



Assessment Report

**Practice:** Mindful Psychology  
**Practitioner:** Dr Sarah Johnson  
**Client:** Alex Carter  
**Date:** 26/04/2026

*EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.*

### LEC-5 — Life Events Checklist for DSM-5

A 17-item screening measure to identify potentially traumatic events in a respondent's lifetime. Companion measure to the PCL-5.

#### SCREENING SUMMARY

Events endorsed: **5 of 17**  
 Direct exposure (Criterion A): **4**  
 Reference period: **Lifetime**

**Interpreted with Australian community norms — see References**

*The LEC-5 is a screening measure for potentially traumatic life events. It does not yield a severity score or diagnose PTSD. Endorsed events are typically followed up with a more detailed trauma-focused assessment such as the PCL-5 or CAPS-5.*

#### ENDORSED EVENTS

Event	Exposure type
Natural disaster (for example, flood, hurricane, tornado, earthquake)	Witnessed it
Transportation accident (for example, car accident, boat accident, train wreck, plane crash)	Happened to me
Physical assault (for example, being attacked, hit, slapped, kicked, beaten up)	Happened to me
Life-threatening illness or injury	Happened to me
Sudden violent death (for example, homicide, suicide)	Learned about it

#### ABOUT THIS ASSESSMENT

**Clinical Purpose**

The Life Events Checklist for DSM-5 (LEC-5) is a 17-item self-report screening measure that identifies exposure to potentially traumatic events across the lifespan. It is a screening instrument, not a diagnostic tool, and does not yield a total or composite score. Its clinical purpose is to establish which events have occurred in the respondent's history so that an index trauma can be identified and assessed in more detail using a symptom-focused measure such as the PCL-5 or CAPS-5.

**Origins & Development**

Developed by Weathers, Blake, Schnurr, Kaloupek, Marx and Keane at the National Center for PTSD (US Department of Veterans Affairs), published in 2013 to align with the DSM-5 revision of Criterion A for PTSD. It extends the original Life Events Checklist (Gray, Litz, Hsu and Lombardo, 2004) with refined item wording and an expanded set of exposure types. Respondents indicate, for each of 17 events, whether the event: happened to them personally, was witnessed, was learned about involving a close family member or friend, was encountered as part of their job, is uncertain, or does not apply. As a US federal-government work under 17 USC §105 the LEC-5 is in the public domain.



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**Australian Context**

Used widely in Australian trauma-informed practice, including by Phoenix Australia, the Department of Veterans' Affairs (DVA), and Open Arms – Veterans & Families Counselling. The Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, Posttraumatic Stress Disorder and Complex PTSD reference the LEC-5 as a standard first-step screening measure preceding PCL-5 symptom assessment. It is accepted in DVA-funded mental health treatment documentation where trauma exposure must be established.

**COMPLETE RESPONSE RECORD**

Event	Response
Natural disaster (for example, flood, hurricane, tornado, earthquake)	Witnessed it
Fire or explosion	Doesn't apply
Transportation accident (for example, car accident, boat accident, train wreck, plane crash)	Happened to me
Serious accident at work, home, or during recreational activity	Doesn't apply
Exposure to toxic substance (for example, dangerous chemicals, radiation)	Doesn't apply
Physical assault (for example, being attacked, hit, slapped, kicked, beaten up)	Happened to me
Assault with a weapon (for example, being shot, stabbed, threatened with a knife, gun, bomb)	Doesn't apply
Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm)	Doesn't apply
Other unwanted or uncomfortable sexual experience	Doesn't apply
Combat or exposure to a war-zone (in the military or as a civilian)	Doesn't apply
Captivity (for example, being kidnapped, abducted, held hostage, prisoner of war)	Doesn't apply
Life-threatening illness or injury	Happened to me
Severe human suffering	Doesn't apply
Sudden violent death (for example, homicide, suicide)	Learned about it
Sudden accidental death	Doesn't apply
Serious injury, harm, or death you caused to someone else	Doesn't apply
Any other very stressful event or experience	Doesn't apply

**Grounded Scribe Platform**

Screening tools, symptom assessments, and full outcome monitoring are available when instruments are administered through the platform.

**REFERENCES**

1. Weathers FW, Blake DD, Schnurr PP, Kaloupek DG, Marx BP, Keane TM. The Life Events Checklist for DSM-5 (LEC-5). National Center for PTSD. 2013.
2. Gray MJ, Litz BT, Hsu JL, Lombardo TW. Psychometric properties of the Life Events Checklist. Assessment. 2004;11(4):330-341.
3. Weathers FW, Litz BT, Keane TM, Palmieri PA, Marx BP, Schnurr PP. The PTSD Checklist for DSM-5 (PCL-5). National Center for PTSD. 2013.
4. Australian Bureau of Statistics. National Survey of Mental Health and Wellbeing (NSMHWB) (cat. no. 4326.0). Provides Australian lifetime trauma exposure prevalence.



## Assessment Report

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### ACKNOWLEDGEMENT & LICENSING

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SAMPLE  
NOT A CLINICAL REPORT