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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### How are perceptions of defeat and entrapment related to PTSD?

Perceptions of defeat and entrapment have been linked to the development and maintenance of various psychiatric disorders.

Perceived defeat involves a perception of powerlessness resulting from the loss or significant disruption of social status, identity, or hierarchical goals. Examples of events that may induce perceptions of defeat include a failure to attain, or loss of, valued social and material resources, social put-downs or attacks from others, and internal perceptions of self-criticism, worthlessness, and incompetence.

Perceived entrapment occurs when the usual motivation to escape threat or stress is blocked because of no or low likelihood of individual agency, or rescue by others. Examples of events that may induce perceptions of entrapment include having a difficult job or relationship, being in an unwanted role as a caregiver, personal health problems, and unwanted negative thoughts or emotions.

### What is the evidence for perceptions of defeat and entrapment in people with PTSD?

Moderate to high quality evidence finds increased severity of PTSD symptoms is related to increased feelings of defeat and entrapment.

For more information see the technical table



*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

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