

Diagnostic Criteria for PTSD – Post Traumatic Stress Disorder

- A. Person has been exposed to a traumatic event with both of the following:
 - (1) Witnessed, experienced or was confronted with an event or events that involve actual or threatened death or serious injury, or a threat to the physical integrity of self or other.
 - (2) The person's response involved intense fear, helplessness, or horror
- B. The traumatic event is persistently re-experienced in one (or more) of the following ways:
 - (1) Recurrent and intrusive distressing recollections of the event, including images, thoughts or perceptions
 - (2) Recurrent distressing dreams of the event (nightmares)
 - (3) Acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur on awakening or when intoxicated)
 - (4) Intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event
 - (5) Physiological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event
- C. Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by three or more of the following:
 - (1) Efforts to avoid thoughts, feelings, or conversations associated with trauma
 - (2) Efforts to avoid activities, places, or people that arouse recollections of the trauma
 - (3) Inability to recall an important aspect of the trauma
 - (4) Marked diminished interest or participation in significant activities
 - (5) Feeling of detachment or estrangement from others
 - (6) Restricted range of affect (eg., unable to have loving feelings)
 - (7) Sense of foreshortened future (eg., does not expect to have a career, marriage, children, or a normal life span)
- D. Persistent symptoms of increased arousal (not present before the trauma), as indicated by two (or more) of the following:
 - (1) Difficulty falling or staying asleep

- (2) Irritability or outbursts of anger
 - (3) Difficulty concentrating
 - (4) Hyper-vigilance
 - (5) Exaggerated startle response
- E. Duration of the disturbance (symptoms in Criteria B, C, and D) is more than 1 month
- F. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning

(copied from the Desk Reference to the Diagnostic Criteria from DSM-IV-TR, American Psychiatric Association, 2000, pg 218-220)