

POST TRAUMATIC STRESS DISORDER (PTSD)

[Clinical Practice Guidelines for the Treatment of PTSD](#)
[Placing Clinical Practice Guidelines in Context](#)

American Psychological Association

- [Clinical practice guideline for the treatment of PTSD \(2017\)](#)
- [Post-traumatic stress disorder \(PTSD\) \(2005\)](#)
- [Post-traumatic stress disorder: management \(2018\)](#) <https://www.nice.org.uk/guidance/ng116>
- [Practice guideline for the treatment of patients with acute stress disorder and posttraumatic stress disorder \(2004 with 2009 Guideline Watch\)](#)

Veteran's Affairs/Department of Defense

- [Clinical practice guideline for management of post-traumatic stress \(2017\)](#)
- [Study on Texas Benefits of Integrated Care for PTSD](#)

Assessment Overview

Proper assessment of trauma exposure and PTSD is best accomplished with validated measures. Below you will find information and online courses about assessment tools and best practices.

We provide information on a variety of measures assessing trauma and PTSD. These measures are intended for use by qualified mental health professionals and researchers. The section is organized in the following way:

- Measures authored by National Center staff are available in PDF format to download on the specific measure pages or by request from the Center as noted.
- Measures developed outside of the National Center can be requested via contact information on the page for the specific measure.
- Also available is a comprehensive [list of all measures](#) offered.

Assessment Basics

- [Using PTSDpubs Database for Assessment Information](#) (formerly PILOTS)
Explains how to search the PTSDpubs database for instruments used in published materials or for articles specific to assessment tools.
- [FAQs about PTSD Assessment: For Professionals](#)
Provides professionals with answers to frequently asked questions about assessment.
- [PTSD and DSM-5](#)
Describes the *DSM-5* diagnostic criteria for PTSD.
- [PTSD Screening and Referral: For Health Care Providers](#)
Discusses the importance of screening for traumatic stress symptoms, with specific steps for screening and referral.
- [Assessing Risk of Violence in Individuals with PTSD](#)
Discusses risk assessment strategies and screening instruments for violent behavior with PTSD and includes tips for providers to reduce risk.
- [PTSD Assessment and Treatment in Older Adults](#)
Discusses assessment strategies and treatment interventions for older adults based upon patient age and the broader context of aging processes.

Veteran-Specific Information





- [Military Sexual Trauma: Issues in Caring for Veterans](#)
Discusses what military sexual trauma (MST) is, its rates, and its effects on survivors, both women and men. Assessment and treatment of MST are also discussed.

Continuing Education

- For free trainings and courses on assessment topics, please see the [Continuing Education](#) section. Most courses are offered with credits for both VA providers on TMS as well as other providers on TRAIN. More information about TRAIN and how to get credits is in the Continuing Education [How to Get Credit](#).

Other Assessment Sources

Other organizations offering information on measures and how to obtain them include:

- [American Psychological Association: PsycTESTS](#) 
- [Educational Testing Service: Test Link Database](#) 
- [International Society for Traumatic Stress Studies: Assessing Trauma](#) 
- [National Child Traumatic Stress Network: Measures Review Database](#) 

Fact Sheet PTSD

PC-PTSD is a four-item screen designed for use in primary care and other medical settings to screen for post-traumatic stress disorder. It is currently used by the VA.

PCL-C : The Abbreviated PCL-C is a [shortened version of the PTSD Checklist – Civilian version \(PCL-C\)](#). It was developed for use with in primary care or other similar general medical settings. Professional judgment should be used in generalizing it to other settings or if using the Military or Specific versions of the PCL. The initial development of the measure is presented in: Lang, A.J., Stein, M.B. (2005) An abbreviated PTSD checklist for use as a screening instrument in primary care. Behaviour Research and Therapy, 43, 585-594