

# Trauma & PTSD Screening (PCL-5)

Neurodevelopmental Screening Report

52

/ 80

Score

65%



Percentage

## Severe PTSD — Please Seek Help

Result

Severe post-traumatic stress symptoms causing significant distress and impairment.

## Category Breakdown

Category	Distribution	Pts
Intrusion		14
Avoidance		12
Negative cognition		15
Hyperarousal		11

## Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	Repeated, disturbing, and unwanted memories of the stressful experience. <input type="text" value="B_reexperiencing"/>	Moderately	2
2	Repeated, disturbing dreams of the stressful experience. <input type="text" value="B_reexperiencing"/>	A little bit	1

#	Question	Your answer	Pts
3	Suddenly feeling or acting as if the stressful experience were happening again (flashbacks). <a href="#">B_reexperiencing</a>	A little bit	1
4	Feeling very upset when something reminds you of the stressful experience. <a href="#">B_reexperiencing</a>	Moderately	2
5	Having strong physical reactions when something reminds you of the stressful experience. <a href="#">B_reexperiencing</a>	A little bit	1
6	Avoiding memories, thoughts, or feelings related to the stressful experience. <a href="#">C_avoidance</a>	Moderately	2
7	Avoiding external reminders of the stressful experience (people, places, activities). <a href="#">C_avoidance</a>	Moderately	2
8	Trouble remembering important parts of the stressful experience. <a href="#">D_cognition</a>	Moderately	2
9	Having strong negative beliefs about yourself, other people, or the world. <a href="#">D_cognition</a>	A little bit	1
10	Blaming yourself or someone else for the stressful experience. <a href="#">D_cognition</a>	Moderately	2
11	Having strong negative feelings such as fear, horror, anger, guilt, or shame. <a href="#">D_cognition</a>	Moderately	2
12	Loss of interest in activities that you used to enjoy. <a href="#">D_cognition</a>	Moderately	2
13	Feeling distant or cut off from other people. <a href="#">D_cognition</a>	Moderately	2

#	Question	Your answer	Pts
1 4	Trouble experiencing positive feelings (happiness, love, joy). <input type="text" value="D_cognition"/>	Moderately	2
1 5	Irritable behavior, angry outbursts, or acting aggressively. <input type="text" value="E_arousal"/>	Moderately	2
1 6	Taking too many risks or doing things that could cause you harm. <input type="text" value="E_arousal"/>	Moderately	2
1 7	Being 'superalert', watchful or on guard (hypervigilant). <input type="text" value="E_arousal"/>	Moderately	2
1 8	Feeling jumpy or easily startled. <input type="text" value="E_arousal"/>	A little bit	1
1 9	Having difficulty concentrating. <input type="text" value="E_arousal"/>	Moderately	2
2 0	Trouble falling or staying asleep. <input type="text" value="E_arousal"/>	Moderately	2



**AI Interpretation by Claude (Anthropic)**

claude-sonnet-4-20250514

Thank you for taking the time to complete this important screening assessment. Your results indicate that you've been experiencing significant challenges that many people face after difficult life experiences, and you're certainly not alone in this journey. The feelings and responses you're experiencing are your mind and body's natural way of trying to process and protect you from overwhelming experiences, and recognizing these patterns is actually an important first step toward healing.

Your screening score of 52 out of 80 suggests that trauma-related experiences may be having a substantial impact on your daily life right now. This means you might be dealing with unwanted memories or thoughts that feel intrusive, finding yourself avoiding certain places or situations that remind you of difficult times, experiencing changes in how you think about yourself or the world around you, and perhaps feeling more on edge or reactive than usual. These responses, while distressing, are actually common reactions that many people experience when

their nervous system has been overwhelmed by challenging events.

There are meaningful steps you can take to begin supporting your healing process. Consider establishing gentle daily routines that help ground you in the present moment, such as mindful breathing exercises or short walks in nature, which can help calm an overactive stress response. Connecting with trusted friends, family members, or support groups can provide valuable emotional support and remind you that you don't have to navigate this alone. Additionally, exploring creative outlets like journaling, art, or music can offer healthy ways to process difficult emotions when words feel insufficient.

It's important to remember that this screening tool provides helpful insights but cannot replace professional evaluation and support. A qualified mental health professional who specializes in trauma can work with you to develop personalized strategies for healing and help you reclaim a sense of safety and peace in your life. Many people find tremendous relief and renewed hope through professional support, and with the right care, it's entirely possible to move through these challenges toward a more fulfilling and peaceful future.

## Recommendations

Please reach out to a mental health professional as soon as possible. PTSD is highly treatable.

### Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

**This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.**