# Post-Traumatic Stress Disorder Test - PTSD DSM Definition

Have you had the following symptoms for at least one month?  

<table>
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<tr>
<th>Yes (1)</th>
<th>No (0)</th>
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**Exposure:** Were you exposed to or threatened with: death, serious injury, or sexual violence in one or more of the following ways?

- Directly exposed
- Witnessed the trauma
- Learned that a relative or close friend was exposed to the trauma
- Indirectly exposed to details of the trauma, usually in the course of professional duties (e.g., first responders, medics)

**Reliving:** Do you persistently relive the trauma, in one or more of the following ways?

- Unwanted and/or upsetting memories
- Nightmares
- Flashbacks
- Emotional distress, anxiety after exposure to traumatic reminders
- Physical distress after exposure to traumatic reminders (chest tightness, difficulty breathing, racing heart, tremors, nausea, sweating)

**Avoidance:** Do you try to avoid reminders of the trauma, in one or more of the following ways?

- Do you try to avoid distressing thoughts or feelings about the trauma?
- Do you try to avoid external reminders of the trauma (people, places, things, conversations)?

**Negativity:** Do you have negative thoughts or feelings, which began or worsened after the trauma, in two or more of the following ways?

- Hard to recall key features of the trauma
- Negative mood
- Decreased interest in activities
- Feel detached or isolated
- Difficulty experiencing positive emotions
- Overly negative thoughts about yourself or the world
- Exaggerated blame of yourself or others for causing the trauma

**Adrenaline:** Are you on heightened alert or easily triggered, which began or worsened after the trauma, in two or more of the following ways?

- Hypervigilant
- Heightened startle response
- Difficulty concentrating
- Difficulty sleeping
- Irritable or aggressive
- Risky or self-destructive behavior

**Your Score:**
If you answered yes to all of the above criteria, you may meet the DSM definition of post-traumatic stress disorder. The criteria make up the acronym ARENA: Avoidance, Reliving, Exposure, Negativity, and Adrenaline. No single test is completely accurate. You should always consult your physician when making decisions about your health.

**References**

This document may be distributed without restrictions. Use with the guidance of a health professional.
Reference: "I Want to Change My Life" by Dr. S. Melemis. www.IWantToChangeMyLife.org