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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, at least one stressor is required. Stressors 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 are direct exposure, witnessing the trauma, or learning that a relative or close friend was exposed to trauma. Differences in trauma characteristics, along with differences in personal characteristics, may affect the risk of developing PTSD.

What is the evidence for the risk of PTSD in migrants, asylum seekers and refugees?

Moderate to high quality evidence found a medium-sized increase in PTSD symptoms in asylum seekers in detention compared to asylum seekers not in detention. There were small associations between more PTSD symptoms and more unfavorable everyday life experiences, subjective daily stressors, interpersonal daily stressors, material daily stressors, and mixed daily stressors in conflict-affected forced migrants. There was a medium-sized association between prolonged grief disorder and more PTSD symptoms in adult refugees.

Moderate quality evidence found the prevalence of PTSD in child and adolescent asylum seekers and refugees was around 23%. Prevalence was higher in children and adolescents displaced for less than two years than in those displaced for over two years, in asylum seekers rather than refugees, with non-native language interviewer data than native language interviewer data, and in children and adolescents resettled into refugee centres than into the community.

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.