

PTSD DEFINITION: DSM-V

- A. Exposure to actual or threatened death, serious injury or sexual violence in one (or more) of the following ways:
 - 1. Directly experiencing the traumatic event(s)
 - 2. Witnessing, in person, the event(s) as it occurred to others
 - 3. Learning that the traumatic event(s) occurred to a close family member or close friend. In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.
 - 4. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collective human remains; police officers repeatedly exposed to details of child abuse)
- B. Presence of one (or more) of the following intrusion symptoms associated with the traumatic event(s), beginning after the traumatic event(s) occurred:
 - 1. Recurrent, involuntary and intrusive distressing memories of the traumatic event(s)
 - 2. Recurrent distressing dreams in which the content and/or affect of the dream are related to the traumatic event(s)
 - 3. Dissociative reactions (e.g. flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring
 - 4. Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).
 - 5. Marked physiological distress at exposure to internal or external cues that resemble an aspect of the event(s).
- C. Persistent avoidance of stimuli associated with the traumatic event(s), beginning after the traumatic event(s) occurred, as evidenced by one or both of the following:
 - 1. Avoidance of or efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
 - 2. Avoidance of or efforts to avoid external reminders (people, places, conversations, activities, objects, situations) that arouse distressing memories, thoughts or feelings about or closely associated with the traumatic event(s).
- D. Negative alterations in cognitions and mood associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:
 - 1. Inability to remember an important aspect of the traumatic event(s).

2. Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world.
 3. Persistent, distorted cognitions about the cause or consequences of the traumatic event(s) that lead the individual to blame himself/herself or others.
 4. Persistent negative emotional state (e.g. fear, horror, guilt, shame)
 5. Markedly diminished interest or participation in significant activities
 6. Feelings of detachment or estrangement from others
 7. Persistent inability to experience positive emotions
- E. Marked alterations in arousal and reactivity associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:
1. Irritable behavior and angry outbursts (with little or no provocation) typically expressed as verbal or physical aggression towards people or objects.
 2. Reckless or self-destructive behavior
 3. Hypervigilance
 4. Exaggerated startle response
 5. Problems with concentration
 6. Sleep disturbance
- F. Duration of the disturbance (Criteria B, C, D and E) is more than 1 month
- G. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- H. The disturbance is not attributable to the physiological effects of a substance or another medical condition.