

PTSD Symptom Checklist—DSM-5- Tigrigna Version (PCL-5T)

Yacob Tekie, Ph.D.

DSM-5 PTSD Symptom Checklist (PCL-5)

ሓበሬታ፦ አብታሕቲ ተጠቂሶም ዘለው ነጥብታት፡ ገለ ሰባት ኣጫናቂ ነገራት ምስ ተመከሩ ዘርእይዎ ጠባዮት እዩ። ብጥንቃቄ ነዞም ኣብ ታሕቲ ተዘርዚሮም ዘለው ሕዳታት ብምንባብ፡ ኣብ ዝሓለፈ ወርሒ ማዕረ ክንደይ በዘም ዝሰዕቡ ከምእተሸገርኩም ምልክት ግበር።

Instructions: Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

	<i>the past month, how much were you bothered by:</i>	ፈጻሚ ኣይተሸገርኩን Not at all (0)	እዝዩ ውሑድ ሸግር A little bit (1)	ማእከላይ ሸግር Moderately (2)	ውሑድ ሸግር Quite a bit (3)	ኣዝዩ ተዋጢረ Extremely (4)
1	ተደጋጋሚ፡ ረባሺ፡ ዘየድሊ ኣጫናቂ ተዘክሮታት ትሸገር/ሪ Repeated, disturbing, and unwanted memories of the stressful experience?	0	1	2	3	4
2	ብተደጋጋሚን ረባሽን ሕልምታት ትሸገር/ሪ Repeated, disturbing dreams of the stressful experience?	0	1	2	3	4
3	ሃንደበት ብቅድሚ ሕጂ ዘጋጠመካ ኣጫናቂ ኩነት፡ ሕጂ ዘጋጥም ዘሎ ኮይኑ ይስመዓካ Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0	1	2	3	4
4	ነቲ ቅድሚ ሕጂ ዘጋጠመካ/ኪ ኣጫናቂ ተመክሮ ዘዘክርካ/ኪ ነገር እንተረኺብካ/ኪ፡ ብውሽጥ ኻ/ኺ ትጫነኽ ወይ ትሓርቕ/ቕ Feeling very upset when something reminded you of the stressful experience?	0	1	2	3	4
5	ዝኾነ ነገር፡ ነቲ ዝሓለፈ ኣጫናቂ ተመክሮ እንተኣዘኪሩካ፡ ኣካላትካ/ኪ ይርበሽ (ንእ፡ ሀርመት ልብኻ/ኺ ይውስኽ፡ ትንፋስ ይሓድረካ/ኪ፡ ኣካላትካ/ኪ ይርሀጽ) (5) Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0	1	2	3	4
6	ምስ'ቲ ኣጫናቂ ዝኾነ ተመክሮ ዝተኣሳሰር ሓሳባት፡ ስሚዒታት፡ ወይ ተዘክሮታት ክተወግዶም ትፍትን Avoiding memories, thoughts, or feelings related to the stressful experience?	0	1	2	3	4
7	ነቲ ኣጫናቂ ተመክሮ ከዘኻኸሩኻ/ኺ ዝኸእሉ ተወሰኸቲ ነገራት (ንእ፡ ሰባት፡ ቦታታት፡ ዕላላት፡ ንጥፈታት፡ ኩነታትን) ክተወግዶም ትፍትን Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	0	1	2	3	4
8	ኣገደስቲ ክፋላት ናይ'ቲ ዘጋጠመካ/ኪ ኣጫናቂ ተመክሮ ክትዝክር ትሸገር/ሪ Trouble remembering important parts of the stressful experience?	0	1	2	3	4

9	<p>ብዛዕባ ነብስኻ/ኺ፡ ካልኣት ሰባት፡ ወይ ዓለም ብሓፈሽ፡ ኣሉታዎ ዝኾነ ስሚዕታት ኣለካ/ኪ (ንእ፡ ኣነ ሕሚቕ ወይ ሰነፍ እዩ፡ ዝኾነ ጸገም ኣለኒ፡ ኩሉ ሰብ ኣይእመንን እዩ፡ ዓለም ሓደገኛ እያ)</p> <p>Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?</p>	0	1	2	3	4
10	<p>ነቲ ዘጋጠመካ/ኪ ኣጨናቕ ተመክሮ ወይ ብድሕሪኡ ንዘጋጠመ ተመክሮ ነብስኻ/ኺ ወይ ካልኣት ሰባት ትወቅስ</p> <p>Blaming yourself or someone else for the stressful experience or what happened after it?</p>	0	1	2	3	4
11	<p>ሓያል ኣሉታዊ ስሚዒታት (ንእ፡ ፍርሒ፡ ራዕዲ፡ ሕርቃን፡ ነብስ ወቀሳ (ገበን) ወይ ሕንከት) ይስመዓኒ</p> <p>Having strong negative feelings such as fear, horror, anger, guilt, or shame?</p>	0	1	2	3	4
12	<p>ቅድሚ ሕጂ ትግደሰሎም ወይ ኣቓልቦ ትህበም ዝነበርካ/ኪ ንጥፈታት ተገዳስነትካ/ኪ ጎዲሉ</p> <p>Loss of interest in activities that you used to enjoy?</p>	0	1	2	3	4
13	<p>ካብ ሰባት ክትርሕቕ ወይ ጨሪሽካ/ኪ ርክብ ናይ ምብታሽ ስሚዒታት ይስመዓካ/ኪ</p> <p>Feeling distant or cut off from other people?</p>	0	1	2	3	4
14	<p>ኣወንታዊ ሲሚዕታት ክስመዓካ/ኪ ትሽገር/ሪ (ንእ፡ ክሕጎስ ኣይክእልን፡ ንኻልኡት ሰባት ወይ መቕርብካ/ኪ ፍቕራዊ ወይ ሕጉስ ስሚዒታት ክትህብ ወይ ክትልግስ/ሲ ትሽገር)</p> <p>Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?</p>	0	1	2	3	4
15	<p>ብቕሊሉ ቁጡዕ ትኸውን፡ ምንጽርጻር፡ ሕርቃን ወይ ናይ ሕርቃን ጠባያት ምርኣይ</p> <p>Irritable behavior, angry outbursts, or acting aggressively?</p>	0	1	2	3	4
16	<p>ኣብ ሓደጋ ከውድቕኻ/ኺ ዝኸእሉ ስጉምታት ትወስድ/ዲ</p> <p>Taking too many risks or doing things that could cause you harm?</p>	0	1	2	3	4
17	<p>ኩሉ ግዜ ከባቢ ኻ/ኺ ጥርጣረ ዝመልኦ ምቁጽጻር ወይ ኣብ ተጠንቅቕ ትርከብ/ቢ</p> <p>Being “superalert” or watchful or on guard?</p>	0	1	2	3	4
18	<p>ብቕሊሉ ትስንብድ ወይ ትደሃል</p> <p>Feeling jumpy or easily startled?</p>	0	1	2	3	4
19	<p>ኣእምሮኻ/ኺ ኣብ ሓደ ነገር ከድህብ ይሽገር ወይ ከቶክር፡ ኣቓልቦ ክህብ ይሽገር (ንእ፡ ኣብ ስራሕ፡ ትምህርቲ፡ ዕላል ወዘተ)</p> <p>Having difficulty concentrating?</p>	0	1	2	3	4
20	<p>ክትድቅስ ዩሽገርካ/ኪ ወይ ነውሕ ክትድቅስ ኣይትኸእልን</p> <p>Trouble falling or staying asleep?</p>	0	1	2	3	4

Posttraumatic Symptom Checklist- DSM-5—Tigrigna Version(PCL-5-T).

PCL-5 is a 20-item self-reported PTSD measure that assesses the 20 Diagnostic and Statistical Manual –5 symptoms of PTSD¹. Subscale severity scores are calculated by summing items in each of the four *DSM-5* PTSD symptom clusters: *re-experiencing* (Items 1–5), *avoidance* (Items 6–7), *negative alterations in cognitions and mood* (NACM; Items 8–14), and *alterations in arousal and reactivity* (AR; Items 15–20). Each item is rated on a scale from 0 (*not at all*), 1 (*a little bit*), 2 (*moderately*), 3 (*quite a bit*) to 4 (*extremely*), and total PTSD symptom severity scores will be calculated by summing these ratings. Thus, the scale yields a cumulative score of 0 to 80. Two methods were suggested to assess the PTSD status using this scale: (a) computing the cumulative score with a threshold level varying within broad boundaries (from 30 to 60) in different studies and populations² and (b) using a symptom cluster–based method coinciding with the *DSM-IV* criterion B (at least one re-experiencing symptom of the five—Items B1 through B5), Criterion C (at least three avoidance/numbing symptoms of the seven—Items C1 through C7), and Criterion D (at least two hyperarousal symptoms of the five—Items D1 through D5)³.

Reliability and Validity

The translated Tigrigna version of the PCL-5 has been tested for its psychometric properties in a sample of refugees with significant traumatic experiences. The total PCL-5 showed high internal consistency ($r = .92$). In addition, it showed good discriminant validity ($r = .69$) with Hopkins Symptom Checklist – Anxiety subscale, and ($r = .69$) with Hopkins Symptom Checklist –depression subscale⁴. The National Center for PTSD has suggested an optimal cut- off points 33 to make a provisional diagnosis of PTSD.

Administration and Scoring

The PCL-5 is a self-report measure that can be completed by patients in a waiting room prior to a session or by participants as part of a research study. It takes approximately 5-10 minutes to complete. The PCL-5 can be administered in one of three formats:

- without Criterion A (brief instructions and items only), which is appropriate when trauma exposure is measured by some other method
- with a brief Criterion A assessment

with the revised Life Events Checklist for DSM-5 (LEC-5) and extended Criterion A assessment

Interpretation of the PCL-5 should be made by a clinician. The PCL-5 can be scored in different ways:

- A total symptom severity score (range - 0-80) can be obtained by summing the scores for each of the 20 items.

- *DSM-5* symptom cluster severity scores can be obtained by summing the scores for the items within a given cluster, i.e., cluster B (items 1-5), cluster C (items 6-7), cluster D (items 8-14), and cluster E (items 15-20).
- A provisional PTSD diagnosis can be made by treating each item rated as 2 = "Moderately" or higher as a symptom endorsed, then following the *DSM-5* diagnostic rule which requires at least: 1 B item (questions 1-5), 1 C item (questions 6-7), 2 D items (questions 8-14), 2 E items (questions 15-20).

Preliminary validation work is sufficient to make initial cut-point suggestions, but this information may be subject to change. **A PCL-5 cut-point of 33 appears to be a reasonable value to propose until further psychometric work is available.**

Interpretation

Characteristics of a respondent's setting should be considered when using PCL severity scores to make a provisional diagnosis. The goal of assessment also should be considered. A lower cutoff should be considered when screening or when it is desirable to maximize detection of possible cases. A higher cutoff should be considered when attempting to make a provisional diagnosis or to minimize false positives.

Citation

Tekie, Y.T. Factor structure and psychometric properties of the Posttraumatic Stress Disorder Checklist: A study among Eritrean refugees. *Unpublished manuscript*