

Traumatic stress symptoms / responses to trauma

Concept

Traumatic stress symptoms / responses to trauma

Re-experiencing

Items

- [Intrusive thoughts](#)
- [Distressing dreams](#)
- [Feel event is happening again](#)
- [Psychological distress at reminders](#)
- [Physical distress at reminders](#)

 Intrusive thoughts

 Distressing dreams

 Feel event is happening again

 Psychological distress at reminders

 Physical distress at reminders

Avoidance

Items

- Avoid thoughts feelings abt event
- Avoid activities places people that are reminders

 Avoid thoughts feelings abt event

 Avoid activities places people that are reminders

Dissociation (peri- or post-trauma)

Items

- Numbing/ detachment / absence of emotional responsiveness
- Reduction in awareness of surroundings (in a daze)
- Derealization
- Dissociative amnesia

 Numbing/ detachment / absence of emotional responsiveness

 Reduction in awareness of surroundings (in a daze)

 Derealization

 Dissociative amnesia

Cognitive or mood changes

Items

- Inability to recall important parts of event

- Diminished interest or participation in things usually enjoy
- Detachment estrangement from others
- Restricted range of affect
- Foreshortened future
- Persistent exaggerated negative beliefs or expectations
- Persistent distorted cognitions / blame self or others
- Persistent negative emotional state

 Inability to recall important parts of event

 Diminished interest or participation in things usually enjoy

 Detachment estrangement from others

 Restricted range of affect

 Foreshortened future

 Persistent exaggerated negative beliefs or expectations

 Persistent distorted cognitions / blame self or others


 Persistent negative emotional state

 Hyperarousal

Items

- Irritability / angry outbursts
- Difficulty concentrating
- Hypervigilance
- Exaggerated startle

- Reckless or self-destructive behavior
- Difficulty falling or staying asleep


 Irritability / angry outbursts

 Difficulty concentrating

 Hypervigilance

 Exaggerated startle

 Reckless or self-destructive behavior

 Difficulty falling or staying asleep