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POST-TRAUMATIC STRESS DISORDER LIBRARY



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POST-TRAUMATIC STRESS DISORDER Factsheet

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What are trauma characteristics?

For a person to be diagnosed with PTSD, exposure to at least one trauma is required. These are determined by the latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) as being exposed to threatened death, actual or threatened serious injury, or actual or threatened sexual violence. Examples of exposures are direct exposure, witnessing the trauma, or learning that a relative or close friend was exposed to a trauma. Traumas can also be encountered in the course of professional duties. Differences in trauma characteristics, along with differences in personal characteristics, may affect the risk of developing PTSD.

What is the evidence for PTSD in people exposed to abuse and violence traumas?

Moderate to high quality evidence found a large association between exposure to sexual assault and subsequent PTSD-related conditions. There were also medium-sized increases in PTSD following exposure to bullying, racism, and childhood sexual or childhood physical abuse. There were no significant associations between PTSD and neglect or witnessing interpersonal violence in childhood.

Moderate quality evidence found a medium-sized association between victimisation from intimate partner violence and PTSD, and a small association between perpetration of intimate partner violence and PTSD. There was also a large increased risk of partner violence in general in people with PTSD. These associations were similar for males and females.

Moderate to high quality evidence found a small association between greater level of exposure to mass shootings (closer proximity, longer duration) and increased PTSD symptoms in those exposed.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.