



# NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### How is remission related to PTSD?

Remission is achieved when there are long-term improvements in PTSD symptoms, and subsequent improvements in overall functioning. While many people fully recover from PTSD over time, some do not, with symptoms continuing and fluctuating over time.

### What is the evidence for remission in people with PTSD?

Moderate to high quality evidence found that around 44% of adults who were not receiving treatment remitted from PTSD within seven years post-trauma exposure. Remission rates were highest in the first five months after trauma exposure, and in adults exposed to natural disasters rather than those exposed to physical disease. After treatment with cognitive behavioural therapy (CBT), between 53% and 63% of adults achieved remission.

In children and adolescents not receiving a specific treatment, there was a 53% reduction in the rates of PTSD and a corresponding improvement in PTSD symptoms between one and six months post-trauma exposure, with little change in prevalence rates between six months and one year.

For more information see the technical table



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*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](http://neura.edu.au/donate)