



PTSD (Post-Traumatic Stress Disorder) test

This is a short orientation quiz structured by PsyCom free tests, Arnold Lieber, MD. It consists of five questions on the intensity of some posttraumatic symptoms. The test can get an assessment on the likelihood that someone is showing signs of posttraumatic stress disorder. It indicates how much someone has been bothered by some posttraumatic problem in the past month.

Module

- Awareness

Submodules

- Symptoms

Group size

- Individual

Duration

- 5 min

Keywords

psychotrauma, PTSD, symptoms

Aims

To assess symptoms and signs of possible PTSD.

Participants

Number is not limited. It is usually taken individually.

Description

This interactive PTSD quiz is based upon the DSM-5 criteria for PTSD and has been structured in a manner to allow for a short and simple self-assessment. Test could be taken for someone else (husband, wife, boyfriend, girlfriend, parent or child).

Material

Online or paper test.

Method

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

Advice for Facilitators

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Source (APA)

Lieber, A. PsyCom free tests; <https://www.psycom.net/ptsd-test>

Handouts

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

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