



ISSN: 2641-6271

DOI: 10.33552/OAJAP.2019.02.000527

**Open Access Journal of
Addiction and Psychology**

Iris Publishers

Appendix I: PTSD Criteria (DSM-5)

Criterion A relates to stressor (one required for the diagnosis): stressor: exposure to trauma, by direct exposure, witnessing in person, indirectly learning that a close friend or relative were exposed to trauma, and repeated or extreme indirect exposure to aversive details of the event(s), usually in the course of professional duties (e.g., first responders, collecting body parts; professionals repeatedly exposed to details of child abuse). This does not include indirect nonprofessional exposure through electronic media, television, movies, or pictures;

Criterion B (one required for the diagnosis): Recurrent, involuntary, and intrusive memories (Note: Children older than 6 may express this symptom in repetitive play), traumatic nightmares (Note: Children may have frightening dreams without content related to the trauma(s)), dissociative reactions (e.g., flashbacks) which may occur on a continuum from brief episodes to complete loss of consciousness (Note: Children may re-enact the event in play), intense or prolonged distress after exposure to traumatic reminders, marked physiologic reactivity after exposure to trauma-related stimuli;

Criteria C (one required), as indicated by avoidance Persistent effortful avoidance of distressing trauma-related stimuli after the event: trauma-related thoughts or feelings and/or trauma-related external reminders (e.g., people, places, conversations, activities, objects, or situations);

Criterion D refers to negative alterations in cognition and mood, consisting of two or more of the above: inability to recall key features of the traumatic event (usually dissociative amnesia; not due to head injury, alcohol or drugs), persistent (and often distorted) negative beliefs and expectations about oneself or the world, persistent distorted blame of self or others for causing the traumatic event or for resulting consequences, persistent negative trauma-related emotions (e.g., fear, horror, anger, guilt or shame), markedly diminished interest in (pre-traumatic) significant activities, feeling alienated from others (e.g., detachment or estrangement), and constricted affect: persistent inability to experience positive emotions;

Criterion E consists of alterations in arousal and reactivity, consisting of two or more: irritable or aggressive behavior, self-destructive or reckless behavior, hypervigilance, exaggerated startle response, problems in concentration, and/or sleep disturbance.

Criterion F, G and H refer respectively to the minimal duration of one month, significant distress or impairment of function and exclusion of medication, substance abuse or other illness as causative of the symptoms. Further characterization include specification about the present or not of dissociative symptoms (derealization and depersonalization) and with delayed expression (full criteria not met until 6 months or more after the traumatic exposure).