

# The Difference Between "Stress" and "PTSD" ...



Adapted from ...  
Weathers, F.W., Huska, J.A., Keane, T.M. *PCL-C for DSM-IV*.  
Boston: National Center for PTSD – Behavioral Science Division, 1991.  
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## A Stress Inquiry Checklist

Name: \_\_\_\_\_

Instruction to a Person Curious About a Possible Current Stress Condition: Below is a list of problems and complaints that veterans and others have in response to a current stressful life experience(s). Please read each one carefully, put an "X" in the box to indicate how much you are bothered by that problem right now.

No.	Response:	Not at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
1.	Disturbing thoughts, or images of a stressful experience that just happened or is happening?					
2.	Disturbing dreams of a stressful experience that just happened or is happening?					
3.	Suddenly acting or feeling as if a stressful experience won't end or be over?					
4.	Feeling very upset when something else in your environment right now reminds you of a current stressful experience?					
5.	Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) about a stressful experience which just happened or is happening right now?					
6.	Do you want to or are you trying to avoid thinking about or talking about a stressful experience happening right now or do you want to or are you trying to avoid having feelings related to it?					
7.	Have you decided to avoid activities or situations right now because they are connected to a current stressful experience?					



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8.	Trouble <i>thinking about important parts</i> of a stressful experience that just happened or is happening right now?				
9.	Sudden loss of <i>interest right now</i> , in things that you ordinarily enjoy?				
10.	Feeling <i>distant</i> or <i>cut off</i> from other people right now?				
11.	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you right now?				
12.	Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?				
13.	Trouble <i>falling or staying asleep right now</i> ?				
14.	Feeling <i>irritable</i> or having <i>angry outbursts</i> right now?				
15.	Having <i>difficulty concentrating right now</i> ?				
16.	Being " <i>super alert</i> " or watchful <i>on guard</i> right now?				
17.	Feeling <i>jumpy</i> or easily <i>startled</i> right now?				



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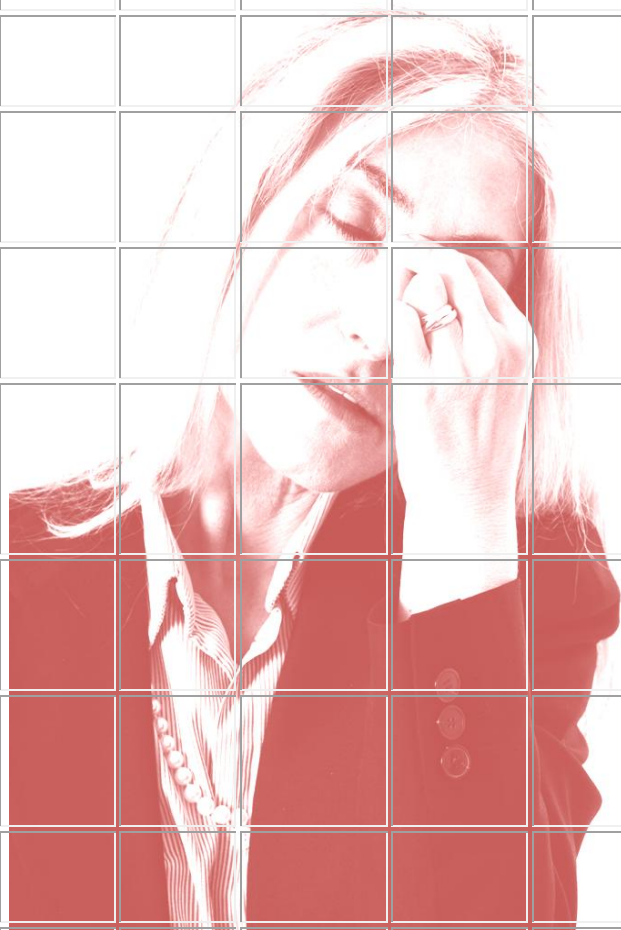
## A PTSD Inquiry Checklist

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Name: \_\_\_\_\_

Instruction to a Person Inquiring **About a Possible PTSD Condition**: Below is a list of problems and complaints that veterans and others sometimes have in response to repeated stressful life experiences. Please read each one carefully, put an "X" in the box to indicate how much you have been bothered by that problem in the last month or longer.

No.	Response:	Not at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely (5)
1.	Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?					
2.	Repeated, disturbing dreams of a stressful experience from the past?					
3.	Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?					
4.	Feeling very upset when something reminded you of a stressful experience from the past?					
5.	Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience from the past?					
6.	Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?					
7.	Avoid activities or situations because they remind you of a stressful experience from the past?					
8.	Trouble remembering important parts of a stressful experience from the past?					
9.	Loss of interest in things that you used to enjoy?					





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<b>10.</b>	Feeling <i>distant</i> or <b>cut off</b> from other people?				
<b>11.</b>	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?				
<b>12.</b>	Feeling as if your <i>future</i> will somehow be <b>cut short</b> ?				
<b>13.</b>	<b>Trouble</b> falling or staying asleep?				
<b>14.</b>	Feeling <b>irritable</b> or having <b>angry outbursts</b> ?				
<b>15.</b>	Having <b>difficulty concentrating</b> ?				
<b>16.</b>	Being <b>"super alert"</b> or watchful on guard?				
<b>17.</b>	Feeling <b>jumpy</b> or easily startled?				

