



- The following diagnostic criteria for PTSD is applied for both adults and children (above 6 years of age):
- A. There must be an exposure to a life-threatening event. This exposure can be in many ways:**
 1. Directly experiencing the event.
 2. Witnessing a life-threatening event occurring to another person.
 3. The event might be heard from others.
 4. Repeated exposure to details of the event.
 - B. Presence of ≥ 1 of the following symptoms which are associated with traumatic events:**
 1. Recurrent, involuntary, intrusive (تطفلي-اقتحامي) memories of the traumatic event.
 2. Recurrent distressing dreams about the traumatic event.
 3. Dissociative reactions (e.g. flashbacks: feeling that the event is re-occurring).
 4. Prolonged psychological distress at exposure to cues resembling an aspect of the traumatic event.
 5. Marked physiological reactions at exposure to cues resembling an aspect of the traumatic event.
 - C. Avoidance of stimuli associated with the traumatic event:**
 1. Efforts to avoid distressing memories, thoughts and feeling close to the event.
 2. Efforts to avoid external reminders such as people, places, conversations, activities and objects that arouse distressing memories about the event.
 - D. Negative alteration in cognition and mood associated with the traumatic event:**
 1. Inability to remember an important aspect of the traumatic event.
 2. Persistent and exaggerated negative beliefs about oneself, people and the world!
 3. Persistent distorted cognition about the cause or consequences of the traumatic event.
 4. Persistent negative emotional state (e.g. fear, horror, anger, guilt or shame).
 5. Diminished interest in significant activities.
 6. Feelings of detachment from others.
 7. Persistent inability to experience positive emotions.
 - E. Marked alteration in arousal and reactivity associated with the traumatic event:**
 1. Irritable behavior and angry outbursts.
 2. Self-destructive behavior.
 3. Hyper-vigilance (الحذر المفرط).
 4. Exaggerated startle response (المبالغة في ردود الفعل المفاجئة).
 5. Problems with concentration.
 6. Sleep disturbance.
 - F. Duration of the disturbance (presence of criteria B, C, D and E) must be more than one month.**
 - G. There must be a sort of impairment (social, occupational... etc).**
 - H. The disturbance is not attributable to the physiological effects of a substance (e.g. medication, alcohol) or another medical condition.**
- Depersonalization: persistent experiences of feeling detached from one's mental processes or body.
- Derealization: persistent experiences of unreality of surroundings.