

Table 1. Common Initial Crisis Reactions

Emotional		Cognitive	
Shock Anger Despair Emotional numbing Terror/fear Guilt Phobias Grief	Depression or sadness Irritability Hypersensitivity Helplessness Hopelessness Loss of pleasure Dissociation ^a	Impaired concentration Impaired decision-making ability Memory impairment Disbelief Confusion Distortion	Decreased self-esteem Decreased self-efficacy Self-blame Intrusive thoughts or memories ^b Worry Nightmares
Physical		Interpersonal and Behavioral	
Fatigue Insomnia Sleep disturbance Hyperarousal Somatic complaints	Impaired immune response Headaches Gastrointestinal problems Decreased appetite Decreased libido Startle response	Alienation Social withdrawal/isolation Increased relationship conflict Vocational impairment Refusal to go to school School impairment	Avoidance of reminders Crying easily Change in eating patterns Tantrums Regression in behavior Risk taking Aggression

Note. Adapted from *Psychosocial Issues for Children and Adolescents in Disasters*, by A. H. Speler, 2000; and *Disaster Mental Health Services*, by B. H. Young, J. D. Ford, J. I. Ruzek, M. Friedman, and F. D. Gusman, 1998. Adapted with permission, Public Domain.

^aExamples include perceptual experience, such as "dreamlike," "tunnel vision," "spacey," or on "automatic pilot." ^bReenactment play among children.

Table 2. Warning Signs of Psychopathology and Indicators of the Need for Immediate Mental Health Crisis Intervention

<p>Peritraumatic Dissociation^a</p> <ul style="list-style-type: none"> • Derealization (e.g., feeling as if in a dream world) • Depersonalization (e.g., feeling as if your body is not really yours) • Reduced awareness of surroundings (e.g., being in a daze) • Emotional numbness or detachment (e.g., feeling emotionally detached or estranged; lacking typical range of emotional reactions; having reduced interest in previously important or enjoyed activities; feeling as if there is no future career, marriage, children, or normal life span) • Amnesia (i.e., failing to remember significant crisis event experiences)
<p>Intense Peritraumatic Emotional Reactions^b</p> <ul style="list-style-type: none"> • Fear (e.g., of dying) • Helplessness • Horror
<p>Intense Peritraumatic Hyperarousal^c</p> <ul style="list-style-type: none"> • Panic attacks • Hypervigilance and exaggerated startle reactions (e.g., unusually alert and easily startled) • Difficulty falling or staying asleep (sometimes a result of the reexperiencing symptom of disturbing dreams)
<p>Significant Depression^d</p> <ul style="list-style-type: none"> • Feelings of hopelessness and worthlessness • Loss of interest in most activities • Early awakening • Persistent fatigue • Virtually complete lack of motivation
<p>Psychotic Symptoms^e</p> <ul style="list-style-type: none"> • Delusions • Hallucinations • Bizarre thoughts or images • Catatonia
<p>Maladaptive Coping^f</p> <ul style="list-style-type: none"> • Extreme substance abuse or self-medication • Suicidal or homicidal thinking, extreme inappropriate anger toward or abuse of others, or the taking of excessive precautions (e.g., only sleeping with a light on or with a weapon nearby)

^aBernat, Ronfeldt, Calhoun, & Arias (1998); Ehlers, Mayou, & Bryant (1998); Grieger, Fullerton, & Ursano (2003); Koopman, Catherine, & David (1994); Lawyer et al. (2006); Tichenor, Marmar, Weiss, Metzler, & Ronfeldt (1996); Weiss, Marmar, Metzler, & Ronfeldt (1995). ^bBernat et al. (1998); Brewin, Andrews, & Rose (2000); Lawyer et al. (2006); Simeon, Greenberg, Knutelska, Schmeidler, & Hollander (2003); Malva et al. (2003). ^cGalea, Ahem et al. (2002); Galea, Vlahov (2003); Lawyer et al. (2006); McFarlane & Yehuda (1996); Tucker, Pfefferbaum, Nixon, & Dickson, (2000). ^dFrommberger et al. (1998). ^eGracie et al. (2007); Kastelan et al. (2007). Azarian & Skriptchenko-Gregorian (1998); Berman, Kurtines, Silverman, & Serafini (1995); de Wilde & Kienhorst (1998); Matsakis (1994); McNally et al. (2003).