

**OUT OF THE STORM PDF  
COMPLEX PTSD: PSYCHOLOGICAL & MEDICAL COMORBIDITY RECORD**

**Name:**

**Date:**

The term “co-morbidity” refers to any additional disease or disorder (psychological or physical) that co-occurs with Complex PTSD. As there is growing recognition of causal connections between medical and psychological conditions to trauma, it is important to record yours for yourself, your physician, and in some cases mental health and/or legal professionals.

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

\*Research relating to various comorbid diseases, illnesses and conditions may be found at <http://www.outofthestorm.website/academic-articles/>.