



Post-traumatic Integration
Low-level Psychosocial Support
and Intervention for Refugees

Life events checklist for DSM-5

Almost everyone has or will experience at least one traumatic event in their lifetime.

Module	Submodules	Group size	Duration
• Awareness	• Traumatic Event	• Individual	• 15 min

Keywords

traumatic events, lifetime

Aims

To raise awareness on personally experienced traumatic event(s).

Participants

Number is not limited. It is usually taken individually.

Description

The Life Events Checklist for DSM-5 (LEC-5) is a self-report measure designed to screen for potentially traumatic events in a respondent's lifetime. The LEC-5 assesses exposure to 16 events known to potentially result in PTSD or distress and includes one additional item assessing any other extraordinarily stressful event not captured in the first 16 items. There is no formal scoring protocol or interpretation per se, other than identifying whether a person has experienced one or more of the events listed. Respondents indicate varying levels of exposure to each type of potentially traumatic event included on a 6-point nominal scale, and respondents may endorse multiple levels of exposure to the same trauma type. The levels are: Happened to me; Witnessed it; Learned about it; Part of my job; Not sure; Doesn't apply.

Material

Paper-pencil test.

Method

It could be taken as assessment or as self-assessment tool.

Advice for Facilitators

None.

Source (APA)

Weathers, F.W., Blake, D.D., Schnurr, P.P., Kaloupek, D.G., Marx, B.P., & Keane, T.M. (2013). The Life

Events Checklist for DSM-5 (LEC-5). Instrument available from the National Center for PTSD at www.ptsd.va.gov.

Handouts

You may download the handout [from here](#).

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