

# Post-Traumatic Stress Disorder (PTSD)

**Kathleen Fedric\***

*Department of Psychology, Mount Sinai Hospital, California, USA*

## Description

Post-Traumatic Stress Disorder (PTSD) is an emotional well-being condition that is set off by a frightening occasion-either encountering it or seeing it. Manifestations may incorporate flashbacks, bad dreams and serious uneasiness, just as wild musings about the occasion.

The vast majority who go through horrible accidents may have brief trouble changing and adapting, however with time and great self-care, they generally improve. In the event that the indications deteriorate, keep going for quite a long time or even years, and meddle with your everyday working, you may have PTSD.

Getting compelling treatment after PTSD side effects create can be basic to lessen indications and improve work.

Post-Traumatic Stress Disorder indications may begin inside one month of an awful mishap, yet here and there manifestations may not show up until years after the occasion. These side effects cause huge issues in friendly or work circumstances and seeing someone. They can likewise meddle with your capacity to approach your typical day by day assignments.

PTSD side effects are for the most part assembled into four sorts: meddling recollections, aversion, negative changes in reasoning and disposition, and changes in physical and enthusiastic responses. Side effects can differ over the long run or shift from one individual to another.

## Risk factors

People of all ages can have post-traumatic stress disorder. However, some factors may make you more likely to develop PTSD after a traumatic event, such as:

- Experiencing intense or long-lasting trauma
- Having experienced other trauma earlier in life, such as childhood abuse
- Having a job that increases your risk of being exposed to traumatic events, such as military personnel and first responders

- Having other mental health problems, such as anxiety or depression
- Having problems with substance misuse, such as excess drinking or drug use
- Lacking a good support system of family and friends
- Having blood relatives with mental health problems, including anxiety or depression

## Complications

Post-Traumatic Stress Disorder can disturb for what seems like forever-your work, your connections, your wellbeing and your delight in ordinary exercises.

## Prevention

In the wake of enduring a traumatic accident, numerous individuals have PTSD-like indications from the start, for example, being not able to quit considering what's occurred. Dread, tension, outrage, gloom, blame-all are regular responses to injury. Be that as it may, most of individuals presented to injury don't grow long haul post-horrible pressure problem.

Getting ideal assistance and backing may keep ordinary pressure responses from deteriorating and forming into PTSD. This may mean going to loved ones who will tune in and offer solace. It might mean searching out a psychological wellness proficient for a concise course of treatment. A few group may likewise think that its accommodating to go to their confidence local area.

Backing from others additionally may help keep you from going to unfortunate adapting strategies, like abuse of liquor or medications.

**How to cite this article:** Fedric K. "Post-Traumatic Stress Disorder (PTSD)."  
*J Trauma Treat* 10 (2021) : e002

\*Corresponding author: Kathleen Fedric, Department of Psychology, Mount Sinai Hospital, California, USA, E-mail: Kathfed@amad.qa

Copyright: © 2021 Fedric K. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received date: April 07, 2021; Accepted date: April 21, 2021; Published date: April 28, 2021