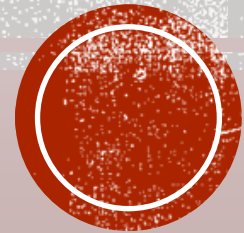


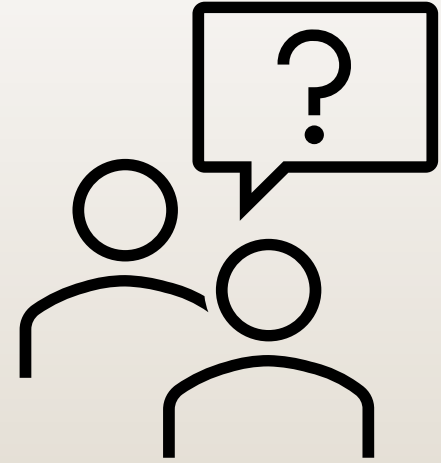
POST-TRAUMATIC STRESS DISORDER (PTSD)

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WHAT IS PTSD?

- **Post-traumatic stress disorder (PTSD)** – is a disorder that develops within a person after witnessing or experiencing a traumatic event.



PREVALENCE

- Anyone of any age can develop PTSD.
- People that develop PTSD include children, war veterans, or anyone that has gone through a traumatic event.
- “About 6 of every 100 people will experience PTSD at some point in their lifetime, according to the National Center for PTSD, a U.S. Department of Veterans Affairs program. Women are more likely than men to develop PTSD” (National Institute of Mental Health).



CAUSES AND RISK FACTORS



CAUSES

- Traumatic events
- Physical or sexual assault
- Combat or duty related trauma
- Natural disasters
- Accidents

RISKS

- Suicide
- Depression
- Anxiety
- Substance Abuse
- Detachment from others



SYMPTOMS

- Flashbacks or hallucinations
- Sleep problems or nightmares
- Irritability/ emotional outburst
- Avoidance of people, places, or things associated to event
- Anxiety or fear
- Feeling tense and on guard



RESEARCH

- “Current PTSD research includes studies of Veterans, their families, and couples. Veterans of all eras are included in these studies” (U.S. Department of Veterans Affairs).
- “VA’s “National PTSD Brain Bank” is a brain tissue repository that supports research on the causes, progression, and treatment of PTSD” (U.S. Department of Veterans Affairs).



RESOURCES, SUPPORT, & TREATMENT

- Psychotherapy
- Medication
- Mental Health and Emotional support
- Trauma focused therapy

If you or someone you know is struggling or having thoughts of suicide, call or text the [988 Suicide and Crisis Lifeline](https://www.988lifeline.org) at [988](https://www.988lifeline.org) or chat at [988lifeline.org](https://www.988lifeline.org). In life-threatening situations, call [911](https://www.911.gov).



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