

PTSD Scale–Review2

[PTSD–SR2]

For Old Children and adults in conflict/war zone

(Ages 10 and above)

**Indicators for PTSD (psychological and functional status)
(Altawil, 2008 & DSM-V, 2013)**

This evaluation was developed as a solid and exact scale for the post traumatic syndrome disorder symptoms in the Palestinian environment, and this scale was approved in Dr. Mohammed Altawil's PhD study at the Psychological Therapy Division of the University of Hertfordshire, United Kingdom in 2008, and published in a scientific research journal (Altawil, 2008). This is a PTSD scale from zero to ten: zero means lack of any sort of problem or suffering whether psychological, cognitive, physical or functional. The more the number increases towards 10 the worse the disorder level (psychological symptom).

'PTSD-SR2' to be administered by clinicians and clinical researchers who have a working knowledge of PTSD, but can also be administered by appropriately trained paraprofessionals.

It was also published in the Diagnostic and Statistical Manual of Mental Disorders; 5th edition (DSM-V, 2013), and was revised in both languages (English and Arabic) in the previous edition, according to the instruction enlisted in the fifth American Manual. Nine paragraphs were deleted from the previous edition of Altawil, 2008, and forty three items from fifty two validated phrases were approved in the Manual of Post-Traumatic Stress Disorders (DSM-V, 2013). The PTSD diagnostic indicators were summarised according to the American Manual into thirty items with five categories of symptoms and disorders as follows:

First (B): Obsessive-Compulsive Symptoms in remembering the traumatizing event or anything related to it:

Did you suffer from any of the following psychological symptoms within the last month? [At least one symptom must be present]

B1- Inability to forget the traumatizing event

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

B2- Sleeping difficulties/nightmares.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

B3- Fear of remembering the traumatizing event or anything related to it, for instance the sound of airplanes or ambulances.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

B4- Did you suffer from physical pain after the traumatising event, for instance headache, back pain, hand pain, stomach pain, or any other physical pain.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

Second (C): Avoidance Symptoms from anything related to the traumatising event:

Did you suffer from any of the following symptoms?

[At least one symptom must be present]

C5- Avoiding talking about the trauma you went through.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

6C- Avoiding visiting the places or doing things that remind you of the traumatising event.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

7C- Avoiding touching or playing with anything out of fear of suspicious objects .

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

Third (D): Negative changes in the psychological and cognitive status (mood)

Did you suffer from any of the following symptoms within the last month?

[At least two symptoms must be present]

D8- Difficulty in remembering/forgetting (dispersion).

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D9– Loss of desire in living/not appreciating the value of anything in life.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D10– Frustration and pessimism.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D11– Pessimism and fear of the future.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D12– Feeling guilty about the traumatising event.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D13– Fear of the reoccurrence of the traumatising event, for instance renewal of war.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D14– Difficulty enjoying things after the traumatising event.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D15– Fear of staying alone.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D16– Emotions and mood swings.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

D17– Feeling lack of security and safety.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

Fourth (E): Irritability symptoms, and disruption of psychosocial balance

Did you suffer from any of the following symptoms within the last month?

[At least two symptoms must be present]

E18– Problems and inappropriate actions with family members.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

E19– Problems and inappropriate actions at school or work.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

E20– Desire to assault people or their properties after the traumatising event .

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

E21– Feeling angry quickly.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

E22– Inability to properly focus on studying or doing any task at work .

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

E23– Fear of any sudden sound or movement.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

Fifth (G): Personal or professional functional accomplishment

Did you suffer from deficiency in the following functional aspects within the last month?

[At least one symptom must be available]

G24– Difficulty in continuously doing things.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

G25– Difficulty in completing duties on the personal level.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

G26– Difficulty in completing duties on the professional level (student/employee).

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

G27– Relationship problems with family members, friends, relatives, or community members.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

G28– Lack of trust in people.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

G29– Weak participation in social events.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

G30-Distraction, lack of focus in study or job etc.

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

Important remarks in the diagnosis/psychological assessment

Based on the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the psychologist can diagnose the client with post traumatic stress disorders only if at least seven symptoms from the five categories are present, provided that the suffering from the symptoms have reached the level of 4 or more according to the scale described earlier:

Absent	Mild			Moderate			Severe		Extreme	
0	1	2	3	4	5	6	7	8	9	10

Severity Rating

0. Absent: The respondent denied the problem or the respondent's report doesn't fit the DSM-5 symptom criterion.

1 & 2 & 3 Mild: The respondent described a problem that is consistent with the symptom criterion but isn't severe enough to be considered clinically significant. The problem doesn't satisfy the DSM-5 symptom criterion and thus doesn't count toward a PTSD diagnosis.

4 & 5 & 6 Moderate: The respondent described a clinically significant problem. The problem satisfies the DSM-5 symptom criterion and thus counts toward a PTSD diagnosis. The problem would be a target for intervention.

7 & 8 Severe: The respondent described a problem that is above edge. The problem is difficult to manage and at times overwhelming, and would be a prominent target for intervention.

9 & 10 Extreme: The respondent described a dramatic symptom, far above edge. The problem is persistent, unmanageable, and overwhelming, and would be a high-priority target for intervention.

Symptoms of Post-Traumatic Stress Disorders:

- ❖ **Category (1): Obsessive symptoms in remembering the traumatizing event.**
[At least one symptom must be present with a suffering level of four or more].
- ❖ **Category (2): Avoidance symptoms from anything related to the traumatising event.**
[At least one symptom must be present with a suffering level of four or more].
- ❖ **Category (3): Negative changes in the psychological and cognitive status (Mood)**
[At least two symptoms must be present with a suffering level of four or more].
- ❖ **Category (4): Irritability symptoms, and disruption of psychosocial balance**
[At least two symptoms must be present with a suffering level of four or more].
- ❖ **Category (5): disruption in a personal or professional functional accomplishment event**
[At least one symptom must be present with a suffering level of four or more].

Note:

Regarding the fifth category, it is not necessary for the symptom to be present in this category if the required symptoms in the first, second, third, and fourth categories are present. Therefore, the psychologist can diagnose the client/case as PTSD.

P.S: A version of the PTSD Assessment Scale will be published in 2016.

References

Altawil, M., Nel, P.W., Asker, A., Samara, M., & Harrold, D. (2008). The effects of chronic war trauma among Palestinian children. In M. Parsons (Ed.) *Children: The invisible victims of war- An interdisciplinary study*. Peterborough-England: DSM Technical Publications Ltd.

Altawil, M. (2008). "The Effect of Chronic Traumatic Experience on Palestinian Children in the Gaza Strip. *Unpublished PhD Thesis*: University of Hertfordshire at the United Kingdom.

American Psychiatric Association –DSM-V (2013). *Diagnostic and statistical manual of mental disorders*, (5th Ed.). Washington, DC: Author.