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“High-risk” indicators for Posttraumatic Stress Disorder (PTSD)

Reprinted from *Comprehensive Acute Traumatic Stress Management™*
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- prior exposure to severe adverse life events (e.g., combat)
- prior victimization (e.g., childhood sexual and physical abuse)
- significant losses
- exposure to a *severe* event
- close proximity to the event
- extended exposure to danger
- pre-trauma anxiety and depression
- chronic medical condition
- substance involvement
- history of trouble with authority (e.g., stealing, vandalism, etc.)
- mental illness
- lack of familial/social support
- having no opportunity to vent (i.e., unable to tell one’s story)
- strong emotional reactions upon exposure to the event
- physically injured by event, etc.