

## Screening for PTSD in a Primary Care Setting

The table below shows the Primary Care PTSD Screen (PC-PTSD) that has been designed for use in primary care and other medical settings. The PC-PTSD is brief and problem-focused.

A positive response to the screen does not necessarily indicate that a patient has Posttraumatic Stress Disorder. However, a positive response does indicate that a patient *may* have PTSD or trauma-related problems and further investigation of trauma symptoms by a mental-health professional may be warranted.

### Primary Care PTSD Screen

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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 did not want to?

YES NO

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

YES NO

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

YES NO

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

YES NO

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