

Name _____

Date: _____

MODIFIED PTSD SYMPTOM SCALE

This scale measures the frequency and severity of symptoms in the **past two weeks**. Using the scale listed below, indicate the frequency of symptoms to the left of each item and indicate the severity by circling the applicable letter on the right.

FREQUENCY

- 0 Not at all
- 1 Once per week or less
- 2 2-4 times per week
- 3 5 or more times per week

SEVERITY

- A Not Distressing
- B A Little Distressing
- C Moderately Distressing
- D Significantly Distressing
- E Extremely Distressing

FREQ.

SEV.

3	Example: Have you had recurrent distressing thought?	D
	Have you had recurrent or intrusive distressing thoughts or recollections about the	
	Have you been having recurrent bad dreams or nightmares about the event?	
	Have you suddenly relived the event, had flashbacks or acted or felt as it were re-occurring	
	Have you been intensely EMOTIONALLY upset when reminded of the event? (Including anniversary reactions)	
	Have you been making efforts to avoid thoughts or feelings associated with the relative events?	
	Have you persistently made efforts to avoid activities, situations or places that remind you of the event?	
	Are there important aspects about the event that you still cannot recall?	
	Have you markedly lost interest in free time activities since the event?	
	Have you felt detached or cut off from others around you since the event?	
	Have you felt numb or that your ability to experience emotions is less? (e.g. lack of loving feelings, inability to cry)	
	Have you felt that any future plans or hopes have changed because of the event? (e.g. no career, marriage, children or long life)	
	Have you been having difficulty falling or staying asleep?	
	Have you been continuously irritable or had outbursts of anger?	
	Have you had persistent difficulty concentrating?	
	Are you overly alert since the event? (Checking your surroundings)	
	Are you jumpier or more easily startled?	
	Have you had intense physical reactions when reminded of the event? (e.g. Sweaty, heart palpitations)	