

心的外傷のないPTSD： ストレス関連障害の再構築のために

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PTSD without trauma: to reconstruct stress-related disorders

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Abstract

Background : Since the late 1980s, it has been raised objections to the understanding of psychological trauma as the primary causative factor of posttraumatic stress disorder (PTSD).

Purpose : To review controversies over the validity of PTSD as a diagnostic category.

Methods : Narrative, non-systematic review of literature on PTSD.

Results and Discussion : There are mainly three criticisms on the validity of the PTSD construct: 1) even non-traumatic, negative events can evoke PTSD symptoms (dubiety to the notion trauma as the only causative factor of PTSD), 2) every fundamental symptom of PTSD lacks specificity (low pathognomoncity of PTSD symptoms), 3) PTSD patients often comorbid other psychiatric disorders (indistinctiveness of PTSD as a diagnostic category). The concept of PTSD has modified and spread over some psychiatric disturbance and psychological distress correlated to non-traumatic, negative events along with surge in public attention of recent years to PTSD (looping effect of mental disorder).

Conclusion : Though clinical evidence does not support PTSD construct well, PTSD has a long history of concept formation with favorable acceptance of the psychiatric world as well as public at large. Instead of abolishing the diagnostic category of PTSD, new category such as stress correlative disorder should be developed as a sub type of the stress-related disorders (stressor-related disorder or disorders specifically associated with stress) to untangle criticism over trauma-PTSD causality.

Key words

Criterion A problem, etiology, psychological trauma, diagnostic inflation

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