



Assessment Report

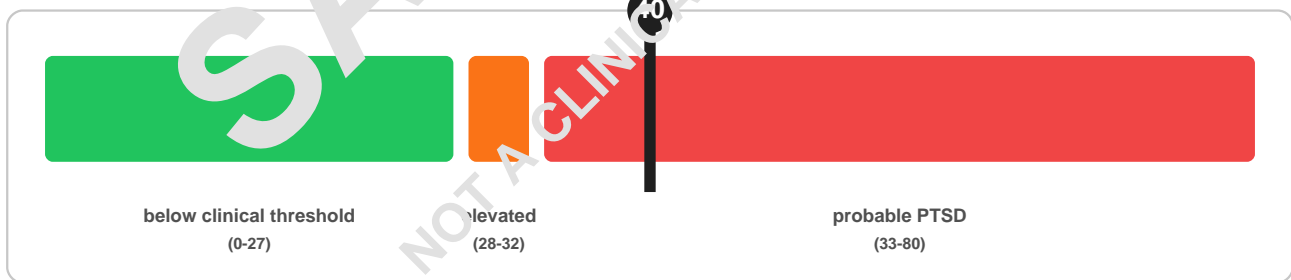
Practice: Mindful Psychology
 Practitioner: Dr Sarah Johnson
 Client: Alex Carter
 Date: 26/04/2026

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

PCL-5 — PTSD Checklist — DSM-5

A 20-item self-report measure assessing the 20 DSM-5 symptoms of PTSD.

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 40, probable PTSD, as per the PCL-5 author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The PCL-5 is a 20-item self-report measure of PTSD symptom severity corresponding to the DSM-5 diagnostic criteria. It assesses all four PTSD symptom clusters: intrusions, avoidance, negative alterations in cognitions and mood, and marked alterations in arousal and reactivity. It can be used for screening, provisional diagnosis, and monitoring symptom change during treatment.

Origins & Development

Developed by the National Center for PTSD (US Department of Veterans Affairs), first published in 2013 following the release of DSM-5. It is an updated version of the PCL-C/PCL-S, re-aligned to the new four-cluster DSM-5 PTSD model. Validated across military, veteran, and civilian populations with strong psychometric properties (alpha = 0.94-0.97, test-retest r = 0.82-0.84). A cutoff score of 31-33 is recommended for probable PTSD diagnosis.

Australian Context

Used extensively by Phoenix Australia (formerly the Australian Centre for Posttraumatic Mental Health), the Department of Veterans' Affairs (DVA), and Open Arms counselling services. The Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, Posttraumatic Stress Disorder and Complex PTSD reference PCL-5 as a recommended outcome measure. It is accepted for DVA-funded mental health treatment claims.

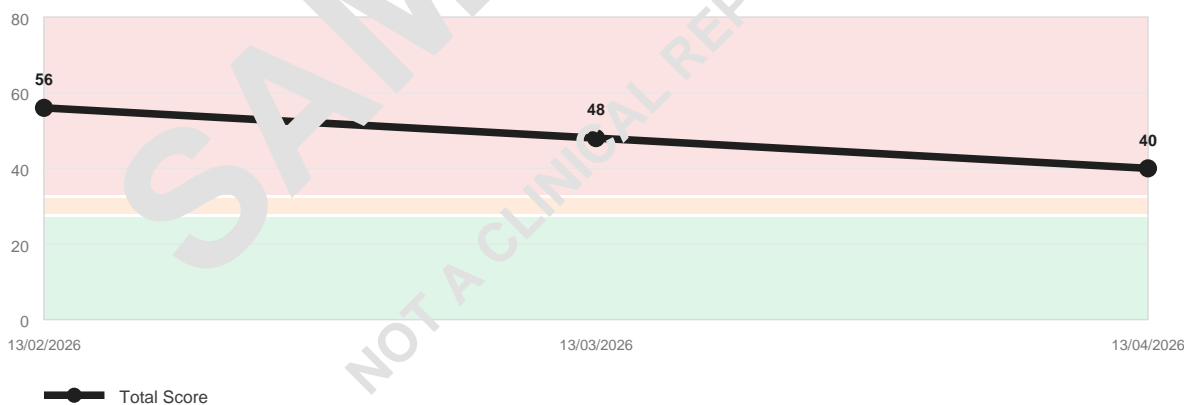


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SCORE HISTORY

Date	Score	Severity
13/02/2026	56	probable PTSD
13/03/2026	48	probable PTSD
13/04/2026	40	probable PTSD

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	Not at all	A little bit	Moderately	Quite a bit	Extremely
1	Repeated, disturbing, and unwanted memories of the stressful experience	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Repeated, disturbing dreams of the stressful experience	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Feeling very upset when something reminded you of the stressful experience	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Avoiding memories, thoughts, or feelings related to the stressful experience	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Trouble remembering important parts of the stressful experience	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>



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#	Statement	Not at all	A little bit	Moderately	Quite a bit	Extremely
9	Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Blaming yourself or someone else for the stressful experience or what happened after it	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Having strong negative feelings such as fear, horror, anger, guilt, or shame	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Loss of interest in activities that you used to enjoy	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Feeling distant or cut off from other people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Trouble experiencing positive emotions (for example, being unable to feel happiness or having numbing feelings for people close to you)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Irritable behavior, angry outbursts, or acting aggressively	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Taking too many risks or doing things that could cause you harm	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Being "superalert" or watchful or on guard	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Feeling jumpy or easily startled	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Having difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Trouble falling or staying asleep	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

1. 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.
2. Bovin MJ, Marx BP, Weathers FW, et al. Psychometric properties of the PTSD Checklist for Diagnostic and Statistical Manual of Mental Disorders–Fifth Edition (PCL-5) in veterans. Psychol Assess. 2016;28(11):1379-1391.
3. Wortmann JH, Jordan AH, Weathers FW, et al. Psychometric analysis of the PTSD Checklist-5 (PCL-5) among treatment-seeking military service members. Psychol Assess. 2016;28(11):1392-1403.
4. Phoenix Australia — Centre for Posttraumatic Mental Health. Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder, Posttraumatic Stress Disorder and Complex PTSD. Endorses the PCL-5 as a recommended Australian PTSD screening and severity measure.
5. Open Arms — Veterans & Families Counselling (Department of Veterans' Affairs). Treating PTSD: clinician guidance referencing the PCL-5 with the standard cut-point of 31–33 for probable PTSD in Australian veteran populations.
6. Australian Comorbidity Guidelines (Sydney: NDARC). PCL-5 scoring and interpretation appendix supporting use of the standard DSM-5 cut-points in Australian comorbidity care.



Assessment Report

ACKNOWLEDGEMENT & LICENSING

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SAMPLE
NOT A CLINICAL REPORT