B. Intrusion (1+)

- Recurrent, intrusive distressing memories
- Recurrent distressing dreams
- Dissociative reactions
- Distress when exposed to trauma cues
- Physiological reactions to trauma cues

C. Avoidance (1+)

- Avoidance of distressing memories, thoughts or feelings related to trauma
- Avoidance of external reminders

D. Negative Alterations in Cognitions & Mood (2+)

- Inability to remember an important aspect of the trauma (not due to injury or substances)
- Persistent and exaggerated negative beliefs or expectations about oneself, others or world
- Persistent, distorted cognitions about the cause or consequences of the traumatic event that lead the individual to blame himself/herself or others
- Persistent negative emotional state
- Diminished interest or participation in significant activities
- •Feelings of detached or estrangement
- Persistent inability to experience positive emotions

E. Marked alterations in arousal (2+)

- Irritable behavior and angry outbursts
- Reckless or selfdestructive behavior
- Hypervigilance
- Exaggerated startle response
- Problems with concentration
- Sleep disturbance