

POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What is oxytocin?

Oxytocin is a neuromodulatory neuropeptide that is important for processing emotional stimuli in a social context. It is known for its role in facilitating trust and attachment between individuals as well as its involvement in behaviours such as mother-infant bonding, theory of mind, and empathic abilities. The impact of oxytocin may be moderated by features of the social environment or individual differences.

What is the evidence on oxytocin for PTSD?

Moderate to low quality evidence found intranasal oxytocin may enhance cognitive and empathic abilities but has no effect on PTSD symptoms. Intranasal oxytocin may be effective for the regulation of sympathetic nervous tone and cortisol reactivity.

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