PCL-5 Items in All Surveys

Below is a list of problems that people sometimes have in response to a very stressful experience. Keeping your worst event in mind, please read each problem carefully and then select one of the numbers to the right to indicate how much you have been bothered by that problem since the previous survey.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Since the previous survey, how much were you bothered by: | Not at all | A little bit | Moderately | Quite  a bit | Extremely |
| Repeated, disturbing, and unwanted memories of the stressful experience? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Feeling very upset when something reminded you of the stressful experience? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Avoiding memories, thoughts, or feelings related to the stressful experience? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Loss of interest in activities that you used to enjoy? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Feeling distant or cut off from other people? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Irritable behavior, angry outbursts, or acting aggressively? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Taking too many risks or doing things that could cause you harm? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Having difficulty concentrating? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |

Additional PCL-5 Items in the First Survey of the Day

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Since the previous survey, how much were you bothered by: | Not at all | A little bit | Moderately | Quite a bit | Extremely |
| Repeated, disturbing dreams of the stressful experience? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |
| Trouble falling or staying asleep? | ⭘ | ⭘ | ⭘ | ⭘ | ⭘ |