

PTSD Checklist – Military Version (PCL – M)

Instruction to patient: Below is a list of problems and complaints that veterans sometimes have in response to stressful military experiences. Please read each one carefully, fill in the circle to indicate how much you have been bothered by that problem in the last month.

- 1 = Not at all
- 2 = A little bit
- 3 = Moderately
- 4 = Quite a bit
- 5 = Extremely

No.	Response:	1	2	3	4	5
1.	Repeated, disturbing memories, thoughts, or images of a stressful military experience?	○	○	○	○	○
2.	Repeated, disturbing dreams of a stressful military experience?	○	○	○	○	○
3.	Suddenly acting or feeling as if a stressful military experience were happening again (as if you were reliving it)?	○	○	○	○	○
4.	Feeling very upset when something reminded you of a stressful military experience?	○	○	○	○	○
5.	Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you of a stressful military experience?	○	○	○	○	○
6.	Avoid thinking about or talking about a stressful military experience or avoid having feelings related to it?	○	○	○	○	○
7.	Avoid activities or situations because they remind you of a stressful military experience?	○	○	○	○	○
8.	Trouble remembering important parts of a stressful military experience?	○	○	○	○	○
9.	Loss of interest in things that you used to enjoy?	○	○	○	○	○
10.	Feeling distant or cut off from other people?	○	○	○	○	○
11.	Feeling emotionally numb or being unable to have loving feelings for those close to you?	○	○	○	○	○
12.	Feeling as if your future will somehow be cut short?	○	○	○	○	○
13.	Trouble falling or staying asleep?	○	○	○	○	○
14.	Feeling irritable or having angry outbursts?	○	○	○	○	○
15.	Having difficulty concentrating?	○	○	○	○	○
16.	Being “super alert” or watchful on guard?	○	○	○	○	○
17.	Feeling jumpy or easily startled?	○	○	○	○	○

If score greater than 40, consider further evaluation.