

## Post-Traumatic Stress Disorder

### *Criterion A: stressor (one required)*

The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

### *Criterion B: intrusion symptoms (one required)*

The traumatic event is persistently re-experienced in the following way(s):

- Unwanted upsetting memories
- Nightmares
- Flashbacks
- Emotional distress after exposure to traumatic reminders
- Physical reactivity after exposure to traumatic reminders

### *Criterion C: avoidance (one required)*

Avoidance of trauma-related stimuli after the trauma, in the following way(s):

- Trauma-related thoughts or feelings
- Trauma-related external reminders

### *Criterion D: negative alterations in cognitions and mood (two required)*

Negative thoughts or feelings that began or worsened after the trauma, in the following way(s):

- Inability to recall key features of the trauma
- Overly negative thoughts and assumptions about oneself or the world
- Exaggerated blame of self or others for causing the trauma
- Negative affect
- Decreased interest in activities
- Feeling isolated
- Difficulty experiencing positive affect

### *Criterion E: alterations in arousal and reactivity*

- Trauma-related arousal and reactivity that began or worsened after the trauma, in the following way(s):
- Irritability or aggression
- Risky or destructive behavior
- Hypervigilance
- Heightened startle reaction
- Difficulty concentrating
- Difficulty sleeping

### *Criterion F: duration (required)*

Symptoms last for more than 1 month.

### *Criterion G: functional significance (required)*

Symptoms create distress or functional impairment (e.g., social, occupational).

### *Criterion H: exclusion (required)*

Symptoms are not due to medication, substance use, or other illness