



# NeuRA

Discover. Conquer. Cure.

POST-TRAUMATIC STRESS DISORDER LIBRARY



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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### What is cancer?

Cancer is a broad group of diseases involving abnormal cell growth such that cells divide and grow forming malignant tumours that may spread through the lymphatic system or blood stream. Not all tumours are malignant – some remain benign and do not invade other organs. Lifestyle, genetic factors and environmental pollutants increase a persons' risk of developing cancer. Cancer can affect people of all ages. The most common cancers include lung cancer (22% of all cancers), bowel cancer (12%), breast cancer (8-23%) and prostate cancer (7%). Cancer may be measured by incidence or mortality rates: incidence refers to how many new cases there are in a population, while mortality refers to the rate of deaths due to cancer in a specific population.

### What is the evidence for PTSD in cancer patients?

Moderate to high quality evidence finds PTSD symptoms were significantly associated with more depression, anxiety, distress, and post-traumatic growth, and less social support and physical quality of life in cancer patients. There were no significant associations with age, gender, or time since cancer diagnosis.

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)

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