

## ACUTE STRESS DISORDER (ASD)

*Does not include Acute or Chronic Post Traumatic Stress Disorder (PTSD); For PTSD, see PTSD case definition.*

### Background

This case definition was developed by the U.S. Air Force School of Aerospace Medicine (USAFSAM) for the purpose of epidemiological surveillance of a condition important to military populations.

### Clinical Description

Acute stress disorder (ASD) is a mental health condition that may be triggered immediately after a traumatic event. According to the U.S. Department of Veterans Affairs, approximately 19 percent of people will develop ADS after experiencing a traumatic event.<sup>1</sup> Although the condition shares many of the same symptoms as PTSD, ASD is a distinct diagnosis. Differences between the two conditions include the timeframe between the traumatic event and symptom onset, and the duration of symptoms. ASD symptoms appear within 4 weeks of the event and last between 3 days and 4 weeks. PTSD symptoms may appear later and must persist for at least 4 weeks.<sup>2</sup>

#### Case Definition and Incidence Rules

For surveillance purposes, a case of ASD is defined as:

- *One hospitalization* with a case defining diagnosis of ASD (see ICD9 and ICD10 codes below) in *any* diagnostic position; or
- *One outpatient or Theater Medical Data Store (TMDS) medical encounter* with a case defining diagnosis of ASD (see ICD9 and ICD10 codes below) in *any* diagnostic position.

#### Incidence rules:

For individuals who meet the case definition:

- The incidence date is considered the date of the first hospitalization or outpatient medical encounter that includes a case defining diagnosis of ASD.
- An individual is considered an incident case *once per surveillance period*.
- For individuals with a case defining diagnosis of ASD *and* a case defining diagnosis of PTSD within the surveillance period, the two conditions are considered mutually exclusive and PTSD is prioritized over ASD.

#### Exclusions:

- None

<sup>1</sup> Acute Stress Disorder. PTSD: National Center for PTSD. U.S. Department of Veterans Affairs. [https://www.ptsd.va.gov/professional/treat/essentials/acute\\_stress\\_disorder.asp](https://www.ptsd.va.gov/professional/treat/essentials/acute_stress_disorder.asp). Accessed Jan 2022.

<sup>2</sup> American Psychiatric Association. Acute Stress Disorder. In: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). Arlington, VA: 2013.



## Codes

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The following ICD9 and ICD10 codes are included in the case definition:

Condition	ICD-10-CM Codes	ICD-9-CM Codes
Acute Stress Disorder (ASD)	F43.0 (acute stress disorder)	308 (acute reaction to stress)
		- 308.0 (predominant disturbance of emotions)
		- 308.1 (predominant disturbance of consciousness)
		- 308.2 (predominant psychomotor disturbance)
		- 308.3 (other acute reaction to stress)
		- 308.4 (mixed disorders as reaction to stress)
		- 308.9 (unspecified acute reaction to stress)

## Development

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- This case definition was developed in October 2017 by the Epidemiology Consult Service Division, Public Health and Preventive Medicine Department, USAFSAM, for a description of stress disorders among active duty personnel in support of the U.S. Air Force Invisible Wounds Initiative. The case definition was developed based on reviews of the ICD9 and ICD10 codes, the scientific literature, and a modification of the AFHSB case definition for PTSD.

### *Case Definition Incidence Rule Rationale*

- Because ASD is a transient disorder that may be seen only once in an inpatient or outpatient setting, the case finding criterion of *one* inpatient or *one* outpatient medical encounter in *any* diagnostic position is used to increase sensitivity.

## Reports

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The AFHSD reports on ASD in the following reports:

- None

## Revisions and Review

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Jan 2022	Case definition reviewed and updated by the AFHSD Surveillance Methods and Standards (SMS) working group.
Jun 2019	Case definition reviewed and adopted by the Armed Forces Health Surveillance Branch (AFHSB) SMS working group.
Oct 2017	Case definition developed by USAFSAM.



## Comments

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*ASD / PTSD Diagnostic Criteria:*<sup>2</sup> The diagnosis of ASD and PTSD is, in part, dependent upon the duration of symptoms. When describing the condition, the following specifiers may be used:

- *Acute Stress Disorder:* symptoms for 0-1 months.
- *Acute PTSD:* symptoms for 2-3 months, < 3 months.
- *Chronic PTSD:* symptoms for > 3 months.
- *PTSD with delayed onset:* At least 6 months have passed between the traumatic event and the onset of the symptoms.

