



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

Late-Onset Stress Symptomatology (LOSS) Scale

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Reference: King, L. A., King, D. W., Vickers, K., Davison, E. H., & Spiro, A., III (2007). Assessing late-onset stress symptomatology among aging male combat veterans. *Aging & Mental Health*, 11, 175-191.

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Thinking About Military Service

Instructions: The following statements ask about your attitudes, experiences, and thoughts about military service, and how these may have changed compared to when you were younger. Please read each item carefully and circle the choice that best applies.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
1. As I get older, I get more upset when talking about the war than I used to.	0	1	2	3	4
2. Everyday things have started reminding me of the war.	0	1	2	3	4
3. These days, I'm bothered by memories of my wartime experiences.	0	1	2	3	4
4. The military allowed me to grow up.	0	1	2	3	4
5. When things go wrong, I feel like I'm back in combat.	0	1	2	3	4
6. If I don't keep myself busy, I think about the war.	0	1	2	3	4
7. My family and friends have told me that I am talking too much about the war.	0	1	2	3	4
8. I learned valuable skills while serving in the war.	0	1	2	3	4
9. I dream about the war more now than when I was younger.	0	1	2	3	4
10. These days, I think more about my role in the war.	0	1	2	3	4
11. As I age, seeing or hearing anything related to the war upsets me.	0	1	2	3	4
12. The military taught me how to get along with others.	0	1	2	3	4
13. I think about my war buddies more than I used to.	0	1	2	3	4
14. Independence Day, Veterans' Day, and Memorial Day services have become more distressing for me.	0	1	2	3	4
15. These days, I think about the war at times when I don't want to.	0	1	2	3	4
16. The military helped me pursue my educational goals.	0	1	2	3	4
17. As I grow older, I have more regrets about my role in the war.	0	1	2	3	4
18. My family and friends tell me that I have recently been speaking more emotionally about the war.	0	1	2	3	4

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
19. The more I learn about the war, the more angry I become.	0	1	2	3	4
20. Serving in the war let me travel to places I would have never seen.	0	1	2	3	4
21. When I am faced with stressful events, I find myself thinking about the war.	0	1	2	3	4
22. Compared to when I was younger, I think more about my experiences in the war.	0	1	2	3	4
23. Lately, I think more about friends I lost during the war.	0	1	2	3	4
24. Having fought in a war is a big part of my life.	0	1	2	3	4
25. Recently, I have moments when I feel like I'm back in combat.	0	1	2	3	4
26. I think more about the war when I'm under stress.	0	1	2	3	4
27. Movies and television shows about war bother me more than they used to.	0	1	2	3	4
28. My war experience helped me become a better person.	0	1	2	3	4
29. These days, I become more emotional around certain days or anniversaries that remind me of the war.	0	1	2	3	4
30. Lately, I have been thinking about seeing a doctor about the way I've been acting.	0	1	2	3	4
31. These days, I get more angry thinking about the war than I used to.	0	1	2	3	4
32. I personally benefited in the long run by serving in the war.	0	1	2	3	4
33. I get more emotional over patriotic things than I used to.	0	1	2	3	4
34. I need to talk about the war more now than when I was younger.	0	1	2	3	4
35. Lately, I've been having nightmares about the war.	0	1	2	3	4
36. The military helped me pursue my career goals.	0	1	2	3	4
37. I have started feeling more guilty about my wartime experiences.	0	1	2	3	4
38. I think about the war more than I used to.	0	1	2	3	4
39. Lately, my thoughts about the war bother me more.	0	1	2	3	4
40. I learned a lot about myself in the service.	0	1	2	3	4

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
41. I have recently looked for old wartime buddies with whom I can talk about the war.	0	1	2	3	4
42. Media coverage about the war (newspaper articles, movies, and television news) often makes me feel anxious, sad, or angry.	0	1	2	3	4
43. Lately, my family and friends have told me to see a doctor about the way I've been feeling.	0	1	2	3	4
44. My war experience taught me good leadership skills.	0	1	2	3	4