



NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is anxiety?

Anxiety disorders are a group of mental disorders characterised by excessive fear or worrying. They include generalised anxiety disorder, which is characterised by continuous and excessive worrying for six months or more. Specific phobias are characterised by anxiety provoked by a feared object/situation, resulting in avoidance. Social phobia is anxiety provoked by social or performance situations. Agoraphobia is anxiety about situations where escape may be difficult or help might not be available. Panic disorder is characterised by a panic attack, which is a distinct episode where a person experiences sudden apprehension and fearfulness, where they may present with shortness of breath, palpitations, chest pain or choking.

While these disorders are common in people with PTSD, milder anxiety symptoms that do not meet the criteria for a disorder are also common. This topic concentrates on the occurrence of anxiety symptoms rather than anxiety disorders in people with PTSD (also see the anxiety disorders topic under co-occurring conditions).

What is the evidence for the relationship between anxiety and PTSD?

Moderate to high quality finds a medium-sized correlation between increased PTSD symptoms and increased levels of anxiety. There is also a medium-sized correlation between increased PTSD symptoms and increased anxiety sensitivity (fear of sensations related to anxiety).

For more information see the technical table



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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.

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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