed to assess the intensity of symptoms related to posttraumatic stress disorder (PTSD), based on DSM-5 diagnostic criteria. It quickly identifies the impact of a traumatic event on an individual by measuring four main symptom clusters: re-experiencing, avoidance, alterations in cognitions and mood, and hyperarousal.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Posttraumatic Stress Disorder Checklist for DSM-5
Category	PTSD

Preview of the 20 questions

In the past month, how much were you bothered by:

Repeated, disturbing, and unwanted memories of the stressful experience?

Not at all | A little bit | Moderately | Quite a bit | Extremely

In the past month, how much were you bothered by:

Repeated, disturbing dreams of the stressful experience?

Not at all | A little bit | Moderately | Quite a bit | Extremely

In the past month, how much were you bothered by:

Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?

Not at all | A little bit | Moderately | Quite a bit | Extremely

In the past month, how much were you bothered by:

Feeling very upset when something reminded you of the stressful experience?

Not at all | A little bit | Moderately | Quite a bit | Extremely

In the past month, how much were you bothered by:

Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?

Not at all | A little bit | Moderately | Quite a bit | Extremely

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

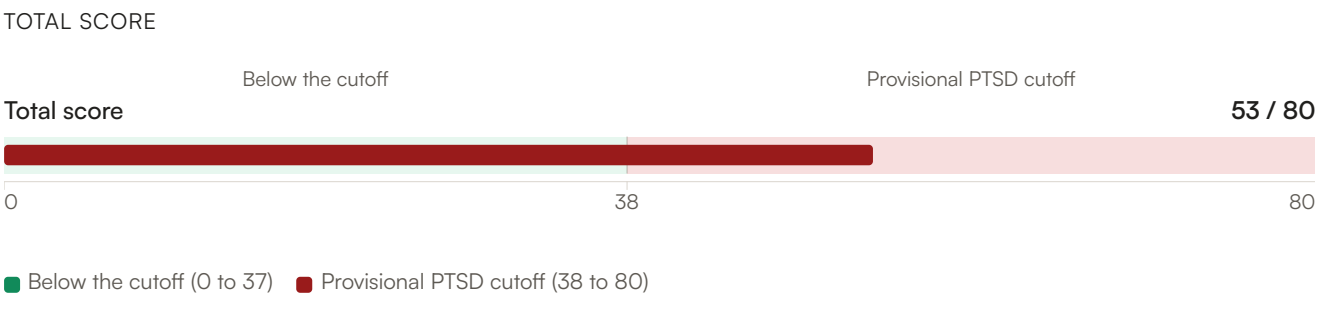
Scoring example

Scoring

Score: 53

Criterion B - Intrusion symptoms (re-experiencing): 10/20
Criterion C - Avoidance symptoms: 7/8
Criterion D - Negative alterations in cognitions and mood: 18/28
Criterion E - Alterations in arousal and reactivity (hyperarousal): 18/24

There are two ways to reach a provisional PTSD diagnosis.
1 - A raw cutoff score of 38 indicates a provisional PTSD diagnosis. This cutoff has high sensitivity (0.78) and specificity (0.98) (Cohen et al., 2015).
2 - Treat each item rated 2 = "Moderately" or higher as an endorsed symptom, then follow the DSM-5 diagnostic rule, which requires at least: 1 B item (questions 1-5), 1 C item (questions 6-7), 2 D items (questions 8-14), 2 E items (questions 15-20). When the scale is used to monitor symptoms over time, a change of at least 10 points represents a clinically significant change (based on the PCL change scores for DSM-IV).



Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

“Reliable, relevant assessments to better understand my patients' psychological state”

 Benjamin G. - Occupational Psychologist