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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is prevalence?

Prevalence represents the overall proportion of individuals in a population who have the disorder of interest. It is different from incidence, which represents only the new cases that have developed over a particular time period. Point prevalence is the proportion of individuals in a population who have the disorder at a given point in time (e.g., at one-month post-trauma), while period prevalence is the proportion of individuals in a population who have the disorder over specific time periods (e.g., one to two months post-trauma). Lifetime prevalence is the proportion of individuals in a population who have ever had the disorder and lifetime morbid risk also includes those who had the disorder but were deceased at the time of the survey.

What is the evidence for the prevalence of PTSD in parents and caregivers?

Moderate to low quality evidence found the prevalence of PTSD in mothers ranged from 23% to 49.1% within 3 months after the loss of an infant. Between 3 months and 12 months after the loss, prevalence of PTSD ranged from 0.6% to 37%. By 18 years after the loss, prevalence of PTSD ranged from 3.3% to 15.2%. In fathers, prevalence of PTSD ranged from 5% to 8.4% between 7 weeks and 18 years after the loss of an infant.

Moderate quality evidence found the prevalence of PTSD in community samples of prenatal women is around 3.3%, and after birth, PTSD was around 4%. Rates were higher (around 18-19%) in high-risk samples of women who had difficult births or pregnancies or had babies with fetal anomalies.

The prevalence of PTSD in caregivers of people in intensive care was between 14% and 81% during the ICU stay, and between 3% and 62% after discharge from the ICU. The prevalence of PTSD in parents of children with cancer is around 26%.

For more information see the technical table



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