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## Post trauma test

Clinically Reviewed by Dr. Rob Gent, PhD, LPC If you or your child, teen, or young adult is experiencing frequent nightmares, avoidance of specific places, people, or situations, or feeling constantly on edge or alert, they may be struggling with PTSD or trauma our test can help provide a pre-diagnostic step into possible signs and symptoms. Our PTSD and trauma symptoms test is for teens and young adults or for parents who want to identify possible symptoms of PTSD in their child. Traumatic events can vary widely, ranging from serious injuries and accidents to sexual assault and violence. It is important to remember that everyone responds differently to traumatic stress, and there is no "right" or "wrong" way to feel. However, if you find that the impact of a traumatic event is affecting your daily life and well-being, it may be beneficial to take our PTSD and trauma symptoms test. If you or your child have experienced a traumatic event and are consistently experiencing symptoms such as nightmares, avoidance behavior, or extreme negative emotions it may be an indication of possible PTSD symptoms or symptoms of a traumatic experience. It is important to remember that only a qualified mental health professional can make an official PTSD diagnosis. Our test can help parents and young people with a pre-diagnosis step that can help them when going to a specialist for an official diagnosis. Common symptoms of PTSD and trauma in children, teens, and young adults can include: Flashbacks and Nightmares: Reliving a past traumatic event through intrusive memories or nightmares. Avoidance of Trauma-Related Reminders: Avoiding people, places, or activities that remind you or your child, teen, or young adult of a past traumatic event. Hyperarousal and Hypervigilance: Feeling constantly on edge, easily startled, or experiencing difficulty sleeping after experiencing a traumatic event. Negative Thoughts and Emotions: Feeling guilt, shame, or detachment and having negative thoughts about oneself or the world after experiencing a traumatic event. "We often underestimate what it means for someone with PTSD to be in these moments of terror," Gent said. "It's a state of panic, fight or flight, or re-experiencing a moment where you didn't know if you were going to be physically or emotionally OK. That's terror. So, as a parent, can I sit with the power of terror and provide what they need – empathy and security." Dr. Rob Gent Post-traumatic stress disorder (PTSD) and trauma symptoms may manifest differently for children, teens, and young adults. Here are some common symptoms of PTSD and trauma that may be present in different age groups that will increase after a specific traumatic event or events: Children: Bedwetting, separation anxiety, regression in behavior, nightmares Teens and Adolescents: emotional withdrawal, changes in academic performance, risky or out-of-control behavior Young Adults: Flashbacks, intrusive thoughts or memories, avoidance of trauma-specific reminders, anxiety and depression It is important to note that these symptoms can appear in different age groups, and children, teens, or young adults may show symptoms not listed above. Our PTSD and trauma symptoms quiz is designed to provide teens, young adults, or parents who are concerned about their children with a preliminary understanding of possible symptoms that may indicate PTSD or trauma. It can serve as a valuable starting point for initiating conversations with healthcare professionals and seeking appropriate care. When it comes to the accuracy of our PTSD and trauma symptoms quiz, it is important to understand that it is not a diagnostic tool and the test results should not be considered a diagnosis of any kind. A formal diagnosis of post-traumatic stress disorder (PTSD) or trauma should only be made by a licensed mental health professional through a comprehensive evaluation. Early detection and diagnosis of trauma and post-traumatic stress disorder (PTSD) are crucial for several reasons. Identifying symptoms early on allows for timely intervention and access to appropriate treatment options, improving the individual's overall well-being and quality of life. Seeking professional help is essential, as PTSD and trauma symptoms can significantly impact daily functioning, relationships, and overall mental health. Mental health professionals, like psychologists and psychiatrists, can provide evidence-based interventions tailored to individual needs. This test may identify symptoms common to the following types of PTSD and trauma: Our PTSD and trauma symptoms test may help teens, young adults, or parents who are wondering if they or their child may be experiencing symptoms of post-traumatic stress disorder (PTSD) or trauma. For each of the questions in the PTSD and trauma quiz below, please choose a response based on how often it applies to you (if you're a teenager or a young adult) or your child (if you're the parent). The most honest responses will lead to the most accurate results. This test usually takes about five minutes. After you hit "Submit," please scroll back down on the page for your results. \*It's important to note that teens and young adults should not use our PTSD and trauma test as a diagnostic tool. If you believe your adolescent, teen, or young adult is struggling with PTSD or trauma, seek an official assessment from a trained mental health professional. Understanding your PTSD and trauma symptoms test results can provide valuable insights into the severity of your symptoms and guide you towards appropriate evaluation and treatment options for you or your child, teen, or young adult. The results of the test are based on a comprehensive evaluation of your reported symptoms, using standardized measures such as the Posttraumatic Stress Disorder Checklist (PCL). Based on your answers to the questions based on the PCL checklist, there will be a score of possible symptoms associated with PTSD and trauma from a score of none to very little symptoms, mild symptoms, or a strong indication of symptoms. The diagnosis and treatment of post-traumatic stress disorder (PTSD) and trauma involve a comprehensive evaluation by a qualified mental health professional. This may include a clinical interview, assessment of symptoms, and consideration of a child, teen, or young adult's personal history. One of the first steps is to consult with a licensed mental health professional. They can provide a proper diagnosis based on the criteria outlined in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This will help determine the severity of a child, teen, or young adult's symptoms and guide them toward the appropriate treatment plan. Once a formal diagnosis is made, PTSD treatment can involve several types of therapy that can be effective, including: These therapies aim to help children, teens, and young adults process their traumatic memories, develop coping strategies, and reduce the impact of PTSD symptoms on their daily lives. While medication can help manage certain symptoms of post-traumatic stress disorder (PTSD), such as depression or anxiety, it is not the only treatment option available. PTSD can be treated without medication through various evidence-based psychotherapies and coping strategies. In certain instances, medication may be prescribed to help manage PTSD symptoms. This can include antidepressants, anti-anxiety drugs, or other medications targeting specific symptoms. Collaborating closely with a healthcare provider is crucial to determine the most appropriate medication and dosage tailored to your needs. If post-traumatic stress disorder (PTSD) or trauma symptoms go untreated, they can have profound and long-lasting effects on a child, teen, or young adult's mental health and overall well-being. Untreated PTSD or trauma symptoms can significantly impact various aspects of life, including relationships, work, or school performance. Young people may experience ongoing distress, emotional numbing, difficulty concentrating, and an increased risk of developing other mental health disorders, such as depression or substance abuse. Untreated PTSD can also lead to self-destructive behaviors, including self-harm or substance misuse, as young people may attempt to cope with their distress in unhealthy ways. These behaviors can further exacerbate the negative consequences of PTSD. Communicate and listen: Create a safe space for your loved one to share their experiences and emotions. Listen without judgment and validate their feelings, letting them know they are not alone. Educate yourself: Learn about PTSD and trauma to better understand the challenges your loved one is facing. The American Psychological Association and other reputable sources provide resources on PTSD. It can also be important to learn what not to do around a child, teen, or young adult with PTSD to help them overcome trauma. Encourage professional help when necessary: Encourage your child, teen, or young adult to seek professional help from a mental health provider experienced in treating trauma. Offer to accompany them to appointments or assist with finding appropriate resources. Be patient: Recovery from trauma takes time, and healing is not linear. Be patient with young people as they navigate the healing journey. Offer support: Be available to provide emotional support and reassurance. If your child, teen, or young adult feels comfortable, offer to accompany them to support groups or therapy sessions. Encourage self-care: Encourage young people to engage in self-care activities that promote their well-being, such as exercise, relaxation techniques, or creative outlets. Utilize PTSD and Trauma Resources: The Department of Veterans Affairs (VA) and organizations like the National Center for PTSD may offer support. "Parents need to refrain from trying to 'fix' their children when they're triggered and re-experience a traumatic event," Gent said. "Instead, they should focus on 'How do I get them back to a place of security, nurturance, and regulation?'" Dr. Rob Gent If you or your child, teen, or young adult have taken our PTSD and trauma test and the results indicate possible symptoms of PTSD, it can be important to seek out an official diagnosis and treatment from a trained mental health professional. PTSD is a serious condition that can significantly impact a young person's life, relationships, and overall well-being. If you're concerned that you or your child, teen, or young adult is showing symptoms of PTSD or trauma, contact us. We'll walk you through each step of the healing journey. Contact Us to Start Healing 0203 326 9160 0203 326 9160A free, confidential call could quickly help you get the support you need. Your call will be answered by an assistant psychologist who will listen to your concerns before explaining your options and suggesting the most appropriate treatment. View all testsWe have online mental health quizzes for many conditions including ADHD, autism, anxiety, depression, PTSD, and more. Each one should take no longer than five minutes. Anxiety disorders are among the most common mental health conditions, with varying symptoms that affect people differently. Recognizing the signs of anxiety is the first step toward understanding and managing the condition effectively. Anxiety can manifest both emotionally and physically, disrupting daily life and well-being. Anxiety symptoms often include excessive worry, restlessness, and a sense of impending doom. Physical symptoms are equally common and may include: Nervousness or restlessness Feeling tense or on-edge Rapid heart rate Hyperventilation Irritability Trouble falling or staying asleep Difficulty concentrating Trembling Sweating Weakness or fatigue Gastrointestinal issues Panic attacks are another hallmark of anxiety disorders. These episodes involve sudden, intense fear or discomfort that peaks within minutes, often accompanied by symptoms such as chest pain, shortness of breath, dizziness, or a racing heart. Types of Anxiety Disorders Different anxiety disorders can present unique challenges. Here are some common types: Generalized Anxiety Disorder (GAD): Persistent and excessive worry about various aspects of life, such as work, health, or family, often accompanied by physical symptoms like fatigue and muscle tension. Agoraphobia: Fear of situations or places where escape might be difficult, leading to avoidance of crowded areas, public transportation, or leaving home. Panic Disorder: Recurring panic attacks coupled with fear of experiencing another attack, which can limit daily activities. Left unaddressed, anxiety can interfere with relationships, work, and overall quality of life. However, early recognition of these symptoms can lead to effective management and recovery. Effective management of anxiety begins with an accurate diagnosis and appropriate treatment. Understanding the available treatment options can empower individuals to take control of their mental health. A mental health professional, such as a psychologist or counselor, typically diagnoses anxiety disorders through a combination of interviews, questionnaires, and observation. They assess the intensity, duration, and impact of symptoms on daily life to determine the type of anxiety disorder. Once diagnosed, individuals can explore several treatment strategies tailored to their needs: Therapy: Therapy, especially Cognitive Behavioral Therapy (CBT), is highly effective for managing anxiety. CBT helps individuals identify and reframe negative thought patterns, reducing their impact on emotions and behaviors. It also equips patients with coping mechanisms to manage anxiety triggers. Lifestyle Adjustments: For mild cases, lifestyle changes can make a significant difference. These include: Practicing mindfulness, yoga, and meditation Engaging in regular physical exercise Managing stress through structured downtime Building a support network of friends and family Replacing negative thoughts with positive affirmations Grounding Techniques: Grounding exercises, such as focusing on sensory experiences (e.g., identifying 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste), can help manage anxiety in the moment by bringing attention back to the present. If anxiety symptoms persist and disrupt daily activities, consulting a mental health professional is crucial. Timely intervention can lead to significant improvement and prevent complications. Anxiety is a natural response to stress, but when it becomes overwhelming and interferes with daily life, it may indicate an anxiety disorder. Knowing when to seek professional help is vital for long-term well-being. Signs that it may be time to consult a mental health professional include: Persistent worry that feels uncontrollable Physical symptoms such as chest pain or shortness of breath Panic attacks or fear of having panic attacks Difficulty maintaining relationships or performing at work or school Avoidance of activities or situations due to fear Numerous organizations offer support for those experiencing anxiety. It is essential to break the stigma surrounding mental health. Seeking help for anxiety is a sign of strength and a step toward recovery. With proper support, individuals can lead fulfilling and productive lives. Anxiety disorders are the most common mental health conditions in the U.S., affecting 31% of adults at some point in their lives, according to the National Institute of Mental Health. Who is it for?Is it accurate?FAQsWant to learn more about your potential PTSD symptoms? Get started with this PTSD self-reflection tool. Post-traumatic stress disorder (PTSD) is a mental health condition that may occur after witnessing or experiencing a traumatic incident. While it was formerly associated with war-time veterans, PTSD can develop after any event where a person fears serious bodily harm or death, or witnesses this danger for someone else. Some causes of PTSD can include natural disasters, near-death experiences, mass violence, physical violence or abuse, or serious medical events.If you live with PTSD, you may constantly experience an elevated "fight, flight, or freeze" response, even from the slightest trigger.A trigger generally occurs when you encounter a sound, place, feeling, or anything else related to the event. This could be a loud noise (triggering memories of gunshots or parents fighting)a childhood bedroom (triggering memories of abuse)being alone in your apartment (triggering memories of unsafety and helplessness as a child)intrusion symptoms such as flashbacks constant avoidancechanges in moods and thoughtsreactivity symptoms such as being hyperalert or vigilant about your surroundingsIf you think you're experiencing PTSD, there is hope. PTSD is not a lifelong sentence. Consider reaching out to a mental health professional to learn coping strategies and how to manage your symptoms.This brief, time-saving questionnaire is designed for anyone who thinks they may be experiencing symptoms of PTSD.The items below will help you determine whether you may need additional help and professional support for your symptoms.A mental health professional can also help figure out if your issues might be a symptom of PTSD and recommend treatment if needed.This online screening is not a definitive tool. It is not designed to diagnose PTSD or take the place of a professional diagnosis. You can, however, use this test as a self-screening tool to track your moods. You could also use it to show your doctor how your symptoms have changed from one visit to the next.Only a trained medical professional, such as a doctor or mental health professional, can help you determine the next best steps for you.No. An evaluation by a doctor with a mental health background, such as a psychiatrist or psychologist, is required to receive a formal diagnosis of PTSD. To test for PTSD, a doctor will conduct both a psychological and physical examination. In the psychological examination, you will be tested for various symptoms commonly associated with PTSD, such as flashbacks, avoidance behavior, high alertness, and changes in mood.PTSD is generally described as having five main signs. These include:A traumatic event: Experiencing or witnessing something traumatic. Intrusion symptoms: Experiencing internal reminders of the traumatic event, either through flashbacks, unpleasant memories, or nightmares. Avoidance symptoms: Avoiding a person, place, or situation to prevent being reminded of the traumatic event. Reactivity symptoms: Experiencing a change of mood due to the traumatic event, such as feeling irritable, angry, or having trouble concentrating. Alertness symptoms: Feeling constantly on high alert and hypervigilant of danger. Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event. These events may include natural disasters, war, accidents, or acts of violence. PTSD is characterized by persistent and distressing symptoms that disrupt an individual's daily life, relationships, and overall well-being. While it is natural to feel stress or anxiety after a traumatic experience, PTSD occurs when these feelings persist for months or even years and significantly impair one's ability to function. Symptoms of PTSD may appear shortly after the event or develop months or even years later. PTSD symptoms are typically grouped into four main categories: intrusive memories, avoidance behaviors, negative changes in mood and cognition, and hyperarousal. These symptoms may vary in intensity over time but can severely affect daily life. Intrusive Memories Recurrent, unwanted distressing memories of the traumatic event. Flashbacks that make the individual feel as though they are reliving the trauma. Nightmares or night terrors related to the event. Severe emotional distress when reminded of the trauma. Avoidance Behaviors Efforts to avoid thinking or talking about the traumatic event. Avoiding places, people, or activities that trigger memories of the trauma. Negative Changes in Mood and Cognition Feelings of guilt, shame, or self-blame. Difficulty maintaining close relationships. Persistent negative thoughts about oneself or the world. Loss of interest in previously enjoyed activities. Hyperarousal Heightened alertness or vigilance. Difficulty concentrating or sleeping. Being easily startled or on edge. Angry outbursts or irritability. The symptoms of PTSD can have a profound impact on every aspect of life, including work, relationships, and physical health. Left untreated, these symptoms may worsen over time, leading to additional mental health challenges such as anxiety or depression. Recognizing the signs and symptoms of PTSD is the first step toward seeking help. Early intervention can significantly improve outcomes, allowing individuals to regain control over their lives and heal from trauma. Post-Traumatic Stress Disorder (PTSD) is a treatable condition that requires accurate diagnosis and a tailored treatment plan. Early intervention can prevent symptoms from worsening and help individuals regain a sense of normalcy. Understanding the diagnostic process and treatment options is key to managing PTSD effectively. The diagnosis of PTSD is made by a mental health professional based on specific criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). The diagnostic process includes: Clinical Interviews: Discussing the individual's symptoms, history of trauma, and their impact on daily life. Symptom Assessment: Evaluating the presence and duration of PTSD symptoms, which must persist for more than one month. Exclusion of Other Conditions: Ensuring symptoms are not due to substance use or other medical conditions. Effective treatment for PTSD often involves a combination of therapy and lifestyle changes. The goal is to reduce symptoms, improve coping skills, and enhance overall well-being. Psychotherapy: Psychotherapy is a cornerstone of PTSD treatment. Common approaches include: Cognitive Behavioral Therapy (CBT): Helps individuals identify and challenge negative thought patterns associated with the trauma. Exposure Therapy: Gradually exposes individuals to trauma-related memories or situations in a safe environment to reduce avoidance and fear. Eye Movement Desensitization and Reprocessing (EMDR): Combines guided eye movements with processing traumatic memories to reduce distress. Supportive Interventions: Additional therapeutic techniques can complement primary treatment, such as: Group therapy to connect with others who have experienced similar trauma. Family therapy to address relationship challenges and improve support systems. Lifestyle Changes: Incorporating healthy habits into daily life can support recovery. These include: Maintaining a regular sleep schedule to reduce fatigue and irritability. Engaging in physical activity to manage stress and improve mood. Practicing mindfulness or relaxation techniques, such as meditation or yoga. With a comprehensive treatment plan that includes therapy and lifestyle changes, individuals with PTSD can effectively manage their symptoms and improve their quality of life. Early diagnosis and intervention are crucial to long-term recovery. Post-Traumatic Stress Disorder (PTSD) can significantly disrupt an individual's life, relationships, and ability to function. Knowing when to seek professional help is essential for recovery. Recognizing the signs that indicate the need for intervention can prevent symptoms from worsening and facilitate a faster path to healing. It is important to seek help if you or a loved one experiences the following: Persistent Symptoms: Distressing symptoms, such as flashbacks or hyperarousal, that last for more than one month. Interference with Daily Life: Difficulty maintaining work, relationships, or personal responsibilities due to symptoms. Avoidance Behavior: Actively avoiding people, places, or activities that trigger memories of the trauma. Emotional Instability: Severe feelings of guilt, shame, or hopelessness that impact mental health. Suicidal Thoughts: Thoughts of self-harm or a belief that life is not worth living. If you suspect PTSD, consider the following steps: Speak with a Healthcare Provider: Consult a primary care physician or mental health professional for an evaluation and guidance. Explore Therapy Options: Engage in evidence-based treatments, such as Cognitive Behavioral Therapy (CBT) or Eye Movement Desensitization and Reprocessing (EMDR). Build a Support Network: Share your feelings with trusted friends, family, or support groups to reduce isolation. Several organizations provide resources for individuals affected by PTSD. For example, the National Center for PTSD offers educational materials and tools for managing symptoms. Other information and support resources include: Seeking help for PTSD is a critical step toward recovery. With professional support and effective treatment, individuals can manage their symptoms, regain control of their lives, and heal from the trauma they have experienced. PTSD affects about 7% of U.S. adults, often occurring after a traumatic event, and is associated with hyperarousal, avoidance, and intrusive memories.