

## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### What is depression?

Depression is characterised by a depressed mood or a loss of interest or pleasure in activities. Symptoms of depression may include changes in appetite, weight, sleep, or psychomotor activity, decreased energy, feelings of worthlessness or guilt, difficulty concentrating or making decisions, and thoughts of death or suicide. Depression may also be associated with increased hopelessness, which is the absence of positive future orientation.

### What is the evidence for the relationship between depression and PTSD?

Moderate to high quality evidence finds around 52% of people with PTSD also have a major depressive disorder. Military samples had higher rates of major depressive disorder than civilian samples, and people exposed to interpersonal traumas had higher rates of major depressive disorder than people exposed to natural disasters.

Moderate to low quality evidence finds a medium-sized effect of increased depressive disorders 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.

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](http://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.*