

DSM5 PTSD Symptom Progress Monitoring

Please answer the questions based on how it is going since your last appointment.

This progress monitoring tool will help you and the counselor know how you are doing. The counselor will discuss the results with you

Never	Once in a while	Half the time	Almost always
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1. Bad dreams related to a stressful event that feels like it is happening in the dream.	0	1	2	3
2. Acting or feeling as if the stressful event is happening right now.	0	1	2	3
3. Trying not to remember, talk about or have feelings about a stressful event.	0	1	2	3
4. Avoiding activities, people, places or things that remind you of a stressful event.	0	1	2	3
5. Being overly alert or on guard.	0	1	2	3
6. Being jumpy or easily startled.	0	1	2	3

Clinical = 5+