Objectives

• Describe the changes to the PTSD diagnostic criteria in DSM-5
• Describe some additional Trauma and Stressor-related Disorders
DSM-IV PTSD Criteria

- Criterion A: stressor exposure
- Criterion B: re-experiencing
- Criterion C: avoidance and numbing
- Criterion D: hyperarousal
- Criterion E: duration
- Criterion F: clinical significance
PTSD in DSM-5

- No longer an anxiety disorder
- Included in a new category
- Trauma- and Stressor-related disorders
- Other diagnoses in new category include: reactive attachment disorder, disinhibited social engagement disorder, acute stress disorder, and adjustment disorders
PTSD Criterion A: Exposure to actual or threatened death, serious injury, or sexual violence, in one or more of the following ways:

- 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 friend, the event(s) must have been violent or accidental.
- Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)
PTSD Criterion A2

- DSM-IV Criterion A2 is now eliminated
- Not sufficiently predictive of diagnosis
Four Symptom Clusters

• B: Intrusion symptoms
• C: Persistent avoidance of trauma-related stimuli
• D: Negative alterations in cognitions and mood associated with trauma
• E: Alterations in arousal and reactivity associated with trauma
New symptom additions and revisions: Cluster D

- Two new symptoms reflect persistent negative appraisals and pervasive negative moods
- One revised “persistent and exaggerated negative expectations about one’s self, others, or the world” symptom
- One revised to emphasize deficits in positive emotion experience
New Symptom Additions and Revisions: Cluster E

• A new “Reckless or self-destructive behavior” symptom
• A new “irritable or aggressive behavior” symptom
New DSM-5 Diagnostic Algorithm

• the presence of a minimum of:
  • one Criterion B symptom
  • one Criterion C symptom
  • two Criterion D symptoms
  • two Criterion E symptoms
Are there differences in PTSD prevalence?

- Calhoun et al.
- Miller et al.

[Bar chart showing PTSD prevalence with DSM-IV and DSM-5 categories for each study.]
PTSD Dissociative Subtype

• Depersonalization: persistent or recurrent experiences of feeling detached from, and as if one were an outside observer of, one’s mental processes or body

• Derealization: persistent or recurrent experiences of unreality of surroundings
PTSD Dissociative Subtype

• Wolf et al. (2012): 12% of those with PTSD diagnosis met criteria for the subtype
• Associated with increased PTSD symptom severity and endorsement of flashbacks
• More likely to endorse a history of sexual abuse/assault
Specifier

• With delayed expression: if the full diagnostic criteria are not met until at least 6 months after the event (although expression of some symptoms may be immediate)
Adjustment Disorders

• Symptoms in response to identifiable stressor occurring within 3 months of stressor
• Stressors may be single or multiple, recurring or continuous
• Must result in distress or impairment
• Chronic adjustment disorder not included in DSM-5…for now
Other Specified Trauma-and Stressor-Related Disorder

• May apply to presentations in which symptoms of trauma- or stressor-related disorder do not meet full criteria for any of the disorders

• Symptoms still cause clinically significant distress or impairment

• Most critically, this diagnosis requires exposure to trauma, similar to PTSD
For further information

- VA intranet
- ptsd.va.gov
Thank You!