



PTSD Screening Tool

Patient Name: _____ **Physician Signature:** _____ **Date:** _____

Instructions to physicians: Below is a list of problems and complaints veterans sometimes have in response to stressful life experiences. Please read each one carefully. Put an "X" in the box to indicate how much your patient has been bothered by that problem in the last month.

No.	Response	Not at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
1.	Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?					
2.	Repeated, disturbing dreams of a stressful experience from the past?					
3.	Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?					
4.	Feeling very upset when something reminded you of a stressful experience from the past?					
5.	Having physical reactions (e.g., heart pounding, trouble breathing or sweating) when something reminded you of a stressful experience from the past?					
6.	Avoid thinking about or talking about a stressful experience from the past or avoid feelings related to it?					
7.	Avoid activities or situations because they remind you of a stressful experience from the past?					
8.	Trouble remembering important parts of a stressful experience from the past?					
9.	Loss of interest in things that you used to enjoy?					
10.	Feeling distant or cut off from other people?					
11.	Feeling emotionally numb or being unable to have loving feelings for those close to you?					
12.	Feeling as if your future will somehow be cut short?					
13.	Trouble falling or staying asleep?					
14.	Feeling irritable or having angry outbursts?					
15.	Having difficulty concentrating?					
16.	Being "super alert" or watchful on guard?					
17.	Feeling jumpy or easily startled?					

PCL-M for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division. Screening questions provided by the Department of Veterans Affairs.

Refer patients with scores in excess of 21 to a mental health professional for further evaluation and treatment.

Total:

Resources for Referral

FOR COMBAT VETERANS AND FAMILY MEMBERS:

Indiana Vet Centers

(Free, confidential, unlimited services)

Open Monday through Friday, 8 a.m. to 4:30 p.m., Saturday by appointment
 Indianapolis (317) 988-1600 • Evansville (812) 473-5993,
 Merrillville (219) 736-5633 • Fort Wayne (260) 460-1456

State Director of Psychological Health

Sydney Davidson, LCSW, Indiana National Guard (317) 383-1235

Give an Hour Foundation – www.giveanhour.org

FOR NONCOMBAT VETERANS:

Roudebush VA Medical Center

(Referrals requiring medications/antidepressants)

1481 W. 10th Street, Indianapolis, IN
 Dr. David Tarr, Ph.D., Clinical Psychologist,
 Director of PTSD Program
 (317) 988-4328

Military One Source

(Noncombat veterans and family members requiring counsel)

1(800) 342-9647

For further PTSD information/links, visit www.ismanet.org/news/PTSD.htm

Comments: