

Ptsd documentation and checklist for Medical Cannabis patients.

PTSD is defined in the official textbook of Psychiatric illness. The link/website is provided and can be found on a federal government website: https://www.ptsd.va.gov/professional/ptsd-overview/dsm5_criteria_ptsd.asp

The following is a questionnaire adapted by Dr. Rucker to confirm the diagnosis exists as it relates to medical cannabis usage and approval for Florida residents who are patients at Dr. Rucker's office.

PTSD and DSM-5

In 2013, the American Psychiatric Association revised the PTSD diagnostic criteria in the fifth edition of its *Diagnostic and Statistical Manual of Mental Disorders (DSM-5; 1)*. PTSD is included in a new category in *DSM-5*, Trauma- and Stressor-Related Disorders. All of the conditions included in this classification require exposure to a traumatic or stressful event as a diagnostic criterion.

DSM-5 Criteria for PTSD

Full copyrighted criteria are available from the American Psychiatric Association (1). All of the criteria are required for the diagnosis of PTSD. The following text summarizes the diagnostic criteria:

Step one. Initial here if one of the below applies to you: _____

Criterion A (one required): The person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- **Learning that a relative or close friend was exposed to a trauma**
- **Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)**

Step two: initial here if one of the below applies to you: _____

Criterion B (one required): The traumatic event is persistently re-experienced, in the following way(s):

- **Unwanted upsetting memories**
- Nightmares
- Flashbacks
- **Emotional distress after exposure to traumatic reminders**
- Physical reactivity after exposure to traumatic reminders

Step three: initial here if one of the below applies to you: _____

Criterion C (one required): **Avoidance** of trauma-related stimuli after the trauma, in the following way(s):

- Trauma-related thoughts or feelings
- Trauma-related reminders

Initial here if **TWO** of the following applies to you: _____

Criterion D (two required): Negative thoughts or feelings that began or worsened **after** the trauma, in the following way(s):

- Inability to recall key features of the trauma
- Overly negative thoughts and assumptions about oneself or the world
- Exaggerated blame of self or others for causing the trauma
- **Negative affect**
- Decreased interest in activities
- Feeling isolated
- **Difficulty experiencing positive affect**

Initial here if TWO of the following applies to you: _____

Criterion E (two required): Trauma-related arousal and reactivity that began or worsened after the trauma, in the following way(s):

- **Irritability or aggression**
- Risky or destructive behavior
- Hypervigilance
- Heightened startle reaction
- **Difficulty concentrating**
- **Difficulty sleeping**

Criterion F (required): Symptoms last for more than 1 month.

Initials _____

Criterion G (required): Symptoms create distress or functional impairment (e.g., social, occupational). Initials: _____

Criterion H (required): Symptoms are not due to medication, substance use, or other illness. Initials _____

Two more check boxes, both of the following must be initialed:

- **Dissociative Specification.** In addition to meeting criteria for diagnosis, an individual experiences high levels of either of the following in reaction to trauma-related stimuli:

You must **initial the line** of which of the following applies to you:

- Depersonalization. Experience of being an outside observer of or detached from oneself (e.g., feeling as if "this is not happening to me" or one were in a dream).

Initial here _____

- Derealization. Experience of unreality, distance, or distortion (e.g., "things are not real").

OR initial here _____

- **Delayed Specification.** Full diagnostic criteria are not met until at least six months after the trauma(s), although onset of symptoms may occur immediately.

Initial here if it has been over six months since the trauma _____

Signature of patient: _____