Having symptoms of PTSD? This is what you do to test yourself

PTSD is a delayed response of one or several violent episodes that lead to a disproportionately high level of stress or alert. Around 17% of all firefighters are at risk of developing PTSD*.

Center of Knowledge of Psycho-traumatology has developed a checklist of symptoms.
Read the list thoroughly and mark the sentences, that corresponds with your experiences.

1: I re-live or re-experience the traumatic event in at least one of the following ways:
- Reoccurring thoughts or memories of the event.
- In glimpses, I feel as if the event is repeating itself.
- Reoccurring nightmares.
- Sudden physical reactions, when I am reminded of the event.

2: I try to avoid situations and connections that remind me of the event:
- Avoid activities that remind me of the event.
- Not able to remember parts of the event.
- Less interested in everyday activities.
- Feel like I have no future.
- Avoid thoughts or feelings connected to the event.
- Feel unengaged and isolated from other people.
- Not able to show emotion.

3: Since the event I have changed in one or more ways:
- Am easily frightened.
- Have a hard time concentrating.
- Have trouble falling asleep and sleeping through the night.
- Feel I am very alert.
- Easily become annoyed and angry.
- Having trouble doing work and everyday chores.

4: I experience physical and emotional reactions after the event.
- Feel sad.
- Lack energy or feel exhausted.
- Drink more alcohol and take more medicine or drugs.
- Feel anxious or terrified.
- Feel helpless.

Next step:
If you can check off one sentence in each of the four categories, then the experience has been unusually stressful, and it is essential, that you talk to your family and your doctor about it. These pieces of information can be invaluable in the continual assessment of your need for help. If you are affected by a traumatic incident, you should contact a psychologist (your doctor can refer you).

*Source: Bonde & Elklit 2012