

Table 3**Core symptoms of PTSD (DSM-5 diagnostic criteria)****Intrusive (re-experiencing) phenomena***One or more of:*

- Recurrent distressing recollections (involuntary)
- Nightmares related to the PTE
- Flashbacks in any sensory modality
- Distress triggered by reminders
- Physiological reactions to internal or external cues to the PTE

Persistent avoidance of reminders of the PTE*One or both of:*

- Avoidance of external reminders (e.g. people, situations, activities)
- Avoiding thinking about or remembering the event

Negative alterations in cognition and mood associated with the PTE*Two or more of:*

- Amnesia for important aspect(s) of the event
- Persistent and exaggerated beliefs about self, others or the world
- Persistent, distorted cognition about cause or consequences of the PTE (self-blame, locus of control shift)
- Persistent negative emotional state (fear, horror, anger, guilt or shame)
- Loss of interest or participation in significant activities
- Feeling detached or estranged from others
- Emotional numbing - unable to feel positive emotion

Hyperarousal symptoms*Two or more of:*

- Sleep disturbance
- Irritability/angry outbursts
- Reckless or self-destructive behaviour
- Concentration difficulties
- Hypervigilance
- Exaggerated startle response

Symptoms for at least one month**Functional impairment**