



# E 00 Separation Anxiety Disorder

[Proposed Revision](#) | [Rationale](#) | [Severity](#) | [DSM-IV](#)

Updated April-30-2012

- A. Developmentally inappropriate and excessive fear or anxiety concerning separation from those to whom the individual is attached, as evidenced by at least three of the following:
1. recurrent excessive distress when anticipating or experiencing separation from home or major attachment figures
  2. persistent and excessive worry about losing major attachment figures or possible harm to them, such as illness, injury, disasters, or death.
  3. persistent and excessive worry about events that could lead to separation from a major attachment figure (e.g., getting lost, being kidnapped, having an accident, dying)
  4. persistent reluctance or refusal to go out, away from home, to school, work, or elsewhere because of fear of separation
  5. persistent and excessive fear or reluctance about being alone or without major attachment figures at home or in other settings
  6. persistent reluctance or refusal to sleep away from home or to go to sleep without being near a major attachment figure
  7. repeated nightmares involving the theme of separation
  8. repeated complaints of physical symptoms (e.g., headaches, stomachaches, nausea, or vomiting) when anticipating or experiencing separation from major attachment figures
- B. The fear, anxiety or avoidance is persistent, typically lasting six or more months. **Note:** A shorter duration is appropriate in cases of acute onset or exacerbation of severe symptoms (e.g. school refusal or complete inability to separate from home or attachment figures).
- C. The disturbance causes clinically significant distress or impairment in social, academic, occupational, or other important areas of functioning.
- D. The disturbance is not better accounted for by another mental disorder (e.g., refusing to leave home in Autism Spectrum Disorder; delusions or hallucinations concerning separation in Psychotic Disorders; or anxiety about having Panic Attacks in Panic Disorder, or agoraphobia situations in Agoraphobia, ill health in Generalized Anxiety Disorder, having an illness in Illness Anxiety Disorder, or separation from attachment figures due to trauma in Posttraumatic Stress Disorder).

## Participate

User:   
 Name:   
 Password:

[Login](#)

[New User? Register Now](#)  
[Forgot Password?](#)

- [American Psychiatric Association](#)
- [Proposed DSM-5 Organizational Structure](#)
- [Recent Updates to Proposed Revisions for DSM-5](#)

Want to comment on this proposal? Please [Login](#) or [Register Now](#).

Representing 36,000 physician leaders in mental health.

© 2012 American Psychiatric Association. All Rights Reserved.  
 Use of all Materials on this Website is subject to [Terms and Conditions of Use](#).

1000 Wilson Boulevard, Suite 1825, Arlington, Va. 22209-3901  
 phone: 703-907-7300 email: [apa@psych.org](mailto:apa@psych.org)

Find us on: [facebook](#) [twitter](#)

[Contact Us For Help](#)