



Guidelines for: Post-Traumatic Stress Disorder in Adults

OBJECTIVE

To guide the appropriate diagnosis and treatment of post-traumatic stress disorder (PTSD) in adults.

DIAGNOSIS & ASSESSMENT

- Meets DSM-5 diagnostic criteria
- Complete a thorough diagnostic evaluation that may include structured interviews such as the [CAPS-5](http://www.ptsd.va.gov/professional/assessment/adult-int/caps.asp) (www.ptsd.va.gov/professional/assessment/adult-int/caps.asp)
- Evaluate for comorbid diagnoses such as depression and substance use disorders that may include brief self-report scales such as the PHQ-9 or CAGE
- Complete a functional assessment and determine the availability of basic care resources
- Include medical history and current conditions

TREATMENT

MEDICATION MANAGEMENT

- SSRIs and SNRIs first line treatment
- Mirtazapine or Prazosin for sleep issues and nightmares, TCAs have some benefit

PSYCHOTHERAPY

- Trauma-focused therapies: CBT, EMDR and prolonged exposure
- Stress inoculation therapy is an alternative to trauma-focused therapies
- Augment with stress reduction and relaxation techniques
- May need psychosocial rehabilitation services such as self-care, independent living, marriage and family skills training or social skills training

REFERENCES

Diagnostic and Statistical Manual of Mental Disorders 5th Edition (2013). American Psychiatric Association.
VA/DoD Clinical Practice Guideline (2010) Management of Post-Traumatic Stress Disorder:
Guideline Watch (March 2009) Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Post-Traumatic Stress Disorder. American Psychiatric Association.
Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Post-Traumatic Stress Disorder (2004) American Psychiatric Association.