

- E. Marked alterations in arousal and reactivity associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:
 - 1. Irritable behavior and angry outburst (with little or no provocation) typically expressed as verbal or physical aggression toward people or objects.
 - 2. Reckless or self-destructive behavior.
 - 3. Hypervigilance.
 - 4. Exaggerated startle response.
 - 5. Problems with concentration.
 - 6. Sleep disturbance (e.g., difficulty falling or staying asleep, or restless sleep).
- F. Duration of the disturbance (Criteria B, C, D and E) is more than 1 month.
- G. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- H. The disturbance is not due to the physiological effects of a substance (e.g., medication or alcohol) or another medical condition.