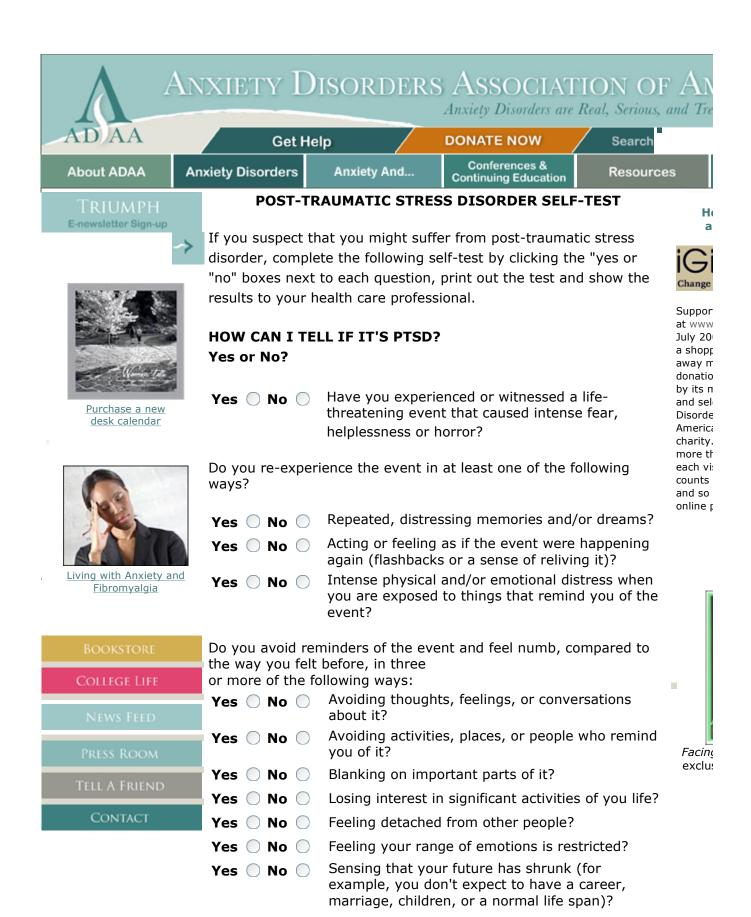
PTSD self test Page 1 of 2



Are you troubled by two or more of the following:

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Yes		No		Problems sleeping?
Yes		No		Irritability or outbursts of anger?
Yes		No	\bigcirc	Problems concentrating?
Yes	\bigcirc	No	\bigcirc	Feeling "on guard"?
Yes		No		An exaggerated startle response?
Having more than one illness at the same time can make it difficult to diagnosis and treat the different conditions. Illnesses that sometimes complicate an anxiety disorder include depression and substance abuse. With this in mind, please take a minute to answer the following questions:				
Yes		No		Have you experienced changes in sleeping or eating habits?
More days than not, do you feel:				
Yes		No	\bigcirc	Sad or depressed?
Yes		No		Disinterested in life?
Yes		No		Worthless or guilty?
During the last year, has the use of alcohol or drugs:				
Yes		No		Resulted in your failure to fulfill responsibilities with work, school, or family?
Yes		No	\bigcirc	Placed you in a dangerous situation, such as driving a car under the influence?
Yes		No		Gotten you arrested?
Yes		No	\bigcirc	Continued despite causing problems for you and/or your loved ones?

Reference:

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition. Washington, DC, American Psychiatric Association, 1994.

If you or someone you know would like more information on PTSD, please <u>click here</u> to go to the ADAA resource page on this topic.

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