

Posttraumatic Stress Disorder Checklist

If you think you might have posttraumatic stress disorder (PTSD) symptoms, this checklist can help you talk about your concerns with your doctor.

Just print this page, answer the questions and take the finished checklist to an appointment with a doctor or other healthcare professional. Your answers can help your doctor determine if you have PTSD.

Identify the trauma in your past that is most disturbing to you now.

In the past week, have you experienced any of the following symptoms:

1. Have you been jumpy or easily startled?
 Yes No
2. Have you been physically upset by reminders of the event? (This includes sweating, trembling, racing heart, shortness of breath, nausea and diarrhea.)
 Yes No
3. Have you been unable to have sad or loving feelings, or have you generally felt numb?
 Yes No
4. Have you been irritable or had outbursts of anger?
 Yes No

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If you have identified a trauma in your past and if any of these questions make you think “this sounds like me” and are interfering with your daily life, discuss your answers with a doctor. Only a doctor or qualified healthcare professional can make a diagnosis of posttraumatic stress disorder (PTSD).

The information contained on this site is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. This checklist is intended only for the purpose of identifying symptoms of posttraumatic stress disorder and is not designed to provide a diagnosis or treatment. Only a doctor or other qualified healthcare professional can make a diagnosis of posttraumatic stress disorder or determine a treatment plan.

