

## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### What is depression?

Depression is characterised by a depressed mood or a loss of interest or pleasure in activities. Symptoms of depression may include changes in appetite, weight, sleep, or psychomotor activity, decreased energy, feelings of worthlessness or guilt, difficulty concentrating or making decisions, and thoughts of death or suicide. Depression may also be associated with increased hopelessness, which is the absence of positive future orientation.

This topic concentrates on the occurrence of depression symptoms rather than depressive disorders. Please see the co-occurring conditions topic for rates of comorbid depressive disorders in people with PTSD.

### What is the evidence for the relationship between depression and PTSD?

Moderate to high quality evidence finds a medium-sized correlation between increased PTSD symptoms and increased depression symptoms. In North Korean refugees, the relationship was stronger in adults than in youths and stronger in refugees with more than five years than less than five years outside of North Korea, although the effect sizes were all medium-sized.

For more information see the technical table

### HOW YOUR SUPPORT HELPS

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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.*