

## A Review on Post Traumatic Disorders

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Rec date: Jan 15, 2015, Acc date: Jan 27, 2015, Pub date: Jan 29, 2015

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### Abstract

The aim of this study is to bring awareness on Post Traumatic Disorders and their symptoms. Post Traumatic Disorder effects on mental health activities as the person who feels like depression, frightening, lonely ness and fear. These kinds of results indicate the disorder of the person. By psychotherapy treatment, with the help of drugs the Post Traumatic Disorder can be reduced. Overall, the study on Post Traumatic Disorders indicates for serious attention on the aspects of mental health

**Keywords** Post Traumatic Disorders; Anxiety; Arousal; Psychotherapy treatment

### Introduction

Post-traumatic stress disorder is a mental health condition involving in fear, hopelessness, and horror full and frightening. It causes death, serious injury, military combat, natural disaster, or sexual violation. Post-traumatic stress disorder is caused by serious road accidents, prolonged sexual abuse, violence or severe neglect. Patients who are suffering with post traumatic disorders, have three types of symptoms re-experiencing the traumatic events, avoiding reminders of the trauma, and increased anxiety and emotional arousal. Post-traumatic stress disorder has high rates of comorbid psychiatric disorders like anxiety disorders, depressive disorders, substance use disorders. These symptoms can worsen and last for years [1,2].

### Types

According to the National Institute of Health (NIH) three different types of post-traumatic stress disorder are recognized as

- Acute Post-traumatic stress disorder
- Chronic Post-traumatic stress disorder
- Delayed-onset Post-traumatic stress disorder

#### Acute Post-traumatic stress disorder

Symptoms last less than three months it is consider as Acute Post-traumatic stress disorder. It is mostly seen in children. Most of the children involved in the accident. Acute Post-traumatic stress disorder caused by the memory of the accident. It is very dangerous, finally it leased to the psychological disorder [3].

#### Chronic Post-traumatic stress disorder

Symptoms last at least three months it is consider as Chronic Post-traumatic stress disorder. It is common disorder. There are currently sufficient quantities of randomized controlled trials of mental

medications of interminable PTSD to permit a meta-examination of impact sizes in such trials. We display a complete deliberate audit and meta-investigation of randomized controlled trials surveying the viability of mental medicines in decreasing side effects of ceaseless PTSD, and looking at the adequacy of distinctive sorts of mental treatment in diminishing indications of this issue [4].

#### Delayed-onset Post-traumatic stress disorder

Symptoms continued at least six months following a traumatic event consider as Delayed-onset Post-traumatic stress disorder. Delayed-onset Post-traumatic stress disorder mostly seen in elder people [5].

#### Post-Traumatic Stress Disorder Medication

United States Food and Drug Administration have approved the some drugs for Post-Traumatic Stress Disorder. Those are paroxetine (Paxil) and sertraline (Zoloft), these are antidepressants, use for post-traumatic stress. Patients when have these drugs they cause some side effects like Headache, Nausea, Sleeplessness or drowsiness, Agitation or a jittery feeling [6].

#### Treatments

The first treatment is psychotherapy, medication or both. But treatment differs from one person to another depends upon the symptoms of the disease. Psychotherapy is also called as talk therapy. For this kind of treatment, family support is the most important. Most helpful therapies for Post-traumatic stress disorder are,

1. Cognitive therapy – this type of talk therapy will change the bad memories and avoid stress.
2. Exposure therapy – this type of therapy helps to safely face the frightening situations so that the person can come out easily from the disorder situations.
3. Eye movement desensitization and reprocessing - it helps to guide eye moments and helps to react on traumatic conditions.

In medication therapy by using antidepressants and anti-anxiety medications, post traumatic disease can be cured [7,8].

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This article was originally published in a special issue, entitled: "**Post Traumatic Stress Disorders**", Edited by Jhansi K