

PCL-Child Self-report

Patient Name: _____ Date: _____

The most upsetting event experienced was _____ on _____.
(EVENT) (DATE)

Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, then circle one of the numbers to the right to indicate how much you have been **bothered** by that problem **in the past month**.

		<u>Not at all</u>	<u>A little bit</u>	<u>Moderately</u>	<u>Quite a bit</u>	<u>Extremely</u>
1	Repeated disturbing <i>memories, thoughts, or images</i> of a stressful experience from the past?	1	2	3	4	5
2	Repeated, disturbing <i>dreams</i> of the stressful experience?	1	2	3	4	5
3	Suddenly <i>acting or feeling</i> as if the stressful experience <i>were happening again</i> (as if you were reliving it)?	1	2	3	4	5
4	Feeling <i>very upset</i> when <i>something reminded</i> you of the stressful experience?	1	2	3	4	5
5	Having <i>physical reactions</i> (e.g., heart pounding, trouble breathing, or sweating) when <i>something reminded</i> you of the stressful experience?	1	2	3	4	5
6	Avoiding <i>thinking about or talking about</i> the stressful experience or avoiding <i>having feelings</i> related to it?	1	2	3	4	5
7	Avoiding <i>activities or situations</i> because they remind you of the stressful experience?	1	2	3	4	5
8	Trouble <i>remembering important parts</i> of the stressful experience?	1	2	3	4	5
9	Loss of <i>interest in things</i> that you <i>used to enjoy</i> ?	1	2	3	4	5
10	Feeling <i>distant or cut off</i> from other people?	1	2	3	4	5
11	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?	1	2	3	4	5
12	Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?	1	2	3	4	5
13	Trouble <i>falling or staying asleep</i> ?	1	2	3	4	5
14	Feeling <i>irritable</i> or having <i>angry outbursts</i> ?	1	2	3	4	5
15	Having <i>difficulty concentrating</i> ?	1	2	3	4	5
16	Being " <i>super alert</i> " or watchful or <i>on guard</i> ?	1	2	3	4	5
17	Feeling <i>jumpy or easily startled</i> ?	1	2	3	4	5