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# Self-Assessment: Do I have PTSD? Knowing When to Call a Doctor



Directions: Read each of the statements below. If you have been experiencing these symptoms for more than on month mark the box at the beginning of the statement. When you are done you can print this off and take it to your doctor or share with your supervisor so that they can help you access the support you need. You should call a doctor if you have been experiencing the symptoms for more than one month and you are experiencing at least:

* One intrusive memory symptom
* Three avoidance symptoms and
* Two hyper-arousal symptoms

**Intrusive Memory Symptoms**

Select ([ ] ) all that apply. In the last month have you experienced any of the following intrusive memories:

[ ] recurring, unwanted distressing memories of the traumatic event

[ ] reliving the event as if it were happening again

[ ] upsetting dreams about the event

[ ] severe emotional distress or physical reactions (heart racing, hands sweating) to something that reminds you of the event.

**Avoidance Symptoms**

Select ([ ] ) all that apply. In the last month have you experienced any of the following avoidance symptoms:

[ ] trying to avoid thinking about the event

[ ] avoiding places, objects, activities or people that remind you of the event

[ ] increased negative feelings about self or others

[ ] feeling emotionally numb or inability to experience positive or negative emotions

[ ] feeling hopeless about the future

[ ] losing interest in activities that were enjoyable in the past

[ ] feeling strong guilt, depression or worry

[ ] memory problems including not remembering important aspects of the traumatic event

[ ] difficulty maintaining close relationships

**Hyper-arousal Symptoms**

Select ([ ] ) all that apply. In the last month have you experienced any of the following hyper-arousal symptoms:

[ ] irritability, feeling tense or “on guard”

[ ] difficulty sleeping

[ ] angry outbursts or aggressive behaviours,

[ ] being on constant guard for danger,

[ ] feelings of overwhelming guilt or shame,

[ ] self-destructive behaviours,

[ ] trouble concentrating or sleeping

[ ] being easily startled or frightened