

# Post-Traumatic Stress Disorder (PTSD) Assessment Report

## **Demographic Information**

### Report summary

NameNathan K. WhitePTSD impactModerateAge44Test score36GenderMale

May 25, 2024

## Assessment Findings

Assessment date

Question							Response				
0-	- Any reminder brought back feelings about the event/s	0	Not at all	$\otimes$	A little bit	0	Moderately	0	Quite a bit	0	Extremely
0-	- I had trouble staying asleep	0	Not at all	$\circ$	A little bit	$\otimes$	Moderately	0	Quite a bit	0	Extremely
	Other things kept making me						Moderately				
	think about it						•				•
0-	- I felt irritable and angry	$\circ$	Not at all	$\circ$	A little bit	$\otimes$	Moderately	0	Quite a bit	0	Extremely
0-	- I avoided letting myself get						Moderately				
	upset when I thought about it or						\$300 miles				<del>.</del>
	was reminded of it										
0-	I thought about the event when	$\circ$	Not at all	$\circ$	A little bit	$\circ$	Moderately	$\circ$	Quite a bit	$\otimes$	Extremely
	I didn't mean to										
0-	- I felt as if the event hadn't	$\otimes$	Not at all	$\circ$	A little bit	$\circ$	Moderately	$\circ$	Quite a bit	$\circ$	Extremely
	happened or it wasn't real										
0-	- I have stayed away from	0	Not at all	$\otimes$	A little bit	$\circ$	Moderately	$\circ$	Quite a bit	0	Extremely
	reminders about the situation					·		P 33_54P			
0-	- Images and pictures of the event	0	Not at all	$\circ$	A little bit	$\otimes$	Moderately	$\circ$	Quite a bit	0	Extremely
	pop into my mind			_		_		_			
0-	- I have been jumpy and easily	$\otimes$	Not at all	$\circ$	A little bit	$\circ$	Moderately	$\circ$	Quite a bit	$\circ$	Extremely
	startled	$\sim$		$\sim$		~		_			
0		$\bigcirc$	Not at all	$\bigcirc$	A little bit	$\otimes$	Moderately	$\circ$	Quite a bit	$\circ$	Extremely
	the situation	$\bigcirc$	NT 4 11		A 1'1 1 '.	$\bigcirc$	3 ( 1 . 1	$\alpha$	O '' 1 ''		T 1
0-	- I am aware I have a lot of	$\cup$	Not at all	$\cup$	A little bit	$\cup$	Moderately	$\otimes$	Quite a bit	$\circ$	Extremely
	feelings about what happened										
_	but I haven't dealt with them	$\bigcirc$	NI -4 -4 -11	$\bigcirc$	A 1:441 - 1-:4	$\bigcirc$	N ( - d + - 1	$\bigcirc$	Onita a 1:4	C	E-4
0-	I feel quite 'numb' about the situation	$\cup$	Not at all	$\cup$	A mue on	O	Moderately	$\cup$	Quite a bit	•	Extremely
^	- I have found myself	Ø	Not at all	$\bigcirc$	A little hit	$\cap$	Moderately	$\bigcirc$	Ouita a bit	$\bigcirc$	Extremely
O-	acting/feeling like I am back at	•	Not at an	$\circ$	A little oft	0	Moderatery	0	Quite a on		Laucinciy
	the time of the event										
0-	- I have had trouble falling asleep	$\bigcirc$	Not at all	Ø	Δ little bit	$\bigcirc$	Moderately	$\bigcirc$	Onite a hit	$\bigcirc$	Extremely
	- I experience waves of strong						Moderately				•
0	feelings about the situation		1 vot at all	$\cup$	1 1 11ttle Olt	$\cup$	iviouciately	J	Quite a oit	$\circ$	LAucinciy
<u>۸</u>	- I have tried to remove the	Ø	Not at all	$\bigcirc$	A little hit	$\bigcirc$	Moderately	$\cap$	Onite a hit	$\bigcirc$	Extremely
0	situation from my memory		1 TO C ME MII		TITULO OIL		Tilouciuciy		Zario a ori		Little

<ul> <li>I have trouble concentrating on things I am supposed to do</li> </ul>	Ø Not at all	O A little bit	O Moderately	O Quite a bit	O Extremely
<ul> <li>Reminders of the event cause me to have physical reactions such as sweating, palpitations, panic attacks</li> </ul>	Ø Not at all	O A little bit	O Moderately	O Quite a bit	O Extremely
<ul> <li>I have dreams about the situation</li> </ul>	O Not at all	O A little bit	O Moderately	<b>Quite a bit</b>	O Extremely
<ul> <li>I feel on-guard and struggle to relax</li> </ul>	O Not at all	O A little bit	O Moderately	O Quite a bit	<b>Extremely</b>
<ul> <li>I try not to talk about the situation</li> </ul>	O Not at all	O A little bit	O Moderately	O Quite a bit	<b>Extremely</b>

### Recommendations

It is recommended that the patient be referred to a mental health professional for further assessment and appropriate treatment. Treatment options may include therapy, medication, and coping strategies to manage PTSD symptoms effectively.

## **Severity of Symptoms**

Not at all	8
A little bit	3
Moderately	4
Quite a bit	3
Extremely	4