

# PTSD CheckList – Military Version (PCL-M)

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

SSN: \_\_\_\_\_ Service: \_\_\_\_\_ Rank: \_\_\_\_\_

**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, put an "X" in the box to indicate how much you have been bothered by that problem in the last month.

No.	Problem or Complaint:	Frequency:				
		Not at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
1.	Repeated, disturbing <i>memories, thoughts, or images</i> of a stressful military experience?					
2.	Repeated, disturbing <i>dreams</i> of a stressful military experience?					
3.	Suddenly <i>acting or feeling</i> as if a stressful military experience were <i>happening again</i> (as if you were reliving it)?					
4.	Feeling very upset when something reminded you of a stressful military experience?					
5.	Having <i>physical reactions</i> (e.g., heart pounding, trouble breathing, or sweating) when <i>something</i> reminded you of a stressful military experience?					
6.	Avoid <i>thinking about</i> or <i>talking about</i> a stressful military experience or avoid <i>having feelings</i> related to it?					
7.	Avoid <i>activities</i> or <i>talking about</i> a stressful military experience or avoid <i>having feelings</i> related to it?					
8.	Trouble <i>remembering important parts</i> of a stressful military experience?					
9.	Loss of <i>interest</i> in things that you used to enjoy?					
10.	Feeling <i>distant</i> or <i>cut off</i> from other people?					
11.	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?					
12.	Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?					
13.	Trouble <i>falling or staying</i> asleep?					
14.	Feeling <i>irritable</i> or having <i>angry outbursts</i> ?					
15.	Having <i>difficulty</i> concentrating?					
16.	Being " <i>super alert</i> " or watchful on guard?					
17.	Feeling <i>jumpy</i> or easily startled?					

PCL-M for DSM-IV (11/1/94)

Weathers, F.W., Huska, J.A., Keane, T.M. PCL-M for DSM-IV. Boston; National Center for PTSD – Behavioral Science Division, 1991.

This is a Government document in the public domain.

## TBI CHECKLIST

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Last 4# SSN: \_\_\_\_\_ Service: \_\_\_\_\_ Rank: \_\_\_\_\_

*Instructions to patient:* Below is a list of problems and complaints that veterans sometimes have in response to brain injuries.

If you **never** suffered any traumatic brain injury, Sign here: \_\_\_\_\_

Please rate the following symptoms with regard to how much they have disturbed you since your injury.

- 0 = None- Rarely if ever present; not a problem at all.
- 1 = Mild- Occasionally present, but it does not disrupt activities; I can usually continue what I'm doing; doesn't really concern me.
- 2 = Moderate- Often present, occasionally disrupts my activities; I can usually continue what I'm doing with some effort; I feel somewhat concerned.
- 3 = Severe- Frequently present and disrupts activities; I can only do things that are fairly simple or take little effort; I feel like I need help.
- 4 = Very Severe- Almost always present and I have been unable to perform at work, school or home due to this problem; I probably cannot function without help.

No.	Problem or Complaint	Frequency:				
		0 None	1 Mild	2 Moderate	3 Severe	4 Very Severe
1.	Feeling Dizzy:					
2.	Loss of balance:					
3.	Poor coordination, clumsy:					
4.	Headaches:					
5.	Nausea:					
6.	Vision problems, blurring, trouble seeing:					
7.	Sensitivity to light:					
8.	Hearing difficulty:					
9.	Sensitivity to noise:					
10.	Numbness to tingling on parts of body:					
11.	Change in taste and/or smell:					
12.	Loss or increase of appetite:					
13.	Poor concentration or easily distracted:					
14.	Forgetfulness, can't remember things:					
15.	Difficulty making decisions:					
16.	Slowed thinking, can't finish things:					
17.	Fatigue, loss of energy, easily tired:					
18.	Difficulty falling or staying asleep:					
19.	Feeling anxious or tense:					
20.	Feeling depressed or sad:					
21.	Irritability, easily annoyed:					
22.	Poor frustration tolerance, overwhelmed:					