



forgiveness

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POST-TRAUMATIC STRESS DISORDER Factsheet

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How is forgiveness related to PTSD?

Forgiveness involves reducing negative thoughts, feelings, and behaviours toward a transgressor, as well as enhancing positive ones. It involves a willingness to abandon resentments, negative judgment, and indifferent behaviour, while fostering compassion, generosity, and love.

Studies have found evidence for both physical and psychological health benefits associated with forgiveness. This is because forgiving has the potential to break cycles of rumination and negative affect, which reduces stress and in turn improves various indicators of health. Long-term forgiveness habits (trait forgiveness) might better predict improved health outcomes than forgiving a specific offender or transgression (state forgiveness).

What is the evidence for forgiveness in people with PTSD?

Moderate to high quality evidence suggests increased levels of forgiveness is associated with decreased PTSD symptoms, although the effect may not be significant after adjusting for other trauma outcome variables such as depression, anxiety, anger, rumination, stress, and social functioning.

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