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POST-TRAUMATIC STRESS DISORDER Factsheet

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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.

Interpersonal traumas are those that involve interaction with other people, such as domestic abuse, while non-interpersonal traumas are those that do not involve interaction with other people, such as natural disasters.

What is the evidence for PTSD in people exposed to interpersonal versus non-interpersonal traumas?

Moderate quality evidence finds the incidence of PTSD following interpersonal trauma is around 25%, and around 10% following non-interpersonal trauma. In boys, the incidence of PTSD following interpersonal trauma is around 17%, and around 8% following non-interpersonal trauma. In girls, the incidence of PTSD following interpersonal trauma is around 33%, and around 13% following non-interpersonal trauma.

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 (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.