PTSD Checklist-Civilian Version (PCL-C)

**dflg;x?n] lhjgdf tgfjk"0f{ 36\gfx? ef]u]kl5 cfpg;Sg] ;d:of tyf u'gf;f]x? tn pNn]v ul/Psf] 5 . s[kof tnsf k|Zgx? Wofg;Fu k9]/ To;n] tkfO{nfO{ slt dfqfdf b'Mv lbPsf] 5 pNn]v ug'{xf];\ .**

*cfh ;d]t u/L uPsf] Ps xKtfdf======*  **slQklgxf]O{g clncln 7Ls7Ls} w]/} cltg}w]/}**

!\_ tkfO{n] ev{/} eGg'ePsf] 36gfsf] ememNsf] slQsf] cfof] < 1 2 3 4 5

@\_ Tof] ;ft lbgleqtkfO{sf] ;kgfdfTof] 36gf slQsf] cfof] < 1 2 3 4 5

#\_ To:t} 36gf tkfO{sf] hLjgdf km]/L klg xf]nf h:tf] slQsf] nfU5<1 2 3 4 5

$\_ Tof] 36gf ofblbnfpg] sfd s'/fn] slQsf] b'Mv lbG5 < 1 2 3 4 5

%\_ Tof] 36gfaf/] ofbx'Fbfjf ;Demfpg] s'/f x'FbftkfO{sf] d'6'sf] 1 2 3 4 5

9's9'sL a9\g], ;f; km]g{ uf¥xf] x'g], lr6lr6 kl;gfcfpg]

slQsf] u5{ <

^\_ Tof] 36\gfaf/] ca s]xLklg ;f]RbLg, Tof] 36\gfdfePsf s'/f 1 2 3 4 5

s;}nfO{ klgelGbgeGg] ljrf/ cfh ;d]t u/L uPsf] ;ft

lbgleqslQsf] cfof] <

&\_ Tof] 36gf ;Demfpg] s'g} 7fpF, Tof] ;Fu ;DaGwLt dfG5] jf 1 2 3 4 5

sfdsfhaf6slQsf] hf]luP/ lx8\g'k/]sf] lyof] <

\*\_ Tof] 36\gfdf s] ePs]f lyof],To;sf] d'Vo s'/f÷rf]6÷kL8f 1 2 3 4 5

;Demgjfofbug{ sltsf] uf¥xf] k¥of] <

(\_ Tof] 36\gf x'g' eGbf klxnf tkfO{nfO{ cfgGbcfpg] jf/fd|f] 1 2 3 4 5

nfUg] sfdsfhdfxfn cfP/ To:tf sfd ug{ dg gnfUg]

slQsf] ePsf] 5 <

!)\_ tkfO{n] cfkm" PSnf] ePsf] cg'ej of] ;ft lbgleqslQsf] ug'{eof] <1 2 3 4 5

!!\_ tkfO{nfO{ cfˆgf] dgkg]{ dfG5]sf] dfofslQsf] gnfUg] ePsf] 5 <1 2 3 4 5

!@\_ of] ;ft lbgdftkfOnfO{ cfˆgf] eljiostfstfcGwsf/ x'g] 1 2 3 4 5

xf] lseGg] ;f]rfO{ slQsf] cfof] <

!#\_ tkfO{nfO{ lgGb|flau|g] jfnfUb} gnfUg] slQsf] eof] < 1 2 3 4 5

!$\_ tkfO{nfO{ PSsf;L /L; p7\g] / emsf]{ nfUg] slQsf] eof] < 1 2 3 4 5

!%\_ tkfO{nfO{ s'g} sfd s'/fdfPslrteP/ WofglbgslQsf]] 1 2 3 4 5

uf¥xf] eof] <

!^\_ tkfO{n] of] xKtfslQsf] xf]zLof/ jf ;ts{ x'g'k¥of] < 1 2 3 4 5

!&\_ tkfO{ PSsf;LslQsf] tl;{g' jfeml:sg' eof] < 1 2 3 4 5