

Table 2

Proposed ICD-11 symptoms for PTSD and complex PTSD⁸

PTSD	Complex PTSD
Traumatic event (TE)	Traumatic event (TE)
Re-experiencing the TE (e.g. intrusive memories, flashbacks, or nightmares)	Re-experiencing the TE (e.g. intrusive memories, flashbacks, or nightmares)
Avoidance (of thinking about the TE, or of activities or situations reminiscent of the TE)	Avoidance (of thinking about the TE, or of activities or situations reminiscent of the TE)
Perception of current threat (e.g. hypervigilance or enhanced startle response)	Perception of current threat (e.g. hypervigilance or enhanced startle response)
Symptoms for at least several weeks	Symptoms for at least several weeks
Significant impairment in domains of function, e.g. personal, social, occupational etc	Significant impairment in domains of function, e.g. personal, social, occupational etc
	Emotional dysregulation Increased emotional reactivity, violent outbursts, reckless or self-destructive behaviour or prolonged dissociative states when stressed May also have emotional numbing, inability to experience pleasure or positive emotions
	Negative self-concept Persistent beliefs about oneself as diminished, worthless or defeated. Can be accompanied by pervasive shame or guilt
	Interpersonal disturbances Persistent difficulties sustaining relationships