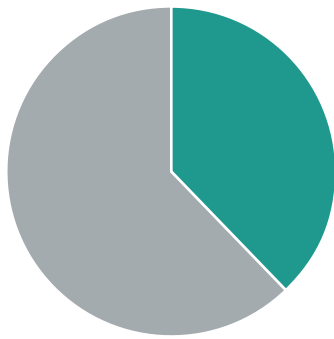


Screening People With HIV for Posttraumatic Stress Disorder (PTSD)

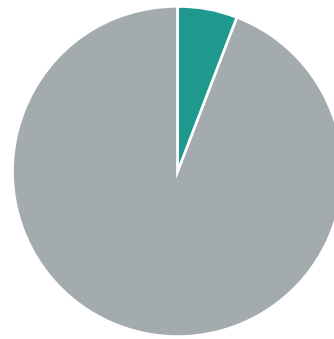


PTSD is prominent in people with HIV and it is important to screen for in this population

People With HIV



General Population



■ PTSD ■ No PTSD

The *DSM-5-TR* definition of PTSD includes multiple criteria. However, the key criteria that signal a PTSD diagnosis in a person who has experienced trauma are:

reexperiencing

social avoidance

arousal and reactivity

If your patient has any of these, you should screen them for PTSD using a tool like PC-PTSD-5. (ptsd.va.gov/professional/assessment/documents/pc-ptsd5-screen.pdf)



Criterion A

Exposure (1 required):

The person was exposed to death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, in the following way(s):

- Direct exposure
- Witnessing the trauma
- Learning that the trauma happened to a close relative or close friend
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (eg, first responders, medics)

Criterion B

**Reexperiencing
(memories, nightmares,
flashbacks)**

Criterion E

Arousal and Reactivity

- Irritability
- Risky behaviors
- Hypervigilance
- Hyperstartle
- Difficulty concentrating and sleeping

**Criterion C
Avoidance**

**Criterion F
Duration longer than
1 month**

**Criterion H
Disturbance/Functional
Impairment**

**Criterion D
Negative Alterations in
Mood and Cognition**

- Mood
- Outlook
- Inability to recall

**Criterion G
Distress**

This can be related to the diagnosis and/or stigma of HIV.

