



PTSD Exam Worksheet

Tick the appropriate option(s).

1. Exposure to trauma involved:
 - ☐ actual or threatened death
 - ☐ serious injury
 - ☐ sexual violence
2. How the trauma was experienced
 - ☐ Happened to me directly
 - ☐ Witnessed the event
 - ☐ Learned it from someone else
 - ☐ Repeatedly exposure to the distressing details of an event
 - ☐ Other
3. Select one or more intrusion symptom(s) (memories & intrusive thoughts related to events)
 - ☐ Recurrent, unwanted, and persistently distressing memories of the incident
 - ☐ Having recurring, disturbing dreams involving the incident.
 - ☐ Dissociation (having flashbacks, feeling as though the experience is happening again).
 - ☐ Strong and ongoing distress in response to cues related to the event that are either internal or external to the body.
 - ☐ strong physical responses to the event, such as a spike in heart rate when reminded or discussing the event.
4. Select one or more Avoidance symptom(s) that recall the event
 - ☐ People
 - ☐ Places
 - ☐ Conversations
 - ☐ Activities
 - ☐ Objects
 - ☐ situations
 - ☐ thoughts, feelings, or physical sensations that recall the event
5. Select one or more symptom(s) that you experience related to negative changes in thoughts and mood.
 - ☐ forgetting a crucial detail about the incident
 - ☐ elevated and persistent negative opinions about oneself, others, or the world (for example, "I am bad," or "The world is a bad place")
 - ☐ elevated blaming oneself or others for the event
 - ☐ loss of enthusiasm for once-enjoyable activities
 - ☐ feeling detached from other people
 - ☐ being unable to feel pleasant emotions (for example, happiness, love, joy)

6. Select one or more symptom(s) that you experience related to changes in arousal and reactivity.

- ☐ having difficulty in concentration
- ☐ increased startle reaction
- ☐ Self-destructive or impulsive behaviour
- ☐ Aggressive or irritable behaviour
- ☐ difficulty sleeping

7. How long ago did it happen?

8. Having any medical condition

- ☐ Yes
- ☐ No

9. Are you using any substance

- ☐ Yes
- ☐ No

References

Learn the symptoms, causes, and treatment of PTSD. (2013, January 7). Verywell Mind.
<https://www.verywellmind.com/ptsd-in-the-dsm-5-2797324>

[Miao, XR., Chen, QB., Wei, K. et al. Posttraumatic stress disorder: from diagnosis to prevention. *Military Med Res* 5. 32 \(2018\).](#)

[Iribarren, J., Prolo, P., Neagos, N., & Chiappelli, F. \(2005\). Post-traumatic stress disorder: evidence-based research for the third millennium. *Evidence-based complementary and alternative medicine : eCAM*. 2\(4\), 503–512.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.