

Overlapping symptoms of child trauma and psychiatric disorders

| Psychiatric Disorder | Overlapping Symptoms |
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| Anxiety Disorders | avoidance of feared stimuli, physiologic and psychological hyperarousal upon exposure to feared stimuli, sleep problems, hypervigilance, and increased startle reaction |
| ADHD | restless, hyperactive, disorganized, and/or agitated activity; difficulty sleeping, poor concentration, and hypervigilant motor activity |
| Bipolar Disorder | hyperarousal and other anxiety symptoms mimicking hypomania; traumatic reenactment mimicking aggressive or hypersexual behavior; and maladaptive attempts at cognitive coping mimicking pseudo-manic statements |
| Major Depressive Disorder | self-injurious behaviors as avoidant coping with trauma reminders, social withdrawal, affective numbing, and/or sleep difficulties |
| Oppositional Defiant Disorder | a predominance of angry outbursts and irritability |
| Panic Disorder | striking anxiety and psychological and physiologic distress upon exposure to trauma reminders and avoidance of talking about the trauma |
| Psychotic Disorder | severely agitated, hypervigilance, flashbacks, sleep disturbance, numbing, and/or social withdrawal, unusual perceptions, impairment of sensorium and fluctuating levels of consciousness |
| Substance Abuse Disorder | drugs and/or alcohol used to numb or avoid trauma reminders |

Source: Griffin, Gene. *A Trauma-Informed Approach to Diagnosing Children in Foster Care*. Presented on August 28, 2012 at Because Minds Matter: Collaborating to Strengthen Management of Psychotropic Medications for Children and Youth in Foster Care.