

## **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**