

CATS PTSD Caregiver Symptom Progress Monitoring- 3-18 Years

Please answer the questions based on how it is going for you child since the last appointment. This progress monitoring tool will help you and the counselor know how your child is doing. The counselor will discuss the results with you.

| | Never | Once in a while | Half the time | Almost always |
|---|-------|-----------------|---------------|---------------|
| 1. Bad dreams related to a stressful event. | 0 | 1 | 2 | 3 |
| 2. Acting, playing or feeling as if a 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 are reminders 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 = 4+