

DSM V Acute Stress Disorder Diagnostic Criteria

A. Exposure to actual or threatened death, serious injury, or sexual violation.

B. Presence of nine (or more) of the following symptoms from any of the five categories of intrusion, negative mood, dissociation, avoidance, and arousal, beginning or worsening after the traumatic event(s) occurred:

Intrusion Symptoms

- 1. Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s).
- 2. Recurrent distressing dreams in which the content and/or affect of the dream are related to the event(s).
- 3. Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring.
- 4. Intense or prolonged psychological distress or marked physiological reactions in response to internal or external cues that symbolize or resemble an aspect of the Acute Stress Disorder

Negative Mood

- 5. Persistent inability to experience positive emotions.

Dissociative Symptoms

- 6. An altered sense of the reality of one's surroundings or oneself.
- 7. Inability to remember an important aspect of the traumatic event(s).

Avoidance Symptoms

- 8. Efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
- 9. Efforts to avoid external reminders that arouse distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).

Arousal Symptoms

- 10. Sleep disturbance.
- 11. Irritable behavior and angry outbursts (with little or no provocation), typically expressed as verbal or physical aggression toward people or objects.
- 12. Hypervigilance.
- 13. Problems with concentration.
- 14. Exaggerated startle response.

C. Duration of the disturbance (symptoms in Criterion B) is 3 days to 1 month after trauma exposure.

D. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

E. The disturbance is not attributable to the physiological effects of a substance (e.g., medication or alcohol) or another medical condition (e.g., mild traumatic brain injury) and is not better explained by brief psychotic disorder.