

Post-Traumatic Stress Disorder Diagnostic Worksheet Page 1 of 6

Clinical use: This worksheet is intended as a structured clinical aid for therapists and other qualified mental health professionals. It is not a substitute for a comprehensive diagnostic assessment. PTSD criteria below are based on the DSM-5-TR framework.

Client Information

Client: _____

Date: _____ Clinician: _____

1. Trauma Exposure

DSM-5-TR Criterion A requires exposure to actual or threatened death, serious injury, or sexual violence through qualifying direct, witnessed, learned-about, or repeated occupational exposure.

- ☐ Directly experienced a traumatic event.
- ☐ Witnessed a traumatic event happening to others.
- ☐ Learned that a traumatic event occurred to a close family member or close friend. For death, the event must have been violent or accidental.
- ☐ Experienced repeated or extreme exposure to aversive details of traumatic events as part of work.
- ☐ Exposure meets the nature and circumstances required by DSM-5-TR Criterion A.

Traumatic event(s) identified:

2. Intrusion Symptoms

Criterion B requires one or more intrusion symptoms beginning after the traumatic event.

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- ☐ Recurrent, involuntary, and intrusive distressing memories.
- ☐ Recurrent distressing dreams related to the trauma.
- ☐ Dissociative reactions, such as flashbacks, in which the person feels or acts as though the event is recurring.
- ☐ Intense or prolonged psychological distress when exposed to internal or external reminders.
- ☐ Marked physiological reactions to trauma-related reminders.

Frequency/severity:

3. Avoidance

Criterion C requires persistent avoidance of trauma-related stimuli, with one or both of the following:

- ☐ Avoidance of distressing memories, thoughts, or feelings associated with the trauma.
- ☐ Avoidance of external reminders, including people, places, conversations, activities, objects, or situations.

Examples of avoidance:

4. Negative Changes in Cognition and Mood

Criterion D requires two or more symptoms.

- ☐ Inability to remember an important aspect of the trauma.
- ☐ Persistent and exaggerated negative beliefs about oneself, others, or the world.
- ☐ Persistent, distorted beliefs about the cause or consequences of the trauma that lead to self-blame or blaming others.
- ☐ Persistent negative emotional state, such as fear, horror, anger, guilt, or shame.
- ☐ Markedly diminished interest or participation in significant activities.
- ☐ Feelings of detachment or estrangement from others.

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- ☐ Persistent inability to experience positive emotions.

Examples and clinical observations:

5. Changes in Arousal and Reactivity

Criterion E requires two or more symptoms.

- ☐ Irritable behavior, angry outbursts, or aggression.
- ☐ Reckless or self-destructive behavior.
- ☐ Hypervigilance.
- ☐ Exaggerated startle response.
- ☐ Problems with concentration.
- ☐ Sleep disturbance.

Examples and clinical observations:

6. Duration

Criterion F:

- ☐ The disturbance has lasted more than one month.
- ☐ Symptoms are persistent rather than limited to an acute stress reaction.

Date symptoms began: _____

7. Distress or Functional Impairment

Criterion G:

- ☐ Symptoms cause clinically significant distress.
- ☐ Symptoms interfere with social functioning.
- ☐ Symptoms interfere with occupational functioning.
- ☐ Symptoms interfere with other important areas of functioning.

Areas affected:

8. Exclusion Criteria

Criterion H:

- ☐ Symptoms are not attributable to the physiological effects of a substance or medication.
- ☐ Symptoms are not better explained by another medical condition.

Relevant substances, medications, or medical conditions:

9. Differential Diagnosis

Consider whether symptoms may be better explained by or significantly influenced by:

- ☐ Acute Stress Disorder
- ☐ Adjustment Disorder
- ☐ Depressive Disorder
- ☐ Anxiety Disorder
- ☐ Panic Disorder
- ☐ Obsessive-Compulsive Disorder
- ☐ Dissociative Disorder
- ☐ Substance-Related Disorder
- ☐ Traumatic Brain Injury
- ☐ Personality Disorder
- ☐ Complex PTSD (ICD-11)
- ☐ Other condition: _____

10. Risk Assessment

- ☐ Suicidal ideation assessed.
- ☐ Self-harm assessed.
- ☐ Homicidal/violent ideation assessed when clinically indicated.
- ☐ Current abuse, violence, exploitation, or coercive control assessed when clinically indicated.
- ☐ Current safety and environmental risk assessed.
- ☐ Safety plan developed or reviewed when indicated.

Diagnostic Summary

Criterion A — Trauma exposure:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion B — Intrusion:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion C — Avoidance:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion D — Negative cognition/mood:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion E — Arousal/reactivity:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion F — Duration >1 month:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion G — Distress/impairment:

☐ Met ☐ Not met ☐ Further assessment needed

Criterion H — Exclusion:

☐ Met ☐ Not met ☐ Further assessment needed

Diagnostic Impression

- ☐ PTSD
- ☐ PTSD, provisional
- ☐ Other trauma- and stressor-related disorder
- ☐ Another primary diagnosis
- ☐ Further assessment required

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Clinical rationale:

Recommended assessment measures or additional information:

Clinician signature: _____

Date: _____

Clinical Disclaimer

This worksheet is provided by the Mindful Ecotherapy Center for informational and educational purposes and as a clinical assessment aid. It is not intended to provide a diagnosis or to replace a comprehensive evaluation by a qualified mental health professional. Completion of this worksheet does not establish or confirm a diagnosis. Diagnostic criteria may vary depending on the diagnostic system being used. When in doubt, seek professional advice.