

The PTSD Self-Assessment Test

Using the scale below, rate how often each statement has applied to you over the past month following a traumatic or highly distressing experience.

Record your score for each question and keep a running total as you move through the assessment.

Scoring Scale

Score	Meaning
0	Not at all
1	A little bit
2	Moderately
3	Quite a bit
4	Extremely

Cluster A: Re-Experiencing (Intrusion) Symptoms

Trauma has a way of refusing to stay in the past. These questions explore whether it keeps breaking into your present.

No.	Statement	Score (0-4)
1	I have had unwanted, repeated memories of a distressing experience surface without warning.	
2	I have had disturbing dreams about the experience that left me unsettled upon waking.	
3	I have had moments where I felt or acted as though the traumatic experience was happening all over again.	
4	I have felt intensely distressed when a sound, smell, place, or date reminded me of what happened.	
5	I have had strong physical reactions like a racing heart, sweating, or panic when reminded of the experience.	

Cluster A Total (out of 20): _____

Cluster B: Avoidance Symptoms

The mind often tries to protect us by steering away from pain. These questions explore whether avoidance has quietly taken over.

No.	Statement	Score (0-4)
6	I have deliberately pushed away thoughts, feelings, or memories connected to the distressing experience.	
7	I have avoided people, places, or conversations that might bring back memories of what happened.	
8	I have stayed busy or distracted specifically to avoid thinking about the experience.	
9	I have struggled to talk about what happened, even with people I trust.	
10	I have felt a strong urge to leave or escape situations that feel even remotely similar to what I went through.	

Cluster B Total (out of 20): _____

Cluster C: Negative Changes in Mood and Thinking

Trauma can quietly reshape how you see yourself and the world around you. These questions explore that shift.

No.	Statement	Score (0-4)
11	I have had difficulty remembering important parts of the traumatic experience, as though the memory feels blocked.	
12	I have found myself holding strong negative thoughts like "I am broken," "No one can be trusted," or "The world is not safe."	
13	I have persistently blamed myself or others for what happened in ways I cannot reason my way out of.	
14	I have lost interest in things I used to enjoy, hobbies, relationships, or routines that once felt meaningful.	

15	I have felt emotionally numb, detached from people around me, or unable to experience positive feelings like joy or warmth.	
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Cluster C Total (out of 20): _____

Cluster D: Hyperarousal and Reactivity

When the nervous system has been through a severe event, it does not always receive the message that the danger has passed. These questions explore that.

No.	Statement	Score (0-4)
16	I have been more irritable than usual or had angry outbursts that felt out of proportion to what triggered them.	
17	I have felt constantly on guard or watchful, even in environments that should feel safe.	
18	I have engaged in reckless or self-destructive behavior such as taking risks with a sense of not caring what happens.	
19	I have felt jumpy or easily startled by sudden sounds, movements, or surprises.	
20	I have had difficulty concentrating or staying asleep, as I wake frequently or lie awake longer than I should.	

Cluster D Total (out of 20): _____

Your Total Score

Add up your scores for all 20 questions within each cluster to get four separate cluster totals, then add those four totals together for your overall score.

For example, add your answers to Questions 1 through 5 for your Cluster A total. Do the same for Cluster B (Questions 6 to 10), Cluster C (Questions 11 to 15), and Cluster D (Questions 16 to 20). Each cluster total will fall between 0 and 20.

Cluster	Score
Cluster A (Re-Experiencing)	_____ / 20

Cluster B (Avoidance)	_____ / 20
Cluster C (Negative Mood and Thinking)	_____ / 20
Cluster D (Hyperarousal)	_____ / 20
Total Score	_____ / 80

Keep both your overall score and your four cluster totals handy for your discussion with a mental health professional.

This self-assessment is for informational purposes only. The scores and results are not a diagnosis and do not replace an evaluation by a licensed mental health professional. If you are struggling, please reach out to a qualified clinician.