

Child PTSD Symptom Scale (CPSS) Scoring

Clinical cutoff: A total score of ≥ 12 may indicate the presence of PTSD.

The CPSS is a psychosocial screen designed to facilitate the recognition of post-traumatic stress symptoms. The first 17 items are based on the DSM-IV-TR criteria for PTSD.

Items 1-5 refer to **re-experiencing** symptoms.

- Having upsetting thoughts or images about the event that came into your head when you didn't want them to.
- Having bad dreams or nightmares.
- Acting or feeling as if the event was happening again.
- Feeling upset when you think about or hear about the event.
- Having feelings in your body when you think about or hear about the event. (Heart beating fast, upset stomach, breaking out in a sweat)

Items 6-12 refer to **avoidance** symptoms.

- Trying not to think about, talk about or have feelings about the event.
- Trying to avoid activities or people, or places that remind you of the event.
- Not being able to remember an important part of the upsetting event.
- Having much less interest or not doing the things you used to do.
- Not feeling too close to the people around you.
- Not being able to have strong feelings (being able to cry or feel really happy).
- Feeling as if your future hopes or plans will not come true.

Items 13-17 refer to **hyperarousal** symptoms.

- Having trouble falling or staying asleep.
- Feeling irritable or having fits or anger.
- Having trouble concentrating.
- Being overly careful (checking to see who is around you).
- Being jumpy or easily startled.

The last set of 7 items measure impairment in functioning.

- Saying prayers
- Doing chores
- Friendships
- Hobbies/Fun
- Schoolwork
- Family relationships
- General happiness

Foa, Edna B; Johnson, Kelly M; Feeny, Norah C; Treadwell, Kimberli R. H. (2001). **The Child PTSD Symptom Scale: A preliminary examination of its psychometric properties.** *Journal of Clinical Child Psychology.* Vol 30(3), 376-384.