



Depression and Relationship Counselling Services

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Post-Traumatic Stress Disorder Quiz and Treatment

Have you experienced a traumatic event and may have Post-Traumatic Stress Disorder? Read this quiz.

Yes No _____ Have you witnessed or experienced a life-threatening incident that caused intense fear, terror or helplessness?

Do you re-experience the event in at least one of the following ways?

Yes/ No _____ Do you have feelings as if the event were happening again (flashbacks or a sense of reliving it)

Yes/ No _____ Recurring, disturbing memories, or dreams?

Yes / No _____ Do you have intense emotional and/or physical distress when you are exposed to things that remind you of what happened?

Do reminders of the event affect you in at least three of the following ways?

Yes / No _____ Do you feel detached from important people?

Yes / No _____ Do you feel emotionally numb?

Yes / No _____ Do you avoid feelings, thoughts or conversations about it?

Yes / No _____ Have you lost interest in your favorite activities?

Yes/ No _____ Do you have memory blanking on important parts?

Yes/ No _____ Find yourself avoiding places, people or activities that remind you of the event?

Yes/ No _____ Have a sense that your future has withered? For example, your marriage is in crisis, you can't relate to your children, your job is in jeopardy or you may die early.

Yes/ No _____ Concentration Problems.

Yes/ No _____ An "on guard" feeling.

Yes/ No _____ Sleeping problems.

Yes/ No _____ Outbursts of anger or Irritability.

Yes/ No _____ An exaggerated startle response.

Having more than one illness at the same time can make it difficult to diagnose and treat the different conditions. Depression and substance abuse are among the conditions that complicate PTSD and other anxiety disorders.

Yes / No _____ Do you feel sad or depressed worthless or guilty?

Yes / No _____ Have you experienced changes in sleeping and eating habits?

Yes / No _____ Do you feel so overwhelmed that you are disinterested in life?

During the last year, has the use of alcohol or drugs...

Yes / No _____ Resulted in your failure to fulfill responsibilities with family work, relationships, or school ?

Yes / No _____ Have you continued using in spite of it causing problems for you and the people you love?

Yes No Have you placed yourself in a dangerous situation, such as driving a car under the influence?

If you are needing treatment for PTSD cognitive behavior therapy (CBT) is a proven success. This approach teaches you to replace negative thoughts with positive ones. CBT also helps with nightmares and the anxiety and depression that accompany PTSD. Call me today.