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Validation of the PCL-5 in Dutch trauma-exposed adults

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Introduction

- PTSD is often not recognized and left untreated.
- PCL-5 is a self-report questionnaire measuring Post-traumatic stress disorder (PTSD).
- PCL-5 can be used to screen for PTSD diagnosis.
- Information about optimal cut-off for PCL-5 in the Netherlands is lacking.

Aims

1. Validate the PCL-5 in Dutch trauma-exposed individuals.
2. Establish the optimal cut-off for probable PTSD diagnosis.

Instruments

PCL-5 - PTSD Checklist for DSM-5
CAPS-5 – Clinician Administered Interview for PTSD
QIDS - Quick Inventory of Depressive Symptomatology
IES-R – Impact of Events Scale-Revised
WHO-QOL - World Health Organisation Quality Of Life
EQ-6D - EuroQol-6 Dimensions

Method

- Trauma-exposed individuals from TraumaTips cohort (N = 185).
- Long-term follow-up 12-15 years post-trauma
- Participants were predominantly male (66%) on average 54 years old (SD = 12.41).
- PTSD diagnoses were established with CAPS-5 (interrater Cohen's kappa = 1).

The PCL-5 shows excellent screening abilities in Dutch trauma-exposed individuals

True **PTSD**	False **PTSD**
9	18
False no PTSD	True no **PTSD**
0	158

Results

- Optimal PCL-5 total score cut-off for PTSD: **16** (sensitivity: 1.00; specifity: .90)
- High internal consistency (α = .94).
- Good convergent validity with CAPS-5, QIDS, IES-R, WHO-QOL and EQ-6D.

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