

Editorial on Post-traumatic Stress Disorder

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Editorial

PTSD is a mental and behavioral illness that can develop as a result of exposure to a traumatic incident, such as sexual assault, combat, automobile crashes, child abuse, domestic violence, or other threats to one's life. Disturbing thoughts, sensations, or nightmares about the events, mental or physical suffering in reaction to trauma-related signals, attempts to avoid trauma-related cues, changes in one's thinking and feelings and an increase in the fight-or-flight response are all possible symptoms. These symptoms might continue for up to a month following the occurrence. Young children are less likely to demonstrate discomfort, preferring instead to act out their experiences. Suicide and purposeful self-harm are more likely in those with PTSD.

The majority of people who have been through stressful circumstances do not get PTSD. Interpersonal violence, such as rape and other types of sexual assault, kidnapping, stalking, physical abuse by an intimate partner and incest or other forms of childhood sexual abuse, are more likely to develop PTSD than non-assault related trauma, such as accidents and natural disasters. Slavery, concentration camps, or persistent spousal violence are all examples of long-term trauma that can lead to complicated post-traumatic stress disorder (C-PTSD). C-PTSD is comparable to PTSD, but it affects a person's emotional control and fundamental identity in a different way.

PTSD can emerge just after someone has been through a traumatic event, or it might develop weeks, months, or even years afterwards. PTSD is thought to impact around one out of every three people who have been through a traumatic event, but it's unclear why some people get the illness and others do not. Complex PTSD can be diagnosed in those who have been exposed to stressful conditions on a regular basis, such as severe neglect, abuse, or violence. Complex PTSD has symptoms that are comparable to PTSD but develops years after the occurrence. It's usually more severe if the trauma occurred early in life, as this might have a negative impact on a child's development.

Symptoms of post-traumatic stress disorder can occur as soon as a month after a stressful experience, but they can also take years to appear. These

manifestations create significant issues in friendly and work conditions, as well as seeing someone. They may likewise make it hard for you to complete your schedule ordinary exercises. Meddlesome recollections, aversion, troublesome changes in thought and demeanor and changes in real and passionate responses are the four types of PTSD manifestations. Indications may change over the long run or starting with one individual then onto the next.

Women are twice as likely as males to have PTSD, according to the American Psychiatric Association (APA) and the symptoms present differently. Symptoms in women linger longer than in males. According to the US Department of Health and Human Services' Office of Women's Health, women wait an average of four years to visit a doctor, whereas males seek care within one year of the onset of their symptoms. Re-experiencing, avoidance, cognitive and emotional disorders and arousal concerns are common PTSD symptoms in men. These symptoms usually develop within a month of the stressful incident, although they might take months or years to manifest. Every person suffering from PTSD is unique. Based on his biology and the trauma he has undergone, each man's symptoms are different [1-5].

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