

Do I have PTSD?

If you are wondering if you may have PTSD, you can take the following screening questionnaire, developed by Breslau and colleagues (Breslau, 1999).

If you answer yes to four or more questions, it indicates a high likelihood of having PTSD, and you should speak with a health care professional. As the questionnaire is for screening purposes only, it is not a substitute for diagnosis, or seeing a health professional. If you have any concerns at all, speak with a healthcare professional as soon as possible.

If you have been through traumatic events (such as violence, crime, combat or abuse).

As a result of that event, do you avoid being reminded of this experience by staying away from certain places, people or activities?

Yes / No

Did you lose interest in activities that were once important or enjoyable?

Yes / No

Did you begin to feel more isolated or distant from other people?

Yes / No

Did you find it hard to have love or affection for other people?

Yes / No

Did you begin to feel that there was no point in planning for the future?

Yes / No

After this experience were you having more trouble than usual falling asleep or staying asleep?

Yes / No

Did you become jumpy or get easily startled by ordinary noises or movements?

Yes / No