

Posttraumatic Stress Disorder DSM5

- A) The person was exposed to death or threatened death, actual or threatened serious injury, or actual or threatened sexual violence
- B) Intrusion (1)
 - 1. Intrusive thoughts
 - 2. Nightmares
 - 3. Flashbacks
 - 4. Emotional distress after exposure to traumatic reminders
 - 5. Physical reactivity after exposure to traumatic reminders
- C) Avoidance (1)
 - 1. Trauma-related thoughts or feelings
 - 2. Trauma-related reminders
- D) Negative Thoughts or Feelings (2)
 - 1. Inability to recall key features of the trauma
 - 2. Overly negative thoughts and assumptions about oneself or the world
 - 3. Exaggerated blame of self or others for causing the trauma
 - 4. Negative affect
 - 5. Decreased interest in activities
 - 6. Feeling isolated
 - 7. Difficulty experiencing positive affect
- E) Arousal and Reactivity (2)
 - 1. Irritability or aggression
 - 2. Reckless or self-destructive behavior
 - 3. Hypervigilance
 - 4. Heightened startle reaction
 - 5. Difficulty concentrating
 - 6. Difficulty sleeping
- F) > 1 Month
- G) Distress or Impairment

PTSD: National Center for PTSD. (n.d.). Retrieved February 08, 2017, from http://www.ptsd.va.gov/professional/PTSD-overview/dsm5_criteria_ptsd.asp

