The Primary Care PTSD Screen

(PC-PTSD; Prins, Ouimette, Kimerling, et al., 2003)

The authors have approved this screen for public use in clinical settings.

In your life, have you ever had any experience that was so frightening, horrible, or upsetting, that in the past month you:

1. Have had nightmares about it or thought about it when you didn’t want to?

YES NO

1. Tried hard not to think about it or went out of your way to avoid situations that remind you of it?

YES NO

1. Were constantly on guard, watchful, or easily startled?

YES NO

1. Felt numb or detached from others, activities, or your surroundings?

YES NO

*Current research suggests that the results of the PC-PTSD should be considered positive if a patient answers yes to any three of the items.*