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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is executive functioning?

Executive functions are a group of cognitive processes including control, mental flexibility, planning, inhibition, decision-making, initiation, abstraction, self-monitoring, and pursuit of goals. Executive functions are important in situations involving error correction and behaviour evaluation in response to environmental feedback.

What is the evidence for executive functioning in people with PTSD?

Moderate to high quality evidence found medium-sized effects that adults and children with PTSD had poorer executive functioning than trauma-exposed or trauma-unexposed controls. There were no significant associations between symptom severity and executive functioning in patients.

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

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