



Short Post-Traumatic Stress Disorder Rating Interview (SPRINT-4)¹

The SPRINT-4 asks four questions regarding individuals who have experienced or witnessed a traumatic event that involved loss of life, serious injury, or threat of either. These questions address emotional, behavioral, and physical symptoms experienced most days in the past week.

Questions include:

- Have you been bothered by unwanted memories, nightmares, or reminders of this event?
- Have you been making an effort to avoid thinking or talking about this event, or doing things which remind you of what happened?
- Have you lost enjoyment for things, kept your distance from people, or found it difficult to experience feelings?
- Have you been bothered by poor sleep, poor concentration, jumpiness, irritability, or feeling watchful around you?

Individuals respond by indicating Yes or No.

Scoring assigns each answer a numerical value and adds the total value of responses to the four questions:

- Yes = 1
- No = 0

Interpretation:

0-1: symptoms are not consistent with PTSD. A complete evaluation is not recommended.

2-3: symptoms may be consistent with PTSD. Further evaluation is recommended.

4: symptoms correspond to PTSD. A complete evaluation is strongly recommended.

¹ Connor, K. M., & Davidson, J. R. T. (2001). SPRINT: a brief global assessment of posttraumatic stress disorder. *International Clinical Psychopharmacology*, 16, 279-284.