

Instrument Title: The Screen for Posttraumatic Stress Symptoms (SPTSS)

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Cite instrument as: Carlson. (2012) . The Screen for Posttraumatic Stress Symptoms (SPTSS) . Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)



# SPTSS

**IN THE BLANK SPACE BEFORE EACH QUESTION, PUT A NUMBER TO TELL HOW MUCH THAT THING HAS HAPPENED TO YOU IN THE PAST TWO WEEKS.**

**0 = not at all**

**1 = 1 or 2 times**

**2 = almost every day**

**3 = about once every day**

**4 = more than once every day**

- \_\_\_ 1. I don't feel like doing things that I used to like doing.
- \_\_\_ 2. I can't remember much about bad things that have happened to me.
- \_\_\_ 3. I feel cut off and isolated from other people.
- \_\_\_ 4. I try not to think about things that remind me of something bad that happened to me.
- \_\_\_ 5. I feel numb: I don't feel emotions as strongly as I used to.
- \_\_\_ 6. I have trouble concentrating on things or paying attention to something for a long time.
- \_\_\_ 7. I have a hard time thinking about the future and believing that I'm going to live to old age.
- \_\_\_ 8. I feel very irritable and lose my temper.
- \_\_\_ 9. I avoid doing things or being in situations that might remind me of something terrible that happened to me in the past.
- \_\_\_ 10. I am very aware of my surroundings and nervous about what's going on around me.
- \_\_\_ 11. I find myself remembering bad things that happened to me over and over, even when I don't want to think about them.
- \_\_\_ 12. I get startled or surprised very easily and "jump" when I hear a sudden sound.
- \_\_\_ 13. I have bad dreams about terrible things that happened to me.
- \_\_\_ 14. I get very upset when something reminds me of something bad that happened to me.
- \_\_\_ 15. I have trouble getting to sleep or staying asleep.
- \_\_\_ 16. When something reminds me of something bad that happened to me, I feel shaky, sweaty, nervous and my heart beats really fast.
- \_\_\_ 17. I suddenly feel like I am back in the past, in a bad situation that I was once in, and it's like it was happening it all over again.