

Canine PTSD Symptom Scale (C-PSS)

Name _____ Dog's Name _____ Date _____

Below is a list of traumatic events or situations. Please mark YES if you know that your dog has experienced or witnessed any of these situations. Mark NO if you know that your dog hasn't.

If your dog's history is unknown but s/he seems to have symptoms of PTSD, please go to page 2. Symptoms may include things like agitation, exaggerated aggression, excitability, nervousness and fear, as well as excessive panting, licking, yawning, tail-tucking, scavenging, sniffing, etc.

This is not an accepted diagnostic tool. Its intended use is for intellectual curiosity and research.

1. Has the dog been in a serious accident, fire or explosion? Yes No
2. Has the dog been in a natural disaster (tornado, flood, hurricane, earthquake)? Yes No
3. Has the dog been physically assaulted by someone? Yes No
4. Has the dog been seriously attacked by one or more other dogs? Yes No
5. Has the dog been deployed in military combat or been in a war zone? Yes No
6. Has the dog been caged or crated for very long periods of time? Yes No
7. To your knowledge has the dog been burned, cut, hung, or tortured by someone? Yes No
8. Has the dog experienced any other major traumatic event? Yes No
9. Has the dog been treated roughly by a professional trainer, veterinarian, or vet tech? Yes No
10. If the dog has experienced another traumatic event, give a brief description in the box below.

If you answered YES to any of the above questions, please complete the rest of the form. If you don't know whether the dog has experienced any trauma but suspect PTSD, please go to page 2.

Please check YES or NO regarding the event or events listed above.

- Was the dog physically injured? Yes No
- Was someone the dog has or had an emotional bond with – human or other dog – injured? Yes No
- Do you think the dog felt threatened by what happened? Yes No
- Did someone the dog was bonded to – human or other dog – feel threatened? Yes No
- Did the dog seem to feel helpless? Yes No
- Did the dog seem to be terrified? Yes No

Below is a list of behavioral problems that dogs sometimes exhibit after a traumatic event.

Please rate on a scale of 1 – 3 as to how seriously the dog seems to have been affected. Make your ratings by circling the number that corresponds with how deeply your dog has been affected.

If the dog has *not* been affected in one or more of the following ways, don't circle those numbers.

1 indicates a mild problem, 2 indicates a moderate problem, and 3 indicates a severe problem.

Please understand that some of these possible symptoms of PTSD can also be symptoms of a veterinary condition. So please consult your veterinarian to rule out a physiological cause.

1. Does the dog seem to react to certain situations as if they “remind” him of a trauma?	1	2	3
2. Does the dog react as if he’s actually re-experiencing a traumatic event or events?	1	2	3
3. Does the dog seem to be having vivid dreams or possible nightmares?	1	2	3
4. Has the dog suddenly become uncharacteristically aggressive?	1	2	3
5. Does the dog seem more fearful than before?	1	2	3
6. Does the dog seem more easily agitated than before?	1	2	3
7. Has the dog’s appetite changed?	1	2	3
8. Does the dog seem resistant, listless or apathetic about going for walks?	1	2	3
9. Has the dog lost interest in playing with you?	1	2	3
10. Has the dog lost interest in playing with other dogs?	1	2	3
11. Does the dog seem hypervigilant outdoors?	1	2	3
12. Does the dog seem hypervigilant indoors?	1	2	3
13. Does the dog seem to be sniffing and urinating outdoors more often than before?	1	2	3
14. Has the dog started licking his or her own paws?	1	2	3
15. Is the dog scavenging, eating feces, or exhibiting pica (eating non-food items)?	1	2	3
16. Have the dog’s normal interest in socializing with other dogs or people changed?	1	2	3
17. Is the dog jumpy or easily frightened?	1	2	3
18. Does the dog seem sad or withdrawn?	1	2	3
19. Have you been to a trainer or behaviorist who couldn’t seem to fix the issue?	1	2	3
20. Do certain behavioral problems persist no matter what you do?	1	2	3
21. If your dog has been housebroken, has he or she started eliminating indoors again?	1	2	3
22. Is the dog engaging in submissive urination when meeting new people or dogs?	1	2	3
23. Has the dog become more solicitous and/or in need of physical affection?	1	2	3
24. Does the dog overly attached to you?	1	2	3
25. Does the dog sometimes whine or cry for attention, or for no apparent reason?	1	2	3

Please mark YES or NO if the problems above have interfered with the following:

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| 1. Responsiveness to obedience cues | Yes | No |
| 2. Social behaviors with other dogs | Yes | No |
| 3. Social behaviors with family members | Yes | No |
| 4. Social behaviors with strangers and/or strange dogs | Yes | No |
| 5. Comfort levels when placed in new situations or environments | Yes | No |