

TABLE 7.3 Stressors Related to Developing Post-Traumatic Stress Disorder

TYPE OF STRESSOR	EXAMPLES
Serious accident	Car, plane, boating, or industrial accident
Natural disaster	Tornado, hurricane, flood, or earthquake
Criminal assault	Being physically attacked, mugged, shot, stabbed, or held at gunpoint
Military	Serving in an active combat theater
Sexual assault	Rape or attempted rape
Child sexual abuse	Incest, rape, or sexual contact with an adult or much older child
Child physical abuse or severe neglect	Beating, burning, restraints, starvation
Hostage/imprisonment/torture	Being kidnapped or taken hostage, terrorist attack, torture, incarceration as a prisoner of war or in a concentration camp, displacement as a refugee
Witnessing or learning about traumatic events	Witnessing a shooting or devastating accident, sudden unexpected death of a loved one

Source: Vermetten & Lanius (2012, p. 293).