Center for Research on Emotion Stress and Technology
University of Vermont

Participant: ☐☐☐ Date: ☐☐/☐☐/☐☐ RA: ☐☐☐

Abbreviated PCL-5 (4-item)

Below is a list of problems that people sometimes have in response to a very stressful experience. Keeping your worst event in mind, please read each problem carefully and then circle one of the numbers to the right to indicate how much you have been bothered by that problem **in the past month**.

	In the past month, how much were you bothered by:	Not at all	A little bit	Moderately	Quite a bit	Extremely
B1.	Repeated, disturbing, and unwanted memories of the stressful experience?	0	1	2	3	4
C2.	Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	0	1	2	3	4
D2.	Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	0	1	2	3	4
E4.	Feeling jumpy or easily started?	0	1	2	3	4