**DSM-IV Diagnostic Criteria for PTSD**

**A. The person has been exposed to a traumatic event.**

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

- Recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions.
- Recurrent distressing dreams of the event.
- Acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and dissociative flashback episodes, including those that occur on awakening or when intoxicated).
- Intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.
- Physiological 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 thoughts, feelings, or conversations associated with the trauma.
- Efforts to avoid activities, places, or people that arouse recollections of the trauma.
- Inability to recall an important aspect of the trauma.
- Markedly diminished interest or participation in significant activities.
- Feeling of detachment or estrangement from others.
- Restricted range of affect (e.g. unable to have loving feelings).
- Sense of a foreshortened future (e.g., does not expect to have a 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:**

1. Difficulty falling or staying asleep.
2. Irritability or outbursts of anger.
3. Difficulty concentrating.
4. Hypervigilance.
5. Exaggerated startle response.

**E. Duration of the disturbance (symptoms in Criteria B, C, and D) is more than 1 month.**
F. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Specify if:

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

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

Specify if:

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

Reference:


Department of Veterans Affairs. Web.