

POSTTRAUMATIC STRESS DISORDER CHECK LIST

TBIPCLC = Posttraumatic Stress Disorder Check List

1. CDE Variable	Post Traumatic Stress Disorder Checklist – Civilian Version (PCL-C)
2. CDE Definition	PCL-C: checklist aimed to provide indication of likely PTSD status.
3. Recommended instrument for assessment	Post Traumatic Stress Disorder Checklist – Civilian Version (PCL-C)
4. Description of measure	<p>The PCL-C checklist consists of 17 questions which should be completed by the person with TBI. Each question should be answered on a 5-point rating scale (see under permissible values).</p> <p><u>Items of PCL-C:</u></p> <ol style="list-style-type: none"> 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 from the past 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 (i.e. heart pounding, trouble breathing, sweating) when something reminded you of a stressful experience from the past 6. Avoiding thinking about or talking about a stressful experience from the past or avoiding having feeling related to it 7. Avoiding activities or situations because they reminded 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 activities 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 to 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 or on guard 17. Feeling jumpy or easily startled

5. Permissible values	<ul style="list-style-type: none"> • 1 = not at all • 2 = a little bit • 3 = moderately • 4 = quite a bit • 5 = extremely • 9 = unknown/not sure
6. Classification: Basic/Intermediate/Advanced	Identical.
7. Procedure	The PCL-C should be completed by the person with TBI. Subjects are requested to indicate on the 5-point rating scale how much they have been bothered by each of the 17 items of the checklist.
8. Comments/Special instructions: Assessing symptoms of possible PTSD is considered appropriate in all patients after TBI. Assessment at fixed time points is in general considered preferable over assessments as variable time points. However, it may be appropriate to assess PTSD symptoms on discharge from the acute care hospital and on entry to rehab. The first assessment is recommended at a minimum of 1 week post-injury or post return of consciousness. There is no objection against repeated administration of PTSD measures.	
9. Rationale/justification: Routine evaluation of symptoms suggestive of posttraumatic stress disorder (PTSD) is recommended in all patients with TBI. Whilst a general belief exists that PTSD is not a particular problem in TBI patients because of the initial amnesia, recent evidence indicates that this belief may be erroneous. The incidence of PTSD symptoms in patients with mild TBI is reportedly high; very little or no information exists on PTSD symptoms in patients with more severe or moderate injuries. In order to fill this gap in our knowledge, we recommend collecting information on PTSD in all patients following TBI. The PCL is a widely accepted screening instrument for PTSD symptoms. Various versions exist: the PCL-C is a broad tool capturing symptoms in relation to stressful events in general. The PCL-S focuses more on one event and the PCL-M on military populations. For general use across TBI populations, we advise the PCL-C. It should be recognized that the PCL-C is in principle a screening tool, providing some indication of likely PTSD status, but is insufficient to establish a diagnosis of PTSD itself.	
10. References: PCL-C for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane National Center for PTSD - Behavioral Science Division.	

Recommended time for assessment: <ul style="list-style-type: none"> • At a minimum of at least one week post injury or return of consciousness • On discharge acute care facility • At follow up at fixed time points according to protocol (one month and three months post injury recommended) For Intermediate and Advanced Versions: <ul style="list-style-type: none"> • Assessing PTSD symptoms on entry to rehab is further recommended.
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