



POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

How is PTSD particularly relevant to soldiers and veterans?

Soldiers and veterans have exposure to life threatening stressors, including combat, injury, and witnessing suffering and death. These traumatic combat experiences are often less straightforward than single traumatic events, which may decrease PTSD treatment effectiveness. Interventions that may be effective for PTSD in soldiers and veterans include eye movement desensitisation and reprocessing, exposure therapy, cognitive therapy, cognitive restructuring therapy, cognitive processing therapy, trauma-focused cognitive behavioural therapy, and stress management.

What is the evidence on therapies for PTSD symptoms in soldiers and veterans?

Moderate to low quality evidence found large improvements in PTSD symptoms in military and veteran samples following treatment with psychological therapies. Treatments involving more trauma-focussed sessions were most effective, and exposure therapies were more effective than stress management. Individual therapies were more effective than group therapies. Veterans with particularly low or high pre-treatment symptom severity showed less symptom improvement than veterans with moderate pre-treatment symptom severity.

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



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.