

## Symptoms that Overlap with Child Trauma and Mental Illness

MENTAL ILLNESS	OVERLAPPING SYMPTOMS	TRAUMA
1. <b>Bipolar Disorder</b>	hyperarousal and other anxiety symptoms mimicking hypomania; traumatic reenactment mimicking aggressive or hypersexual behavior; and maladaptive attempts at cognitive coping mimicking pseudo-manic statements	<b>Child Trauma</b>
2. <b>Attention Deficit / Hyperactivity Disorder</b>	restless, hyperactive, disorganized, and/or agitated activity; difficulty sleeping, poor concentration, and hypervigilant motor activity	<b>Child Trauma</b>
3. <b>Oppositional Defiant Disorder</b>	a predominance of angry outbursts and irritability	<b>Child Trauma</b>
4. <b>Panic Disorder</b>	striking anxiety and psychological and physiologic distress upon exposure to trauma reminders and avoidance of talking about the trauma	<b>Child Trauma</b>
5. <b>Anxiety Disorder</b> including Social Anxiety, Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, or Phobia	avoidance of feared stimuli, physiologic and psychological hyperarousal upon exposure to feared stimuli, sleep problems, hypervigilance, and increased startle reaction	<b>Child Trauma</b>
6. <b>Major Depressive Disorder</b>	self-injurious behaviors as avoidant coping with trauma reminders, social withdrawal, affective numbing, and/or sleep difficulties	<b>Child Trauma</b>
7. <b>Substance Abuse Disorder</b>	drugs and/or alcohol used to numb or avoid trauma reminders	<b>Child Trauma</b>
8. <b>Psychotic Disorder</b>	severely agitated, hypervigilance, flashbacks, sleep disturbance, numbing, and/or social withdrawal, unusual perceptions, impairment of sensorium and fluctuating levels of consciousness	<b>Child Trauma</b>

FROM: Griffin, G., McClelland, G., Holzberg, M., Stolbach, B., Maj, N., & Kisiel, C. (2012) Addressing the Impact of Trauma before Diagnosing Mental Illness in Child Welfare, *Child Welfare*, 90, (6), 69 – 89.

