

Short Commentary

Post-Traumatic Stress Disorder: Diagnosis and Management

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Approximately one in three people in the UK report exposure to a significant traumatic event during the course of their life [1]. Traumatic events can include serious accidents or illness, physical or sexual assault, and neglect. This exposure rate is likely to be considerably higher for those working in trauma-prone occupations such as the military, emergency services, and in less developed countries where traumatic events are more commonplace [2]. Following exposure to a traumatic event, many individuals will experience a degree of short-term distress; however, the majority will recover in time without the need for formal psychological treatment. In a minority of cases, traumatic experiences can lead to psychological injuries which may manifest as adjustment disorders, Post-Traumatic Stress Disorder (PTSD) or depression. In particular, the development of PTSD can have a profoundly negative impact on one's quality of life, with symptoms potentially affecting one's relationships with others, workplace performance, sleeping patterns and daily functioning. PTSD can also have adverse consequences for physical health, with a recent meta-analysis finding PTSD to be significantly associated with musculoskeletal pain, cardio-respiratory symptoms, and gastrointestinal health [3].

Diagnosing PTSD

To meet criteria for a diagnosis of PTSD, the individual is required to have been exposed to 'actual or threatened death, serious injury or sexual violence' [4] either through direct contact, witnessing, or by indirectly learning that a very close family member/friend has been exposed to a violent or accidental trauma; or from an accumulation of direct/indirect exposure to intrusive details of traumatic event(s) - usually through the course of professional duties (e.g. personnel working with child abuse cases, journalists reporting on violent criminal proceedings) [4]. The Diagnostic and Statistical Manual (DSM-5) details four core symptom clusters (B-E in Table 1) that must be present in order to make a diagnosis of PTSD:

These symptoms must have been experienced for one month or more to meet diagnostic criteria [4]. Up until 2018 there were few differences between the classification of PTSD as described by the DSM and ICD classification systems. However, in 2018, the ICD-11 recognised both PTSD and Complex PTSD (CPTSD) as stress disorders [5]. CPTSD can develop in a subset of individuals who are either particularly vulnerable or where trauma exposure is often

prolonged or recurrent, from which escape is difficult or not possible (e.g. experiences of torture, slavery, childhood sexual/physical abuse) [5]. For a diagnosis of CPTSD to be made, an individual must first meet the ICD-11 diagnostic requirements for PTSD and then three additional symptom clusters related to a Disturbance of in Self-Organisation (DSO).

Table 1. DSM-5 PTSD Diagnostic Criteria

Criterion A	Traumatic stressor
Criterion B	Intrusive re-experiencing of the event (such as traumatic nightmares or flashbacks)
Criterion C	Avoidance of reminders of the traumatic event
Criterion D	Alterations in arousal and reactivity (such as hypervigilance, exaggerated startle response, or irritability)
Criterion E	Negative alterations in mood and cognition (such as persistent negative affect or self-perception, or amnesia for key parts of the trauma not caused by alcohol, head injury and/or drugs)

Table 2. ICD-11 Complex PTSD Criteria

1) Meets diagnostic requirements for PTSD;
2) Problems in affect regulation;
3) Beliefs about oneself as diminished, defeated or worthless, accompanied by feelings of shame, guilt or failure related to the traumatic event;
4) Difficulties in sustaining relationships and in feeling close to others.

By definition, a diagnosis of PTSD denotes that an individual is experiencing significant functional impairment which can extend to their personal, family, social, educational, occupational or other important areas of functioning. Symptoms of posttraumatic stress in the absence of such impairment does not constitute a diagnosis of PTSD, although may warrant other diagnostic labels, such as a trauma-related adjustment disorder.

Prevalence and Risk Factors for PTSD

Recent estimates have found the one-month prevalence of PTSD in the general UK population is 4.4% [1] with overall prevalence rates being similar between adult men and women. However, young women

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