

UCLA PTSD Reaction Index for DSM-5 (UCLA PTSD)

The UCLA PTSD Reaction Index for DSM-5 is a self-report questionnaire for identifying and assessing the severity of posttraumatic stress symptoms in children and adolescents following one or more traumatic experiences. It is explicitly based on the DSM-5 criteria for posttraumatic stress disorder and provides a quantitative estimate of symptomatology, making it a suitable tool for screening as well as for monitoring in clinical practice and research.

Number of questions	31 questions
Estimated duration	15 minutes
Language	English
Original name	UCLA PTSD Reaction Index for DSM-5
Target audience	Children, adolescents
Authors	Robert S. Pynoos, Alan M. Steinberg, John C. Layne, Dean G. Kilpatrick, Edward P. Cowan (2013)
Category	Adolescent care, PTSD, Childhood

Preview of the 31 questions

Think about the bad thing that happened to you that bothers you the most now. In the past month:

I try not to think about or have feelings about what happened.

Item 13

None | Little | Some | Much | Most

Think about the bad thing that happened to you that bothers you the most now. In the past month:

I feel alone even when I am around other people.

Item 17

None | Little | Some | Much | Most

Think about the bad thing that happened to you that bothers you the most now. In the past month:

I have upsetting thoughts, pictures, or sounds of what happened come into my mind when I don't want them to.

Item 18

None | Little | Some | Much | Most

Think about the bad thing that happened to you that bothers you the most now. In the past month:

I have trouble going to sleep, wake up often, or have trouble getting back to sleep.

Item 21

None | Little | Some | Much | Most

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 question is rated on a frequency scale ranging from 0 (none of the time) to 4 (most of the time). Scores are summed to obtain a total score reflecting symptom severity, with cutoffs for PTSD screening according to the manual's recommendations. Interpretation takes into account the DSM-5 diagnostic criteria to identify the likelihood of posttraumatic stress disorder.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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 Laura V. - Online Psychologist