

**Separation Anxiety Disorder**  
**DSM-V Diagnostic Criteria for 309.21 (F93.0)**

- 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 from major attachment figures.
  - (2) Persistent and excessive worry about losing major attachment figures or about possible harm to them, such as illness, injury, disasters, or death.
  - (3) Persistent and excessive worry about experiencing an untoward event (e.g., getting lost, being kidnapped, having an accident, becoming ill) that causes separation from a major attachment figure.
  - (4) Persistent reluctance or refusal to go out, away from home, to school, to work, or elsewhere because of fear of separation.
  - (5) Persistent and excessive fear of 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, vomiting) when separation from major attachment figures occurs or is anticipated.
- B. The fear, anxiety, or avoidance is persistent, lasting at least 4 weeks in children and adolescents and typically 6 months or more in adults.
- 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 explained by another mental disorder, such as refusing to leave home because of excessive resistance to change in autism spectrum disorder; delusions or hallucinations concerning separation in psychotic disorders; refusal to go outside without a trusted companion in agoraphobia; worries about ill health or other harm befalling significant others in generalized anxiety disorder; or concerns about having an illness in illness anxiety disorder.