

Name: _____

Date: _____

Posttraumatic Stress Disorder Checklist, Military (PCL-M)

Below is a list of problems and complaints that veterans sometimes have in response to stressful military experiences. Use the below scoring to indicate how much the patient has been bothered by that problem in the past month.

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

1.	Repeated, disturbing memories, thoughts, or images of a stressful military experience?	1	2	3	4	5
2.	Repeated, disturbing dreams of a stressful military experience?	1	2	3	4	5
3.	Suddenly acting or feeling as if a stressful military experience	1	2	3	4	5
4.	Feeling very upset when something reminded you of a stressful	1	2	3	4	5
5.	Having physical reactions (e.g.: heart pounding, trouble breathing,	1	2	3	4	5
6.	Avoiding thinking about or talking about a stressful military	1	2	3	4	5
7.	Avoiding activities or situation because they reminded you of a	1	2	3	4	5
8.	Trouble remembering important parts of a stressful military	1	2	3	4	5
9.	Loss of interest in activities that you used to enjoy?	1	2	3	4	5
10.	Feeling distant or cut off from other people?	1	2	3	4	5
11.	Feeling emotionally numb or being unable to have loving feelings	1	2	3	4	5
12.	Feeling as if your future will somehow be cut short?	1	2	3	4	5
13.	Trouble falling or staying asleep?	1	2	3	4	5
14.	Feeling irritable or having angry outbursts?	1	2	3	4	5
15.	Having difficulty concentrating?	1	2	3	4	5
16.	Being "super-alert" or watchful or on guard?	1	2	3	4	5
17.	Feeling jumpy or easily startled?	1	2	3	4	5
	Subtotals by column:					

Total Score: _____

Scoring: less than 22 – Mild PTSD 22 – 44 Moderate PTSD greater than 44 – Severe PTSD