Assessment powered by NovoPsych

Life Events Checklist for DSM-5 (LEC-5)

Client Name	Generic Client	*Date administered*	4 Jun 2024
Date of birth (age)	9 Aug 1998 (25)	*Time taken*	20s
Assessor	Dr Mandira Mishra		

Results

	Total Score
Life Events Checklist (Score 0 - 17)	2

Interpretation

Given that the individual has disclosed exposure to traumatic incidents, it is recommended that their experience of those events be explored. If they were experienced as significant, it is recommended that Post Traumatic Stress Disorder (PTSD) symptoms be assessed in order to further evaluate the influence of these events on mental health. The Post Traumatic Stress Disorder Checklist (PCL-5) assesses PTSD symptom severity.

Out of 17 traumatic events listed, the client has been exposed to 2 events. The client indicated that out of the 2 traumatic events, 1 event (50%) was learned about and 1 event (50%) was witnessed. Please inspect individual items for further details.

Client Responses

1	Natural disaster (for example, flood, hurricane, tornado, earthquake)
	Learned about it happening to a close family member or close friend
2	Fire or explosion
	Witnessed it
3	Transportation accident (for example, car accident, boat accident, train wreck, plane crash)
	Not sure
4	Serious accident at work, home, or during recreational activity
	Doesn't apply
5	Exposure to toxic substance (for example, dangerous chemicals, radiation)
	Doesn't apply
6	Physical assault (for example, being attacked, hit, slapped, kicked, beaten up)
	Doesn't apply
7	Assault with a weapon (for example, being shot, stabbed, threatened with a knife, gun, bomb)
	Doesn't apply

Client Name	Generic Client

Client Responses (cont.)

8	Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm)
	Doesn't apply
9	Other unwanted or uncomfortable sexual experience
	Doesn't apply
10	Combat or exposure to a war-zone (in the military or as a civilian)
	Doesn't apply
11	Captivity (for example, being kidnapped, abducted, held hostage, prisoner of war)
	Doesn't apply
12	Life-threatening illness or injury
	Doesn't apply
13	Severe human suffering
	Doesn't apply
14	Sudden violent death (for example, homicide, suicide)
	Doesn't apply
15	Sudden accidental death
	Doesn't apply
16	Serious injury, harm, or death you caused to someone else
	Doesn't apply
17	Any other very stressful event or experience
	Doesn't apply

Scoring and Interpretation Information

For comprehensive information on the LEC-5, see here.

The Life Events Checklist for DSM-5 is intended to gather information about a person's potentially traumatic experiences. A total score indicates, out of the 17 events, the respondent's exposure to trauma.

Respondents indicate varying levels of exposure to each potentially traumatic event included on a 6-point nominal scale, and respondents may endorse multiple levels of exposure to the same trauma type. If a traumatic event is reported (i.e., Criterion A for a DSM-5 PTSD diagnosis), it is advisable to inquire about the client's subjective experience of the event.

Client Name	Generic Client

Scoring and Interpretation Information (cont.)

The fact that an event occurs does not mean that the patient experienced it as traumatic, so it is recommended that clinicians explore the client's subjective experience of each incident. The PTSD Checklist-5 (PCL-5) can be used to confirm the presence of other diagnostic criteria in order to determine if a PTSD diagnosis is applicable.

Most adults have been exposed to a potentially traumatic event (experienced, witnessed, or had a close family member or friend experience a traumatic incident). For context in comparison to typical experiences, only 39.5% of adults score 0, and 60.5% of adults have experienced at least one potential traumatic experience (Morawej et al., 2024). The level of exposure is related to the likelihood of experiencing PTSD symptoms, though it is possible that only one incident can lead to PTSD.

Three traumatic event-type clusters were identified (Contractor et al., 2020):
-Accidental/Injury Traumas - items: 1, 2, 3, 4, 12
-Victimization Traumas - items: 6, 8, 9
-Predominant Death Threat Traumas: - 5, 7, 10, 11, 13-16