

## The Abbreviated PCL-C

### The Post-Traumatic Checklist – 6-item Civilian Version

These questions are about problems and complaints that people sometimes have in response to stressful life experiences. Please indicate (by circling) how much you have been bothered by each problem **in the past month**.

For these questions, the response options are:

**1**                      **2**                      **3**                      **4**                      **5**  
“not at all”      “a little bit”      “moderately”      “quite a bit”      “extremely”

1. Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?	1	2	3	4	5
2. Feeling very upset when something reminded you of a stressful experience from the past?	1	2	3	4	5
3. Avoided activities or situations because they reminded you of a stressful experience from the past?	1	2	3	4	5
4. Feeling irritable or having angry outbursts?	1	2	3	4	5
5. Difficulty concentrating?	1	2	3	4	5
6. Feeling jumpy or easily startled?	1	2	3	4	5

Notes:

A score of 14 or more is suggestive of difficulties with post-traumatic stress and further assessment and possibly referral for treatment is indicated.

The Abbreviated PCL-C: Lang, A.J., Stein, M.B. (2005) An abbreviated PTSD checklist for use as a screening instrument in primary care. *Behaviour Research and Therapy*, 43, 585-594.

Based on the full PCL by: Weathers, F., Litz, B., Herman, D., Huska, J., & Keane, T. (October 1993). The PTSD Checklist (PCL): Reliability, Validity, and Diagnostic Utility. Paper presented at the Annual Convention of the International Society for Traumatic Stress Studies, San Antonio, TX.