

DIAGNOSTIC CRITERIA FROM DSM IV TR 309.81

POST TRAUMATIC STRESS DISORDER:

- A. The person has been exposed to a traumatic event in which both of the following were present:
 - 1) The person has been exposed, 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.
 - 2) The person's response involved intense fear, helplessness, or horror.
- B. The traumatic event is persistently reexperienced 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.
 - 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 the 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) Markedly diminished interest or participation in significant activities
 - 5) Feeling of detachment or estrangement from others
 - 6) Restricted range of affect (e.g., unable to have loving feelings)
 - 7) Sense of a foreshortened future (e.g., 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) Hypervigilance
 - 5) Exaggerated startle response
- E. Duration of the disturbance (symptoms in Criteria B, C, and D) is more than one month
- F. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.