



POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What are trauma characteristics?

For a person to be diagnosed with PTSD, exposure to at least one trauma is required. Traumas as determined by the latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) include being exposed to threatened death, actual or threatened serious injury, or actual or threatened sexual violence. Examples include directly being involved in the trauma, witnessing the trauma, or learning that a relative or close friend was exposed to a trauma.

Intentional traumas are those that involve the deliberate infliction of harm, while unintentional exposures are those that are not planned. Differences in trauma characteristics, along with differences in personal characteristics, may affect one's risk of developing PTSD.

What is the evidence for PTSD in people exposed to intentional versus unintentional traumas?

Moderate quality evidence finds the median prevalence of PTSD after exposure to unintentional trauma decreases over time, from around 30% at one-month post-trauma to around 14% by 12 months post-trauma, while prevalence post-intentional trauma exposure increases over time (1-12 months 12% to 23%).

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



NeuRA

Discover. Conquer. Cure.

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.