



NeuRA

Discover. Conquer. Cure.

POST-TRAUMATIC STRESS DISORDER LIBRARY



©Stillfx - stock.adobe.com

POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

How does PTSD impact on families?

A diagnosis of any mental disorder can have considerable impact not only on the affected individual, but also on the people closest to them. Sometimes family members experience burden, particularly during acute phases of the illness. Burden is considered in terms of objective effects, such as illness severity or financial strain, but also in terms of subjective effects, such as the emotional impact of the illness on family members.

What is the evidence for the impact on family members of people with PTSD?

Moderate to high quality evidence finds small to medium-sized associations between increased PTSD symptoms and increased interpersonal violence, poor functioning, relationship problems, and more partner psychological distress.

High quality evidence finds a medium-sized association between increased parental PTSD symptoms and increased child psychological distress. This relationship was strongest in studies with parent-child pairs who were both exposed to interpersonal trauma. Moderate to high quality evidence finds a medium-sized association between increased parental PTSD symptoms and increased child PTSD symptoms. This relationship was stronger in studies of maternal rather than paternal PTSD symptoms, in studies using parent interview rather than self-report measures, in studies using same mode rather than different mode of assessment for parents and children, and in longitudinal studies rather than cross-sectional studies.

There was also a medium-sized association between increased parental PTSD symptoms and increased family difficulties (parenting problems, maladaptive family functioning, and child symptoms). This relationship was strongest in studies with retrospective or concurrent design, in studies using child or veteran parent measures of child outcomes, and in studies assessing emotional problems, total symptoms, or externalising symptoms.

For more information see the technical table



NeuRA

Discover. Conquer. Cure.

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

NeuRA (Neuroscience Research Australia) Foundation
T 1300 888 019 F +61 2 9399 1082
ABN 57 008 429 961

Margarete Ainsworth Building
Barker Street, Randwick NSW 2031
PO Box 1165 Randwick Sydney NSW 2031 Australia

neura.edu.au