



Fear or Anxiety: Reactions to Mass Tragedies, Violence, and Trauma

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Abstract

When people experience something traumatic and/or have PTSD, they may feel as though danger is lurking around every corner and believe the world is not a safe place. With all of the mass tragedies, violence, and trauma we have been experiencing as a nation, so many are left feeling a lack of psychological and physical safety. Following a traumatic event, almost everyone experiences at least some of the symptoms of PTSD. When your sense of safety and trust are shattered, it is appropriate to feel crazy, disconnected, and even numb. With all of the violence and mass tragedies that have occurred, these moments will stay with those directly affected for the rest of their lives. The aftermath is significant on so many levels leading to a ripple effect that takes place where more and more individuals directly affected by tragedy itself are suffering from traumatic reactions.

Retraction Note:

Publisher took the decision to retract the article from the journal.

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