



# NeuRA

Discover. Conquer. Cure.

POST-TRAUMATIC STRESS DISORDER LIBRARY



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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### What are anxiety disorders?

Anxiety disorders are a group of mental disorders characterised by excessive fear or worrying. Anxiety disorders include generalised anxiety disorder, which is characterised by continuous and excessive worrying for six months or more. Specific phobias are characterised by anxiety provoked by a feared object/situation, resulting in avoidance. Social phobia is anxiety provoked by social or performance situations. Agoraphobia is anxiety about situations where escape may be difficult or help might not be available. Panic disorder is characterised by a panic attack, which is a distinct episode where a person experiences sudden apprehension and fearfulness, where they may present with shortness of breath, palpitations, chest pain or choking.

### What is the evidence for rates of anxiety disorders in people with PTSD?

Moderate quality evidence finds the rate of anxiety disorders in veterans with PTSD is between 13% and 19%. One small study reported prevalence as high as 59% in veterans. Moderate to low quality evidence finds a medium-sized increase in generalised anxiety disorder in prisoners with PTSD compared to prisoners without PTSD. Rates were highest in males and in adult prisoners, and in prisoners with any lifetime rather than a current diagnosis of PTSD.



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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)

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