



## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### What are benzodiazepines?

Benzodiazepines are implemented to treat insomnia, irritability, and anxiety, which are common symptoms in people with PTSD. While benzodiazepines may diminish these symptoms, they may worsen other features, such as promoting avoidance in the long term. They are also associated with well-established patterns of tolerance and dependence, so they are prescribed with caution.

### What is the evidence on benzodiazepines for PTSD?

Moderate quality evidence found a small effect that benzodiazepines can have an adverse impact on the prevention and treatment of PTSD.



*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.*

For more information see the technical table

### HOW YOUR SUPPORT HELPS

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