

Diagnosing PTSD in Literary Characters.

√	DSM-5 criteria	Textual Evidence
	A: Exposure to Stressor * (one needed)	
	Direct exposure to trauma	
	Witnessed trauma	
	Learning close friend or relative experienced trauma.	
	Indirect exposure to results of trauma, often professionally.	
	B: Intrusion symptoms (one needed)	
	Unwanted upsetting memories.	
	Nightmares	
	Flashbacks	
	Emotional reactivity to trauma cues	
	Physical reactivity to trauma cues	
	C. Avoidance of: (one needed)	
	Thoughts or feelings about event	
	External cues associated with event	
	D. Negative thoughts or feelings (two needed)	
	Difficulty remembering event	
	Negative assumptions of self or world	
	Exaggerated blame of self or others for trauma	
	Negative mood, sadness	
	Decreased interest	
	Isolation	
	Difficulty feeling happy	

v	DSM-5 criteria	Textual Evidence
	E. Changes in arousal (two needed)	
	Irritability, aggression	
	Reckless or self-destructive behavior	
	Hypervigilance	
	Exaggerated startle response	
	Difficulty concentrating	
	Sleep Disturbances	
	F. Duration	
	B, C, D, E last for > 1 month	
	G. Functional significance	
	Social life, work or other major aspect is impaired	
	H. Exclusion	
	Symptoms not result of substance abuse, medication or illness	
	Dissociative Subtype (one needed)	
	<u>Depersonalization</u> : Feeling detached from oneself, like events are happening to someone else.	
	<u>Derealization</u> : Feeling like things are not real, distant, distorted.	
	Delayed Subtype	
	Symptoms not fully present until 6 months after trauma	

*Stressor is defined as actual or threatened death, actual or threatened serious injury, actual or threatened sexual violence.