

PTSD DSM V DIAGNOSTIC CRITERIA

Criterion A: Stressor: The person experiences a traumatic event in which both of the following were present:

- The person experienced or witnessed or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others
- The person's response involved in intense fear, helplessness, or horror

Criterion B: Intrusive Recollection: The traumatic event is persistently re-experienced in any of the following ways:

- Recurrent and intrusive distressing recollections of the event, including images, thoughts or perceptions
- Recurring distressing dreams of the event
- Acting or feeling as if the traumatic event were recurring (reliving the experience, illusions, hallucinations, dissociative flashback episodes, including on waking or when intoxicated)
- Intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event
- Physiological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event

Criterion C: Avoidant/Numbing: Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma) as indicated by at least three of:

- Efforts to avoid thoughts, feelings or conversations associated with the trauma
- Efforts to avoid activities, places or people that arouse recollections of this trauma
- Inability to recall an important aspect of the trauma
- Markedly diminished interest or participation in significant activities
- Feeling of detachment or estrangement from the others
- Restricted range of affect (unable to have loving feelings)
- Sense of foreshortened future (no expectation of a career, marriage, family, long life)

Criterion D: Hyper-Arousal: Persistent symptoms of increase arousal (not present before the trauma) as indicated by at least two of the following:

- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hyper vigilance
- Exaggerated startle response

Criterion E: Duration: Symptoms on criterion B, C, D last for more than one month

Criterion F: Functional Significance: The disturbance causes clinically significant distress or impairment in social, occupational or other important areas of functioning

COMMON SIGNS AND SYMPTOMS OF POST TRAUMATIC STRESS DISORDER:

Physical

Fatigue
Vomiting or Nausea
Chest Pain
Twitches
Thirst
Weakness
Insomnia or Nightmares
Breathing Difficulty
Muscle Tremors
Grinding of Teeth
Profuse Sweating
Pounding Heart
Diarrhea or Intestinal Upsets
Headaches

Behavioral

Withdrawal
Pacing and Restlessness
Emotional Outbursts
Anti-Social Acts
Suspicion and Paranoia
Inability to Rest
Loss of Interest in Hobbies
Increased Alcohol Consumption
Other Substance Abuse

Emotional

Anxiety or Panic
Guilt
Fear
Denial
Irritability
Depression
Intense Anger
Agitation
Apprehension