

PTSD Test: "Do I Have PTSD?"

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If you have been through a trauma, you might ask yourself, "Do I have PTSD?" This post-traumatic stress disorder (PTSD) test is designed to help indicate the presence of [posttraumatic stress disorder symptoms](#).

Post-Traumatic Stress Disorder Test Instructions

Consider each of the following PTSD test questions carefully. Answer *yes* or *no* to each question and review the scoring instructions at the end of the test.

Post-Traumatic Stress Disorder (PTSD) Test

Are you troubled by the following?

You have experienced or witnessed a life-threatening event that caused intense fear, helplessness, or horror.

Yes No

Do you re-experience the event in at least one of the following ways?

Repeated, distressing memories, or dreams

Yes No

Acting or feeling as if the event were happening again (flashbacks or a sense of reliving it)

Yes No

Intense physical and/or emotional distress when you are exposed to things that remind you of the event

Yes No

Do reminders of the event affect you in at least three of the following ways?

Avoiding thoughts, feelings, or conversations about it

Yes No

Avoiding activities and places or people who remind you of it

Yes No

Blanking on important parts of it

9 yes/24 possible

- 13 supposed to bring up to doctor + show results.
- Results "negative". Discuss regardless.

Notably Discuss:

1. "Acting or feeling as if the event were happening again (Flashbacks or a sense of reliving it)"
 - Mother's behavior in demanding I pay for certain items.
 - Rarely, but still infrequently occurs.
 - Items as, personal care effects /amenities.
 - Feel intense fear and stress. Akin to back when was common to not recieve such items. For 24 or less-ish afterwards, percieved "threat" of non-reception of items.
 - le not buying such items, demanding I buy items. (Obvis cannot purchase. Not expected too b/c circumstances.)
 - Feel this is getting better w/infrequency of "threats" from mother.
 - However still occurs.
 - Above applying to below #2 quote as well.

2. "Intense physical and/or emotional distress when you are exposed to things that remind you of the event"
 - School loc/premises, to extent.
 - School (referencing high school)
 - Would like to not associate physical location of school.
 - Negative realatively traumactic past-occurances.
 - Past assoc w/Mother + w/Father
 - le front of school.
 - Main drive through campus of school.
 - Cuts through campus in front "loop"/"drive".
 - Pass in front of school/thru school. On road, during natural course.
 - Scenic-ly.
 - B/c of one-way road structuring.
 - Many good memories with a parking lot. That is alongside stadium/typically reserved for faculty. On course of road.
 - Specifically pertaining to CC (cross country). Meets (sports events) starting/ending. W/bussing + transportation location.
 - Even w/good memories in consideration. Road/location is neg.
 - Positives overshadowed by negative memories/of events.
 - To extent whereas don't feel comfortable. On area of school premises. (Road/etc)
 - Considering intensity of negative events themselves. Plus effect on life.
 - "Effect" being w/tangibility manifesting at/near time occuring.

Yes No

Losing interest in significant activities of your life

Yes No

Feeling detached from other people

Yes No

Feeling your range of emotions is restricted

Yes No

Sensing that your future has shrunk (for example, you don't expect to have a career, marriage, children, or normal life span)

Yes No

Are you troubled by at least two of the following?

Problems sleeping

Yes No

Irritability or outbursts of anger

Yes No

Problems concentrating

Yes No

Feeling "on guard"

Yes No

An exaggerated startle response

Yes No

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Depression and substance abuse are among the conditions that occasionally complicate PTSD and other anxiety disorders.

Have you experienced changes in sleeping or eating habits?

Yes No

More days than not, do you feel...

Sad or depressed?

Yes No

Disinterested in life?

Yes No

Worthless or guilty?

Yes No

During the last year, has the use of alcohol or drugs...

Resulted in your failure to fulfill responsibilities with work, school, or family?

Yes No

Placed you in a dangerous situation, such as driving a car under the influence?

Yes No

Gotten you arrested?

Yes No

- House loc/premises, to extent.

- Certain Drs offices loc/premises, to extent.

- Event in possibly not receiving items
-- That am requesting from my mother.
-- le not having received, medicated OTC, mouthwash.

-- Running extremely low, or running out/not recieving for months.

--- Running low causes some stress relating to qty held in stock.

--- Pain from lack of treatment would also add some stress.

---- Note: pain occurs post-inconsistent treatment.

---- 1/day correct treatment

-- Describe equiv/kinship w/lacking access to medication.

--- Lesser intensity vs real script access issues. But, similar I'd say.

-- Associated stress w/"lacking ammenities". Has improved over the years.

--- Note: Response still present.

---- Same as in past when occurence was frequent.

---- Just lessered intensity.

--- Presence "bad?"/"unwanted?".

--- B/c still there, however unwarranted it is w/most cases, at current date.

--- So, at current date would like this, and other. Unwarrent as much

responses to be lessened even further.

--- Not large issue, but presence at all in any circumstance. Is not personally wished for moving forwards.

---- As of writing 10/07/19_6:50 am.

Continued despite causing problems for you or your loved ones?

Yes No

Scoring the Post-Traumatic Stress Disorder (PTSD) Test

Each **yes** on the above PTSD test indicates a greater likelihood of the presence of post-traumatic stress disorder. **If you have answered yes to 13 or more questions**, a clinical assessment for PTSD by a doctor or mental health professional is suggested. Print out this post-traumatic stress disorder test, along with your answers, and discuss them with a doctor. Keep in mind, there are effective [treatments for PTSD](#). Seeing a doctor is the first step in getting well.

If you answered yes to less than 13, but are concerned about post-traumatic stress disorder or any other mental illness, take this PTSD test along with your answers and discuss it with your doctor.

No one can [diagnose PTSD](#), or any other mental illness, except a licensed professional like your family doctor, a psychiatrist or a clinical psychologist.

[article references](#)

APA Reference

Tracy, N. (2012, January 12). PTSD Test: "Do I Have PTSD?", HealthyPlace. Retrieved on 2019, October 6 from <https://www.healthyplace.com/ptsd-and-stress-disorders/ptsd/ptsd-test-do-i-have-ptsd>

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Medically reviewed by [Harry Croft, MD](#)