

Post Traumatic Stress Disorder (PTSD)

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Abstract

Introduction: Many people who experience an extremely traumatic event go through an adjustment period following the experience. Most of these people are able to return to leading a normal life. However, the stress caused by trauma can affect all aspects of a person's life, including mental, emotional and physical well-being. Research suggests that prolonged trauma may disrupt and alter brain chemistry. For some people, a traumatic event changes their views about themselves and the world around them. This may lead to the development of PTSD.

Material and Method: This study is a review article based on the information and data, which is published in the internet, journals and associated researches.

Result & conclusion: Posttraumatic stress disorder (PTSD) is an anxiety disorder that a person may develop after experiencing or witnessing an extreme, overwhelming traumatic event during which they felt intense fear, helplessness, or horror. PTSD symptoms usually develop within the first three months after trauma but may not appear until months or years have passed. These symptoms may continue for years following the trauma or, in some cases, symptoms may subside and reoccur later in life, which often is the case with victims of childhood abuse. Some people don't recognize that they have PTSD because they may not associate their current symptoms with past trauma. In domestic violence situations, the victim may not realize that their prolonged, constant exposure to abuse puts them at risk.

There are no laboratory tests to detect PTSD. To diagnose PTSD, a healthcare provider will consider the above symptoms together with history of trauma. He or she will likely also use psychological assessment tools to confirm the diagnosis and involve an appropriately trained specialist. Although it may be tempting to diagnosis yourself, the diagnosis should be made by a mental health professional. This usually involves a formal evaluation. Women are about twice as likely as men to develop PTSD.

Keywords: PTSD