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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is post-traumatic growth?

Post-traumatic growth refers to positive psychological changes that occur after exposure to a traumatic event, and that are beyond previous levels of functioning. Growth can involve spiritual change, better relationships, more appreciation of life, new possibilities, and increased personal strength. This growth involves both the struggle and symptoms associated with trauma exposure and any positive outcomes that represent adaptation to the traumatic event.

What is the evidence for post-traumatic growth and PTSD symptoms?

Moderate to high quality evidence found a small to medium-sized association between increased severity of PTSD symptoms and increased post-traumatic growth. This association was strongest in children, in caregivers, and in people exposed to military conflicts, accidents, or natural disasters. The association was weakest in people exposed to diseases or those in helping professions, and was not present in people exposed to sexual abuse.

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