

Recognizing Post-Traumatic Stress Disorder (PTSD)

	DSM-5	ICD-10
Exposure to a stressor	1 of:	1 of:
Death, threatened death, actual or threatened serious injury or sexual violence.	✓	
Exposure to a stressful event or situation of exceptionally threatening or catastrophic nature, which is likely to cause pervasive distress in almost anyone.		✓
Intrusive / re-experiencing symptoms	1 of:	1 of:
Recurrent, involuntary, intrusive memories.	✓	✓
Dissociative reactions (e.g. flashbacks).	✓	✓
Distressing dreams (nightmares).	✓	✓
Psychological distress when confronted with reminders of the trauma.	✓	✓
Physiological reactivity after exposure to a reminder of the trauma.	✓	✓
Avoidance	1 of:	1 of:
Of circumstances resembling or associated with the stressor.	✓	✓
Of trauma-related thoughts and feelings.	✓	
Arousal	2 of:	2 of:*
Difficulty falling or staying asleep.	✓	✓
Irritability or outbursts of anger.	✓	✓
Difficulty concentrating.	✓	✓
Hyper-vigilance.	✓	✓
Exaggerated startle response.	✓	✓
Self-destructive or reckless behavior.	✓	
Negative alterations in cognitions and mood	2 of:	1 of:*
Inability to recall key features of the traumatic event.	✓	✓
Persistent (and often distorted) negative beliefs and expectations about oneself and the world.	✓	
Persistent distorted blame of self or others for causing the traumatic event or the resulting consequences.	✓	
Persistent negative trauma-related emotions (e.g. fear, horror, guilt, shame).	✓	
Markedly diminished interest in (pre-trauma) activities.	✓	
Feeling alienated from others (e.g. detachment or estrangement).	✓	
Constricted affect: persistent inability to feel positive emotions.	✓	
*ICD: either at least two 'Arousal' symptoms or one 'Negative alterations in cognitions and mood' symptom is required.		
Duration		
The disturbance has lasted for more than 1 month.	✓	

Post-Traumatic Stress Disorder (PTSD) Checklist

	DSM-5	ICD-10
Exposure to a stressor	1 of:	1 of:
Death, threatened death, actual or threatened serious injury or sexual violence.	<input type="checkbox"/>	
Exposure to a stressful event or situation of exceptionally threatening or catastrophic nature, which is likely to cause pervasive distress in almost anyone.		<input type="checkbox"/>
Intrusive / re-experiencing symptoms	1 of:	1 of:
Recurrent, involuntary, intrusive memories.	<input type="checkbox"/>	<input type="checkbox"/>
Dissociative reactions (e.g. flashbacks).	<input type="checkbox"/>	<input type="checkbox"/>
Distressing dreams (nightmares).	<input type="checkbox"/>	<input type="checkbox"/>
Psychological distress when confronted with reminders of the trauma.	<input type="checkbox"/>	<input type="checkbox"/>
Physiological reactivity after exposure to a reminder of the trauma.	<input type="checkbox"/>	<input type="checkbox"/>
Avoidance	1 of:	1 of:
Of circumstances resembling or associated with the stressor.	<input type="checkbox"/>	<input type="checkbox"/>
Of trauma-related thoughts and feelings.	<input type="checkbox"/>	
Arousal	2 of:	2 of:*
Difficulty falling or staying asleep.	<input type="checkbox"/>	<input type="checkbox"/>
Irritability or outbursts of anger.	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty concentrating.	<input type="checkbox"/>	<input type="checkbox"/>
Hyper-vigilance.	<input type="checkbox"/>	<input type="checkbox"/>
Exaggerated startle response.	<input type="checkbox"/>	<input type="checkbox"/>
Self-destructive or reckless behavior.	<input type="checkbox"/>	
Negative alterations in cognitions and mood	2 of:	1 of:*
Inability to recall key features of the traumatic event.	<input type="checkbox"/>	<input type="checkbox"/>
Persistent (and often distorted) negative beliefs and expectations about oneself and the world.	<input type="checkbox"/>	
Persistent distorted blame of self or others for causing the traumatic event or the resulting consequences.	<input type="checkbox"/>	
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Feeling alienated from others (e.g. detachment or estrangement).	<input type="checkbox"/>	
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