

Post-Traumatic Stress Disorder

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Description

Post-traumatic stress disorder is a condition that occurs when someone has experienced a traumatic event and feels that their lives are significantly harder than their day to day life. Some of the events are considered as traumatic events they are physical or sexual assault, war, natural disasters, car accidents, or any event experienced as deeply scary and upsetting. Although PTSD is often included with military service members, PTSD may develop soon after any type of traumatic event. People with PTSD may still experience the traumatic event through flashbacks, nightmares, or memories they can't control. These thoughts can create serious emotional pain for the person and problems reception, work, or school or with relationships. Most often, the traumatic event happened to the person with PTSD, but sometimes PTSD can happen to an individual who witnesses somebody else experiencing a trauma. People who develop PTSD usually experience symptoms soon after the traumatic event, but sometimes symptoms don't appear for months or years afterward.

PTSD may include following symptoms- Intrusion: Intrusive thoughts like repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event. Flashbacks may be so vivid that people feel they are re-living the traumatic experience or seeing it before their eyes. Avoidance- Avoiding reminders of the traumatic event may include avoiding people, places, activities, objects and situations which can trigger distressing memories. People may attempt to avoid remembering or brooding about the traumatic event. They may resist talking about what happened or how they feel about it. Alterations in cognition and mood- Inability to recollect important aspects of the traumatic event, negative thoughts and feelings resulting in ongoing and distorted beliefs about oneself or others, distorted thoughts about the cause or consequences of the event resulting in wrongly blaming self or other; ongoing fear, horror, anger, guilt or shame; much less interest in activities previously enjoyed; feeling detached or estranged from others; or being unable to experience positive emotions (avoid of happiness or satisfaction).

If they have experienced a number of these symptoms for a minimum of 1 month and that they are making it hard to lead their life normally, ask a doctor or mental health professional. Any dangerous or life-threatening event, trauma, or intensely scary situation can increase the danger of PTSD. These situations include:

- Violent crimes: being a victim of or seeing violent crimes, like a mugging, shooting, physical abuse, or rape
- Loved ones in danger: Hearing of somebody they are very on the brink of, like a toddler or spouse, experiencing a trauma
- Overtime or illness: the accidental or killing or serious illness of a beloved
- War: being exposed to war or combat, either through military service or as a civilian
- Accidents: car accidents, plane or train crashes, or other sorts of serious accidents
- Natural disasters: hurricanes, tornadoes, earthquakes, floods, or fires

There are different types of traumas can increase the risk of PTSD, but being in an accident or being physically or sexually assaulted are the most common events that lead to PTSD. Women are mostly affected with PTSD are more likely than men with PTSD to possess been physically or sexually attacked. Not all the people present in the society who lives through a dangerous event develops PTSD. Development of PTSD doesn't relate with age.

Anyone who has been through an experience that was intensely scary, dangerous or life threatening is in danger of PTSD. Experiencing this type of trauma is common: Nearly in every 5 people 4 people will experience some type of trauma in their lifetimes. Not all the people that experience a trauma don't develop PTSD. If the trauma condition is serious or if it is affected directly, the higher their risk of developing PTSD afterward. Military veterans as a gaggle are at very high risk of PTSD. About 14% of veterans of the newer conflicts in Iraq and Afghanistan developed PTSD after returning home. Women are more commonly affected with PTSD compare with man. Women, who have skilled trauma, including women within the military, are more likely than men who've experienced trauma to develop PTSD. Among women who are raped, about half develop PTSD.

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