



Peritraumatic Predictors and Warning Signs of Posttraumatic Distress

1. Neuromuscular immobility, “freezing”
2. Severe dysfunctional time distortion
3. Psychogenic analgesia
4. Traumatic psychogenic amnesia
5. Dissociation, depersonalization, derealization
6. Sympathetic nervous system dysfunction, e.g. panic attacks, malignant arrhythmias
7. Dysfunctional parasympathetic nervous system arousal
8. Guilt reactions (survivor guilt, responsibility guilt)
9. Giving up, e.g. helplessness, hopelessness
10. Self-destructive ideation, e.g. suicidal and/or homicidal ideation.

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