



POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

How is suicide and self-harm related to PTSD?

There has been much research dedicated to determining potential risk factors for suicide, which may have clinically important applications for prevention. Many of the important risk factors for suicide in the general population can also apply to people with PTSD, including suffering from depression or having a history of previous suicide attempts or ideation. However, factors specific to PTSD, such as exposure to trauma, may also contribute to an increased risk of suicide or self-harm.

What is the evidence for suicide and self-harm in people with PTSD?

Moderate quality evidence finds a large effect that people with PTSD are more likely to report suicidal behaviours, particularly ideation and suicide attempts, than people without PTSD. People with PTSD and comorbid depression are particularly at risk of suicidal behaviours. Moderate to low quality evidence finds a medium-sized effect that people with PTSD were also more likely to report non-suicidal self-harm.

Moderate to low quality evidence finds a medium-sized effect that people with PTSD and sleep disturbances were more likely to report suicidal behaviours than people with PTSD without sleep disturbances.

For more information see the technical table

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



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.