



## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### What are neuropeptides?

Neuropeptides are a class of signaling molecules. They are protein-like molecules that are used by neurons to communicate with each other. Different neuropeptides are involved in different brain functions such as reward, food intake, metabolism, reproduction, social behaviours, and learning.

### What is the evidence for neuropeptides in people with PTSD?

Moderate quality evidence found a large effect of lower neuropeptide Y levels in people with PTSD compared to controls without PTSD. This effect was also found in non-medicated samples.

High quality evidence found no significant differences in oxytocin levels between people with PTSD and controls.



*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.*

**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)