



## Charlotte AHEC Behavioral Health Integrated Care Curriculum Project

### PC-PTSD Screener

#### What is it?

Primary Care Post Traumatic Stress Disorder (PC-PTSD) for DSM-5 is a 5-item screener that was designed to identify individuals with probable PTSD in primary care settings.

#### Link(s) to Screener(s)

[Primary Care PTSD Screen for DSM-5 \(PC-PTSD-5\) – PTSD: National Center for PTSD \(va.gov\)](#)

#### How to use it / Who should administer

The PC-PTSD is designed to be administered by the patient via self-report. Those who screen positive require further assessment, preferably with a structured interview such as the [Clinician-Administered PTSD Scale for DSM-5 \(CAPS-5\)](#). If a clinical interview is not possible, it is recommended that additional assessment is conducted using a validated self-report measure such as the [PTSD Checklist for DSM-5 \(PCL-5\)](#).

#### How to interpret / Next steps

The measure begins with an item designed to assess whether the respondent has had any exposure to traumatic events. If a respondent denies exposure, the PC-PTSD-5 is complete with a score of 0. If a respondent indicates a trauma history – experiencing a traumatic event over the course of their life – the respondent is instructed to answer five additional yes/no questions about how that trauma has affected them over the past month. Preliminary results from validation studies suggest that a cut-point of 3 on the PC-PTSD-5 (e.g., respondent answers "yes" to any 3 of 5 questions about how the traumatic event(s) have affected them over the past month) is optimally sensitive to probable PTSD.

If you identify that someone has PTSD, this is a helpful clinical decision-making tool for treatment options. <https://static1.squarespace.com/static/5e14fd98ed4b31566cfea231/t/6140258c1756963564d31620/1631593868576/PTSD+Adult.pdf>