Table 1. Overview of ICD-11 and DSM-5-TR diagnostic criteria for posttraumatic stress disorders

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| ICD-11 | | DSM-5-TR  PTSD |
| PTSD | Complex PTSD |
| Exposure to extremely threatening or horrific event(s) | | Criterion A: Exposure to actual or threatened death, serious injury, or sexual violence |
| Reexperiencing: Intrusive trauma memories, trauma-related nightmares, and/or flashbacks. Can also be accompanied by psychological distress and physiological reactions | | Criterion B: Reexperiencing: Intrusive trauma memories, trauma-related nightmares, flashbacks, psychological distress, and/or physiological reactions |
| Avoidance of internal and/or external trauma reminders | | Criterion C: Avoidance of internal and/or external trauma reminders |
| Current threat: Hypervigilance and/or heightened startle response | | Criterion D: Altered cognitions and mood: Fragmented trauma memory, negative core beliefs, trauma-related self or other blame, persistent negative emotions, diminished interest or participation, social disconnection, and/or inability to experience positive emotions |
|  | Affect dysregulation: Heightened emotional reactivity, irritability, reckless behaviour, dissociation, and/or inability to experience positive emotions | Criterion E: Arousal and reactivity: Irritability, reckless behaviour, hypervigilance, heightened startle response, concentration problems, and/or sleep difficulties |
|  | Negative self-concept: Persistent negative core beliefs (self as diminished, defeated, or worthless) and/or trauma-related pervasive negative emotions (shame, guilt, failure) |  |
|  | Interpersonal problems: Difficulties sustaining relationships, social disconnection |  |
| Symptoms persist for at least several weeks | | Criterion F: Symptoms persist for more than 1 month |
| Symptoms cause significant functional impairment | | Criterion G: Clinically significant distress or functional impairment |
|  | | Criterion H: Not due to psychoactive substances |
|  | | Specify whether accompanied by dissociation |
|  | | Specify whether delayed onset |

ICD-11, International Classification of Diseases, 11th Revision; DSM-5-TR, Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision.