



## Post-Traumatic Stress Screening Tool (PC-PTSD)

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

	NO	YES
1. Have had nightmares about it or thought about it when you did not want to?		
2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?		
3. Were constantly on guard, watchful, or easily startled?		
4. Felt numb or detached from others, activities, or your surroundings?		

### Scoring

Current research suggests that the results of the PC-PTSD should be considered “positive” if you have answered “yes” to any three items.

**If you are concerned about your score for the PTSD Screening tool, call your Best Care EAP today to speak confidentially with a professional counselor at 402.354.8000 or 800.801.4182.**

### Source

Prins, A., Ouimette, P., Kimerling, R., Cameron, R. P., Hugelshofer, D.S., Shaw-Hegwer, J., . . . Sheikh, J. I. (2004). The primary care PTSD screen (PC-PTSD): Corrigendum. *Primary Care Psychiatry*, 9, 151. PC-PTSSD is in the Public Domain and available at [www.ptsd.va.gov](http://www.ptsd.va.gov).

Please note: This screening tool is only for adults. It is not a diagnostic instrument and is only to be used by you if you are 18 years or older. You are encouraged to share your results with your Best Care EAP counselor or with a physician or health care provider. Methodist Health System dba Best Care EAP, disclaims any liability, loss or risk incurred as a consequence, directly or indirectly, from the use and application of this screen.