**Instructions:** Listed below are a number of difficult or stressful things that sometimes happen to people. For each event check one or more of the responses to indicate that: (a) it happened to you personally; (b) you witnessed it happen to someone else; (c) you learned about it happening to a close family member or close friend; (d) you were exposed to it as part of your job (for example, paramedic, police, military, or other first responder); (e) you’re not sure if it fits; or (f) it doesn’t apply to you. Be sure to consider your *entire life* (growing up as well as adulthood) as you go through the list of events.

1. Natural disaster (for example, flood, hurricane, tornado, earthquake)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

2. Fire or explosion

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

3. Transportation accident (for example, car accident, boat accident, train wreck, plane crash)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

4. Serious accident at work, home, or during recreational activity

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

5. Exposure to toxic substance (for example, dangerous chemicals, radiation)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

6. Physical assault (for example, being attacked, hit, slapped, kicked, beaten up)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

7. Assault with a weapon (for example, being shot, stabbed, threatened with a knife, gun, bomb)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

8. Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat

of harm)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

9. Other unwanted or uncomfortable sexual experience

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

10. Combat or exposure to a war-zone (in the military or as a civilian)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

11. Captivity (for example, being kidnapped, abducted, held hostage, prisoner of war)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

12. Life-threatening illness or injury

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

13. Severe human suffering

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

14. Sudden violent death (for example, homicide, suicide)

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

15. Sudden accidental death

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

16. Serious injury, harm, or death you caused to someone else

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

17. Any other very stressful event or experience

\_ a. Happened to me

\_ b. Witnessed it

\_ c. Learned about it

\_ d. Part of my job

\_ e. Not sure

\_ f. Doesn’t apply

Notes:

The LEC-5 is intended to gather information about the potentially traumatic experiences a person has experienced. There is no formal scoring protocol or interpretation per se, other than identifying whether a person has experienced one or more of the events listed. The LEC-5 does not yield a total score or composite score.

Reference:

Weathers, F.W., Blake, D.D., Schnurr, P.P., Kaloupek, D.G., Marx, B.P., & Keane, T.M. (2013). The Life Events Checklist for DSM-5 (LEC-5) Standard. Measurement Instrument available from http://www.ptsd.va.gov

Scoring instructions from the website:

https://www.ptsd.va.gov/professional/assessment/te-measures/life\_events\_checklist.asp