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Handouts: PTSD (Posttraumatic stress disorder) test

PsyCom free test for PTSD

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

Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?

- Never
- Rarely
- Sometimes
- Often
- Very Often

Feeling very upset when something reminded you of a stressful experience from the past?

- Never
- Rarely
- Sometimes
- Often
- Very Often

Avoid activities or situations because they remind you of a stressful experience from the past?

- Never
- Rarely
- Sometimes
- Often
- Very Often

Feeling distant or cut off from other people?

- Never
- Rarely



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- Sometimes
- Often
- Very Often

Feeling irritable or having angry outbursts?

- Never
- Rarely
- Sometimes
- Often
- Very Often

Having difficulty concentrating?

- Never
- Rarely
- Sometimes
- Often
- Very Often