

PCL-5



Adult Focused



Item Count: 20 items



Completion Time: 9 min



Self-Report

General Info

The PCL-5 assesses the presence and severity of PTSD symptoms. This is used when an individual has indicated they have previously experienced a traumatic experience.

The descriptive classifications are provided as a guideline. These results are not clinical diagnoses. Please see the provided resources for more information about the measure development.

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PTSD- Symptom Checklist for the DSM-5

Add each participant response across for the 6 subscales for a total score. High scores suggest more problems with emotion regulation. Participant responses are rated as:

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

Scores are calculated from summing scores from each item. A total score ranging from 31 to 80 typically indicates that an individual may benefit from trauma-specific treatments and may warrant further services.

Specific symptoms are provided in the following items:

Subscales	Items
Re-experiencing trauma	1-5
Symptom avoidance	6-7
Negative cognition and mood	8-14
Hyper-arousal to trauma symptoms	15-20

For More Information

- Blevins, C. A., Weathers, F. W., Davis, M. T., Witte, T. K., & Domino, J. L. (2015). The Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5): Development and initial psychometric evaluation. *Journal of Traumatic Stress*, 28, 489-498. doi:10.1002/jts.22059

<https://www.ptsd.va.gov/>

