

Trauma and Adversity Exposure – General

Date of MHRP final approval:

Date of SC final approval:

About the Measure

Domain:	PTSD
Measure:	Trauma and Adversity Exposure
Definition:	A questionnaire to assess the participant’s exposure to potentially traumatic events (PTEs).
Purpose:	<p>This measure is used to document exposure to potentially traumatic events (PTEs) that have sufficient characteristics (e.g., magnitude, proximity) to trigger a debilitating stress reaction, and to adversity that may amplify impact or impede recovery. Exposure to potentially traumatic events (PTEs) is associated with psychological and emotional distress, posttraumatic stress disorder (PTSD), depression, and substance abuse, as well as increased use of health care services.</p> <p>This measure includes two protocols. One protocol is used to screen the general population for lifetime exposure to PTEs. Cumulative exposure is associated with increased likelihood of developing PTSD after a new traumatic event. The other protocol is used to screen military populations for exposure to PTEs in a warzone or combat setting. Potentially traumatic exposures are common for military personnel in combat.</p>

About the Protocol

Description of Protocol:	<p>The Life Events Checklist for DSM-5 (LEC-5) is a self-report measure designed to screen for potentially traumatic events in a respondent's lifetime. The sum of endorsements can be used as a variable for analysis, but the LEC-5 typically is used to facilitate identification of an index trauma for assessment of PTSD symptoms with an instrument such as the Clinician Administered PTSD scale (CAPS – see PTSD Symptoms, Severity and Diagnosis measure in the PhenX Toolkit). The LEC-5 assesses exposure to 16 event categories with known potential to result in significant distress and PTSD, and it includes an additional item addressing any other extraordinarily stressful events not captured by the 16 categories. For each item, the respondent selects: Happened to me; Witnessed it; Learned about it; Part of my job; Not sure; or Doesn't apply. These options reflect DSM-based modalities of trauma exposure. The LEC quantifies types of exposures, but does not address features such as age at onset and perpetrator, or parameters such as severity, frequency, and duration. Such information is provided in the PhenX Toolkit with the Lifetime Trauma and Victimization History (LTVH) measure.</p>
Selection Rationale:	<p>The Life Events Checklist for DSM-5 (LEC-5) is a widely used, brief, self-report measure with indirectly established psychometric properties based on its similarity to Life Events Checklist for DSM-IV (LEC-IV).</p>
Specific Instructions:	<p>The Life Events Checklist for DSM-5 (LEC-5) establishes exposure to categories of potentially traumatic events typically encountered by the general population. The LEC-5 was developed to be administered before the Clinician Administered PTSD scale (CAPS – see PTSD Symptoms, Severity and Diagnosis measure in the PhenX Toolkit). Endorsements can be summed, but individual items are often used to guide follow-up questioning about specific experiences as part of a semi-structured PTSD interview.</p>

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	<p>For assessment of potentially traumatic events related to military service, see the four subscales from the Deployment Risk and Resilience Inventory-2 (DRRI-2) in the PhenX Toolkit here.</p>
Protocol Text:	<p><u>Summary of the Life Events Checklist for DSM-5 (LEC-5)</u></p> <p>The LEC-5 assesses exposure to 17 event types with known potential to result in significant distress or PTSD. These events include:</p> <ul style="list-style-type: none">• Natural disaster• Fire/explosion• Accident at work, home, recreation or during transportation• Exposure to toxic substance• Assault• Sexual assault or unwanted sexual experience• Combat experience• Captivity• Illness, injury, or human suffering• Sudden violent or accidental death• Harm caused by participant• Other stressful event <p>For each item, the respondent checks: Happened to me; Witnessed it; Learned about it; Part of my job; Not sure; or Doesn't apply.</p> <p><u>Scoring:</u> The LEC-5 generates:</p> <ul style="list-style-type: none">• Number of events experienced• Number of events witnessed• Number of events learned about <p>Endorsements of potentially traumatic events are used to facilitate identification of an index trauma for a semi- structured PTSD interview such as the Clinician Administered PTSD scale (CAPS – see PTSD Symptoms, Severity and Diagnosis measure in the PhenX Toolkit).</p> <p><u>Availability:</u> The Life Events Checklist for DSM-5 (LEC-5) is available for download from the National Center for PTSD at www.ptsd.va.gov.</p>
Participant:	Adults, ages 18 and older
Source:	Weathers, F.W., Blake, D.D., Schnurr, P.P., Kaloupek, D.G., Marx, B.P., & Keane, T.M. (2013). <i>The Life Events Checklist for DSM-5 (LEC-5)</i> . Instrument available from the National Center for PTSD at www.ptsd.va.gov .
Language of Source:	English
Personnel and Training Required:	None
Equipment Needs:	None

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Protocol Type:	Self-administered questionnaire											
Requirements:	<table border="1"> <thead> <tr> <th>Requirements Category</th> <th>Required (Yes/No):</th> </tr> </thead> <tbody> <tr> <td>Major equipment</td> <td>No</td> </tr> <tr> <td>Specialized training</td> <td>No</td> </tr> <tr> <td>Specialized requirements for biospecimen collection</td> <td>No</td> </tr> <tr> <td>Average time of greater than 15 minutes in an unaffected individual</td> <td>No</td> </tr> </tbody> </table>		Requirements Category	Required (Yes/No):	Major equipment	No	Specialized training	No	Specialized requirements for biospecimen collection	No	Average time of greater than 15 minutes in an unaffected individual	No
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	Major equipment	No										
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	Specialized requirements for biospecimen collection	No										
Average time of greater than 15 minutes in an unaffected individual	No											
Common Data Elements:	TBD by PhenX Staff											
General References:	Elhai J.D., Gray M.J., Kashdan T.B., Franklin C.L. (2005). Which instruments are most commonly used to assess traumatic event exposure and post-traumatic effects? A survey of traumatic stress professionals. <i>Journal of Traumatic Stress</i> , 18 (5), 541-545.											
	Gray, M. J., Litz, B. T., Hsu, J. L., Lombardo, T. W. (2004). Psychometric properties of the life events checklist. <i>Assessment</i> , 11 (4), 330-341.											
	Kaloupek, D.G., Chard, K.M., Freed, M.C., Peterson, A.L., Riggs, D.S., Stein, M.B., Tuma, F. (2010). Common data elements for posttraumatic stress disorder research. <i>Archives of Physical Medicine and Rehabilitation</i> , 91(11), 1684-1691.											

Additional Information About the Measure	
Essential Data:	Current Age, Gender
Related PhenX Measures:	Life Events, Exposure to Violence, Childhood Maltreatment, Perceived Stress, PTSD Symptoms, Severity and Diagnosis
Derived Variables:	None
Keywords/Related Concepts:	Trauma, Potentially traumatic event, Stress, Stressor, PTSD, Posttraumatic Stress Disorder