Spectrum of Psychological Responses to Disaster

- Distress Reaction
  - Insomnia
  - Somatic Symptoms
  - Irritability

- Psychiatric Disorders
  - Exacerbation of Pre-existing Conditions
    - PTSD
    - Anxiety
    - Depression

- Resilience

- Risky Behaviours
  - Increased substance use
  - Interpersonal violence