

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

Category: Trauma | Items: 17 | Time: ~3 min

Description / When to Use

17-item self-report measure of exposure to potentially traumatic events.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 17 items in this scale. Estimated completion time: 3 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Count number of events endorsed. Used in combination with PCL-5 for PTSD assessment.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0	No trauma exposure	None
1-5	Some trauma exposure	Monitor
6-17	High trauma exposure	Consider evaluation

Psychometric Properties

Cronbach's alpha: 0.90 | Test-retest reliability: N/A

Validity: Structured trauma exposure assessment.

License

Free to use with citation

Citation (APA Format)

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). National Center for PTSD.

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URL: <https://www.ptsd.va.gov/professional/assessment/te-measures/life-events-checklist.asp>