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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is hyperbaric oxygen therapy?

Hyperbaric oxygen is used to treat traumatic brain injury and post-concussion symptoms. It increases the amount of oxygen dissolved in the blood and increases oxygen delivery to tissues. Oxygen is the active ingredient which is titrated in a manner similar to dosing a drug. The dose is dependent on the amount of oxygen in the gas being breathed multiplied by the absolute atmospheric pressure inside the hyperbaric chamber, and also the duration and frequency of the treatment. Hyperbaric oxygen may improve PTSD symptoms in people with both PTSD and traumatic brain injury.

What is the evidence for the effectiveness of hyperbaric oxygen for people with PTSD?

Moderate to low quality evidence found some improvement in PTSD symptoms following hyperbaric oxygen therapy in people with PTSD and a traumatic brain injury.



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

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