

LOS ANGELES SYMPTOM CHECKLIST
(ADULT VERSION)

Below is a list of problems. Rate each one on a scale of 0 to 4 according to how much of a problem that item is for you. A rating of zero would mean that the item is not a problem for you; one, a slight problem; two, a moderate problem; three, a serious problem; and four, an extreme problem.

0 not a problem	1 slight problem	2 moderate problem	3 serious problem	4 extreme problem
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| <p>___ 1. difficulty falling asleep</p> <p>___ 2. abusive drinking</p> <p>___ 3. severe headaches</p> <p>___ 4. restlessness</p> <p>___ 5. nightmares</p> <p>___ 6. difficulty finding a job</p> <p>___ 7. difficulty holding a job</p> <p>___ 8. irritability</p> <p>___ 9. pervasive disgust</p> <p>___ 10. momentary blackouts</p>
<p>___ 11. abdominal discomfort</p> <p>___ 12. management of money</p>
<p>___ 13. trapped in an unsatisfying job</p> <p>___ 14. physical disabilities or medical problems.
Explain: _____</p> <p>___ 15. hostility/violence</p> <p>___ 16. marital problems</p> <p>___ 17. easily fatigued</p>
<p>___ 18. drug abuse</p> <p>___ 19. inability to express feelings</p> <p>___ 20. tension and anxiety</p> <p>___ 21. no leisure activities</p> <p>___ 22. suicidal thoughts</p> <p>___ 23. vivid memories of unpleasant prior experiences</p> | <p>___ 24. excessive eating</p> <p>___ 25. difficulty concentrating</p> <p>___ 26. dizziness/fainting</p> <p>___ 27. sexual problems</p> <p>___ 28. waking during the night</p> <p>___ 29. difficulty with memory</p> <p>___ 30. marked self-consciousness</p> <p>___ 31. depression</p> <p>___ 32. inability to make and keep same sex friends</p> <p>___ 33. inability to make and keep opposite sex friends</p> <p>___ 34. excessive jumpiness</p> <p>___ 35. waking early in the morning</p>
<p>___ 36. loss of weight/ appetite</p> <p>___ 37. heart palpitations</p>
<p>___ 38. panic attacks</p> <p>___ 39. problems with authority</p> <p>___ 40. avoidance of activities that remind you of prior unpleasant experiences</p> <p>___ 41. trouble trusting others</p> <p>___ 42. loss of interest in usual activities</p> <p>___ 43. feeling emotionally numb</p> |
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How long have you been bothered by these symptoms?

Scoring the LASC

There are two options for scoring this instrument. The categorical scoring provides direct correlation to the DSM IV diagnosis of PTSD. The continuous scoring method provides a severity score for PTSD. They are both described below.

Categorical: (must endorse items with a 2 or higher response)

Category B = reexperiencing trauma = 1 item

Category C = avoidance and numbing = 3 items

Category D = increased arousal = 2 items

If the participant meets the criteria for each, she/he is positive for PTSD. If she/he meets criteria for 2 out of the three categories, this is considered partial PTSD.

Continuous:

Sum of ratings across all 17 PTSD symptoms

Sum of ratings of all 43 items, yields a global assessment of distress and adjustment problems.

**Los Angeles Symptom Checklist
PTSD Diagnostic Items**

ITEM	DESCRIPTION	CATEGORY
5	nightmares	B
23	memories of experiences	
28	waking during the night	

ITEM	DESCRIPTION	CATEGORY
19	inability to express feelings	C
29	difficulty with memory	
40	avoidance of – reminders	
41	trouble trusting others	
42	loss of interest in activities	
43	feeling emotionally numb	

ITEM	DESCRIPTION	CATEGORY
1	difficulty falling asleep	D
4	restlessness	
8	irritability	
20	tension and anxiety	
25	difficulty concentrating	
34	excessive jumpiness	
37	heart palpitations	
38	panic attacks	

**Los Angeles Symptom Checklist
Depression Items**

ITEM	DESCRIPTION
17	easily fatigued
22	suicidal thoughts
31	depression
35	wake up early in the morning