

Diagnostic criteria for complex post-traumatic stress responses

- (I) Alteration in Regulation of Affect and Impulses
 - (A and one of B to F required)
 - A. affect regulation
 - B. modulation of anger
 - C. self- destructive behavior
 - D. suicidal preoccupation
 - E. difficulty modulating sexual involvement
 - F. excessive risk-taking
- (II) Alterations in Attention or Consciousness
 - (A or B required)
 - A. amnesia
 - B. transient dissociative episodes and depersonalization
- (III) Alterations in Self-Perception
 - (Two of A to F required)
 - A. ineffectiveness
 - B. permanent damage
 - C. guilt and responsibility
 - D. shame
 - E. nobody can understand
 - F. minimizing
- (IV) Alterations in Relations with Others
 - (One of A to C required)
 - A. inability to trust
 - B. revictimization
 - C. victimizing others
- (V) Somatization
 - (Two of A to E required)
 - A. problems with the digestive system
 - B. chronic pain
 - C. cardiopulmonary symptoms
 - D. conversion symptoms
 - E. sexual symptoms
- (VI) Alterations in Systems of Meaning
 - (A or B required)
 - A. despair and hopelessness
 - B. loss of previously sustaining beliefs