



©route55 - stock.adobe.com

## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### How is PTSD particularly relevant to refugees and asylum seekers?

Over the past two decades, the number of forcibly displaced migrants has grown due to ongoing conflicts in countries around the world. Compared to the general population, refugees experience considerably higher levels of psychological distress due to major losses and exposure to events such as torture and war. Post-displacement stressors are also apparent, including those associated with resettlement, language barriers, and perceived stigma and discrimination. Any of these trauma exposures can contribute to higher rates of mental health conditions, including PTSD, depression, and anxiety.

### What is the evidence on therapies for PTSD symptoms in refugees and asylum seekers?

Moderate quality evidence found a medium to large effect of improved PTSD symptoms with psychological therapies, particularly CBT with a trauma-focussed component, when compared to waitlist, treatment as usual, or no treatment. Depression and anxiety symptoms also improved with psychological therapies. These outcomes were maintained post-treatment (1-18 months). There were no differences in effectiveness for PTSD symptoms between individual and group interventions.

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](http://neura.edu.au/donate)



*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.*