

< Relapse

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POST-TRAUMATIC STRESS DISORDER Factsheet

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How is relapse related to PTSD?

Studies suggest there are high rates of relapse within a year of discharge from psychiatric institutions, with most being within the first three months. Sociodemographic and hospitalisation characteristics may influence the risk of relapse. Identifying the predictors of readmission can inform health policies and improve interventions to mitigate the cost and burden to systems, patients, and families.

What is the evidence for relapse in people with PTSD?

Overall, moderate quality evidence found no significant differences in the rates of psychiatric readmission between people with PTSD and people with other mental disorders.

There was an increased risk of readmission in people with a prior psychiatric hospitalisation compared to no hospitalisation history (medium-sized effect), longer versus shorter length of hospital stay (small effect), and being discharged to residential rather than another treatment facility (small effect). There was a trend (but non-significant) effect for reduced rates of readmission when a parent was the primary caregiver compared to another primary caregiver in children and adolescents with PTSD.

There were no significant differences in rates of readmission according to patient age, gender, ethnicity, having a familial history of a psychiatric disorder, or having a history of childhood 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