

**Table 2 Frequency distribution of chronic post-traumatic stress disorder symptoms by category of symptom**

<b>Symptom</b>	<b>No.<sup>a</sup></b>	<b>% (n = 200)</b>
<i>Re-experiencing symptoms</i>		
Recurrent and intrusive distressing recollections of the event	58	29
Severe physical reactions	40	20
Suddenly acts or feels as if the traumatic event was recurring	32	16
Intense psychological distress at exposure to events that symbolized or resembled an aspect of the traumatic event	28	14
Recurrent distressing dreams of the event	42	12
<i>Avoidance symptoms</i>		
Markedly diminished interest in significant activities	32	16
Feelings of detachment/estrangement from others	24	12
Efforts to avoid activities or situations that arouse recollections of the trauma	20	10
Sense of foreshortened future	20	10
Inability to recall an important aspect of the trauma	16	8
Restricted range of affect	14	7
Efforts to avoid thoughts or feelings associated with the trauma	24	2
<i>Hyperarousal symptoms</i>		
Irritability or outbursts of anger	56	28
Hypervigilance	44	22
Exaggerated startle response	44	22
Difficulty concentrating	38	19
Difficulty falling or staying asleep	34	17

<sup>a</sup>Some cases had more than 1 symptom.  
n = total number of respondents.