Women veterans presenting with symptoms of sleep disturbance, concentration difficulties, insomnia, anxiety
OR
Asymptomatic Women Veteran Patient

Evaluate Military History using Military Health History Pocket Card to determine history of traumatic event, particularly focus on questions related to military sexual trauma (MST) and direct combat.

Key MST Questions:
• While being in military, did you ever experience any unwanted sexual attention, like verbal remarks, touching, or pressure for sexual favors?
• Did anyone ever use force or threat of force to have sex with you against your will?

Key Combat-Related Questions:
• Did you see combat, enemy fire, or causalities?
• Were you or a comrade wounded, injured, or hospitalized?
• Did you have a head injury with loss of consciousness, loss of memory, “seeing stars’ or being temporarily disoriented?
• Did you ever become ill while you were in service?

Table 1: Primary Care PTSD Screen
Have you ever had any experience that was so frightening, horrible, or upsetting, in the past month that you:

1. Have had nightmares about it or thought about it when you did not want to?
2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
3. Were constantly on guard, watchful, or easily startled?
4. Felt numb or detached from others, activities, or your surroundings?

Screening is “positive” if patient answers “yes” to three of four questions.

If patient responds yes to any of these questions, ask if they can elaborate more on the question to examine symptoms more closely.