

Am I Experiencing Post-Traumatic Stress Disorder (PTSD)?

PTSD should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Have you ever experienced something unusually or especially frightening, horrible, or traumatic, such as being in a road traffic accident, or being physically or sexually assaulted?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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If you answered yes, please answer the questions below about how you have felt *in the past month*.

Have you had nightmares about the event(s) or thought about the event(s) when you did not want to?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Have you tried hard not to think about the event(s) or gone out of your way to avoid situations that reminded you of the event(s)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Have you been constantly on guard, watchful, or easily startled?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Have you felt numb or detached from people, activities, or your surroundings?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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Have you felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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If you answered “yes” to the first question, and to three or more of the other questions, you may be experiencing post-traumatic stress disorder. You might find it helpful to speak to your general practitioner, or a mental health professional about how you’re feeling.