

Name:

DOB:

ID#

## Posttraumatic Stress Disorder – Code 309.81

### Diagnostic Criteria:

- A. The person has been exposed to a traumatic event in which both of the following were present:
- (1) the person experienced, 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 other; AND
  - (2) the person's response involved intense fear, helplessness, or horror.

### AND

- B. The traumatic even is persistently re-experienced in **one (1)**, 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 even 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

### AND

- C. Persistent avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by **three (3)**, 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).

### AND

- D. Persistent symptoms of increased arousal (not present before the trauma), as indicated by **two (2)**, or more of the following:
- (1) difficulty falling or staying asleep.
  - (2) irritability or outbursts of anger.
  - (3) difficulty concentrating.
  - (4) hyper-vigilance.
  - (5) exaggerated startle response.

### AND

- E. Duration of the disturbance (symptoms in Criteria B, C, and D) is more than one month.

### AND

- F. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

### AND

Specify if:

With Delayed Onset: if onset of symptoms is at least 6 months after the stressor.

Specify if:

Acute: if duration of symptoms is less than 3 months.

Chronic: if duration of symptoms is 3 months or more.

Clinician:

Date:

Signature: