

# PTSD (Post-Traumatic Stress Disorder) test

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

Module	Submodules	Group size	Duration
<ul> <li>Awareness</li> </ul>	<ul> <li>Symptoms</li> </ul>	• Individual	• 5 min

## **Keywords**

psychotrauma, PTSD, symptoms

#### **Aims**

To asses symptoms and signs of possible PTSD.

# **Participants**

Number is not limited. It is usually taken individualy.

## **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 assesment or as selfassesment 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.

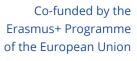
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