

Date: ____/____/____

**PTSD SYMPTOM SCALE
SELF-REPORT (PSS-SR)**

Instructions: Below is a list of problems that people sometimes have after experiencing a traumatic event. Please read each one carefully and write in the number that best describes how often that problem has bothered you IN THE LAST WEEK. Rate each problem with respect to the trauma that brought you into treatment.

0	1	2	3
Not at all or only one time	Once a week or less/once in a while	2 to 4 times per week/half the time	5 or more times per week/almost always

- ___ 1. Having upsetting thoughts or images about the trauma that came into your head when you didn't want them to.
- ___ 2. Having bad dreams or nightmares about the trauma.
- ___ 3. Reliving the trauma, acting or feeling as if it was happening again.
- ___ 4. Feeling very emotionally upset when you were reminded of the trauma (for example, feeling scared, angry, sad, guilty, etc.).
- ___ 5. Experiencing physical reactions when you were reminded of the trauma (for example, breaking out in a sweat, heart beating fast).
- ___ 6. Trying not to think about, talk about, or having feelings about the trauma.
- ___ 7. Trying to avoid activities, people, or places that remind you of the trauma.
- ___ 8. Not being able to remember an important part of the trauma.
- ___ 9. Having much less interest or participating much less often in important activities.
- ___ 10. Feeling distant or cut off from people around you.
- ___ 11. Feeling emotionally numb (for example, being unable to cry or unable to have loving feelings).
- ___ 12. Feeling as if future plans or hopes will not come true (for example, will have no career, marriage, children, or long life).

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(continued)

0	1	2	3
Not at all or only one time	Once a week or less/once in a while	2 to 4 times per week/half the time	5 or more times per week/almost always

- ___ 13. Having trouble falling asleep or staying asleep.
- ___ 14. Feeling irritable or having fits of anger.
- ___ 15. Having trouble concentrating (for example, drifting in and out of conversations, losing track of a story on television, forgetting what you read).
- ___ 16. Being overalert (for example, checking to see who is around you, being uncomfortable with your back to a door, etc.).
- ___ 17. Being jumpy or easily startled (for example, when someone walks up behind you).