



## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### How are personal characteristics related to risk of PTSD?

Personal characteristics, such as having previous trauma exposures, can influence one's degree of risk for developing PTSD following a new trauma exposure. How such personal characteristics may affect the development of PTSD would be influenced by other personal characteristics as well as differences in the trauma experience itself.

### What is the evidence regarding having multiple trauma exposures and risk for PTSD?

Moderate to high quality evidence found small to medium-sized associations between having a history of trauma or a history of PTSD and increased PTSD symptoms following childbirth.

High quality evidence found a small association between having a trauma history and having PTSD symptoms in people exposed to workplace secondary trauma.

Moderate quality evidence found a small association between having prior trauma exposure and increased risk of PTSD following exposure to an earthquake.

Moderate to high quality evidence found a small association between increased negative life events and more PTSD symptoms following any trauma in children and adolescents.



*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.*

For more information see the technical table

### HOW YOUR SUPPORT HELPS

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