



PRODUCED AS A PUBLIC SERVICE OF

THE AMERICAN ACADEMY OF EXPERTS IN TRAUMATIC STRESS, INC.

127 ECHO AVENUE, MILLER PLACE, NY 11764

TEL. (631) 543-2217 • FAX (631) 543-6977

WWW.ATSM.ORG • WWW.TRAUMATIC-STRESS.ORG • WWW.AAETS.ORG

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

Reprinted from *Comprehensive Acute Traumatic Stress Management*™
by Mark D. Lerner, Ph.D. and Raymond D. Shelton, Ph.D.
© 2020 by The American Academy of Experts in Traumatic Stress, Inc.

- 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.