

COMPLEX PTSD: RECORD OF PSYCHOLOGICAL/PHYSICAL COMORBIDITIES

Name:

Date:

The term “comorbidity” refers to additional disease or disorder (psychological or physical) that co-occurs with Complex PTSD due to the ongoing traumatic stress placed on the mind/body. This form is intened as a record for you, your physician, therapist and/or a legal professional.

Research relating to various comorbidities may be found at <http://www.outofthestorm.website/academic-articles/>.

COMORBIDITY	WHEN EXPERIENCED? (AGE – FROM/TO)	TREATMENT RECEIVED?	COMMENTS
Inflammatory/autoimmune conditions including but not limited to: cancer, heart disease, arthritis, fibromyalgia, chronic fatigue syndrome			
Addiction (e.g., alcohol, drugs, sex, smoking, gambling)			
Anxiety/Depression			
Eating disorders (e.g., anorexia, bulimia, obesity)			
Sleep Problems/Disorders			
Self-Harm/Suicidality			
Other			