

DSM –V Diagnostic Criteria

Post Traumatic stress Disorder

A- A person has been exposed to a traumatic event in which both of the following were present :

- The person experienced , witnessed , or was confronted with an event or event that involved actual or threatened death or serious injury , or a threat to the physical integrity of self or others.
- The person response involved intense fear, helplessness or horror . note : in children ,this may be expressed instead by disorganized or agitated behavior .

B - The traumatic event is persistently re – experienced in one (of more) of the following ways :

- Recurrent and intrusive distressing recollections of the vent , including images , thoughts ,or perceptions. The vent , including images , thought , or perceptions.
Note : in young children, repetitive play may occur in which themes or aspects of the trauma are expressed.
- Recurrent distressing dreams of the event . Note : in children , there may be frightening dreams without recognizable content .
- Acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience , illusions ,hallucinations ,and dissimilative flashback episodes ,including those that occur on awakening or

when intoxicated).Note : in young children, trauma – specific re-enactment may occur

- Intense psychological distress at exposure to internal cues that symbolize or resemble an aspect of the traumatic event .
- Psychological 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 .

- Efforts to avoid thought ,feelings or conversations ,places, or people that arouse recollections of the trauma
- Inability to recall an important aspect of the trauma .
- Markedly diminished interest or participation in significances.
- Feeling of detachment from others .
- Restricted range of affect (e,g. does not expect to have 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 :

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

- Exaggerated startle response

E - duration of the disturbance (symptoms in criteria B,C, and D) is more than 1 moth.

F – the disturbance causes clinically significant distress or impairment in social , occupational ,or other important areas functioning .

Specify if :

Acute : if duration of symptoms is at least 6 months after the stressor .