

PTSD & CPTSD

Exposure criteria

DSM-5-TR PTSD >6yo	ICD-11 PTSD	ICD-11 CPTSD	DSM-5-TR PTSD 6yo & under	Others
<p>Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways :</p> <ul style="list-style-type: none"> • Directly experiencing the traumatic event(s). • Witnessing, in person, the event(s) as it occurred to others. • Learning that the traumatic event(s) occurred to a close family member or close friend. In cases of actual or threatened death of a family member or event(s) must have been violent or accidental. • Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collecting human remains; police officers repeatedly exposed to details of child abuse). Note: Does not apply to exposure through electronic media, television, movies, or pictures, unless this exposure is work related. 	<p>Exposure to an event or situation (either short- or long-lasting) of an extremely threatening or horrific nature. Such events include, but are not limited to, directly experiencing natural or human-made disasters, combat, serious accidents, torture, sexual violence, terrorism, assault or acute life-threatening illness (e.g., a heart attack); witnessing the threatened or actual injury or death of others in a sudden, unexpected, or violent manner; and learning about the sudden, unexpected or violent death of a loved one.</p>	<p>Exposure to an event or series of events of an extremely threatening or horrific nature, most commonly prolonged or repetitive events from which escape is difficult or impossible. Such events include, but are not limited to, torture, concentration camps, slavery, genocide campaigns and other forms of organized violence, prolonged domestic violence, and repeated childhood sexual or physical abuse.</p>	<p>Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways :</p> <ul style="list-style-type: none"> • Directly experiencing the traumatic event(s). • Witnessing, in person, the event(s) as it occurred to others. • Learning that the traumatic event(s) occurred to a parent or caregiver figure. 	<p>ICD-11 PTSD - no age differences</p> <p>ICD-11 CPTSD - no age differences</p> <p>DC:0-5 Vs 2 - Basically same as <i>DSM-5-TR PTSD for 6yo and under</i>, with some differences.</p>

Purposes of this document:
- Quick reference for those already familiar with full works.
- To use for training, by those already familiar with full works.

American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision. Washington, DC, American Psychiatric Association, 2022

International Classification of Diseases, Eleventh Revision (ICD-11), World Health Organization (WHO) 2019/2021

ZERO TO THREE. (2021). DC:0-5TM: Diagnostic classification of mental health and developmental disorders of infancy and early childhood (Version 2.0). Washington, DC: Author. (Original work published 2016)

Other criteria

	DSM-5-TR PTSD >6yo : 4 main clusters	DSM-5-TR PTSD 6yo & under	ICD-11 PTSD : 3 main clusters	ICD-11 CPTSD : PTSD plus 3 more clusters. For problems in affect regulation (PAF), some examples can be in multi-areas
Intrusive/ Re-experiencing Symptoms	<ul style="list-style-type: none"> • Intrusive memories • Distressing dreams • Dissociative reactions • Psychological distress to reminders • Physiological response to reminders <p>For children >6</p> <ul style="list-style-type: none"> • Repetitive play with themes or aspects • Frightening dreams, unrecognizable content • Reenactment in play 	<ul style="list-style-type: none"> • Involuntary, intrusive memories; may not appear distressing, and may be expressed in play reenactment • Distressing dreams; may not be able to tell if content is related • Dissociative reactions; reenactment may occur in play • Psychological distress to reminders • Physiological response to reminders 	<ul style="list-style-type: none"> • Intrusive memories • Distressing dreams • Dissociative reactions • Psychological distress to reminders • Physiological response to reminders 	<ul style="list-style-type: none"> • Dissociative symptoms when under stress (PAF)
Avoidance Symptoms	<ul style="list-style-type: none"> • Avoiding or efforts to avoid memories, thoughts, feelings • Avoiding or efforts to avoid external reminders. 	<ul style="list-style-type: none"> • Avoiding or efforts to avoid activities, places, physical reminders • Avoiding or efforts to avoid people, conversations, interpersonal situations 	<ul style="list-style-type: none"> • Avoidance of internal memories or thoughts • Avoidance of external reminders 	
Negative changes in cognition and mood	<ul style="list-style-type: none"> • Inability to remember • Negative beliefs or expectations about oneself, others, or the world. • Distorted cognitions about the cause or consequences • Negative emotional state • Diminished interest/participation in activities • Feelings of detachment or estrangement from others • Inability to experience positive emotions 	<p>Negative Changes in Cognition</p> <ul style="list-style-type: none"> • Increased negative emotional states • Diminished interest/participation in activities • Socially withdrawn behavior • Reduction in positive emotions 		<ul style="list-style-type: none"> • Negative beliefs about oneself. • Difficulties in sustaining relationships and in feeling close to others • Emotional numbing (PAF) • Inability to experience pleasure or positive emotions (PAF)
Arousal Symptoms	<ul style="list-style-type: none"> • Irritable behavior and angry outbursts • Reckless or self-destructive behavior • Hypervigilance • Exaggerated startle response • Problems with concentration • Sleep disturbance 	<ul style="list-style-type: none"> • Irritable behavior and angry outbursts • Reckless or self-destructive behavior • Hypervigilance • Exaggerated startle response • Problems with concentration • Sleep disturbance 	<ul style="list-style-type: none"> • Persistent perceptions of heightened current threat, for example as indicated by hypervigilance or an enhanced startle reaction to stimuli such as unexpected noises. 	<ul style="list-style-type: none"> • Heightened emotional reactivity to minor stressors, violent outbursts, reckless or self-destructive behaviour (PAF)
Other	<ul style="list-style-type: none"> • Duration is over 1 month • Distress or impairment in areas of functioning. 	<ul style="list-style-type: none"> • Duration is over 1 month • Distress or impairment in relationships with parents, siblings, peers, caregivers, or school behavior 	<ul style="list-style-type: none"> • Duration for at least several weeks • Impairment in areas of functioning <p>For children: Same clusters for all ages, possible differences in Developmental Presentations section.</p>	<ul style="list-style-type: none"> • Impairment in areas of functioning. If functioning is maintained, it is only through significant additional effort. <p>For children: Same clusters for all ages, possible differences in Developmental Presentations section.</p>