



NeuRA

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POST-TRAUMATIC STRESS DISORDER LIBRARY



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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 refugees and asylum seekers?

High quality evidence finds the overall prevalence of PTSD is around 31% in refugees and asylum seekers. Rates were highest in women, in refugees from Africa, and in smaller studies. Rates varied according to diagnostic scale, with the Clinician Administered PTSD Scale showing highest rates (40%), and the Mini-International Neuropsychiatric Interview showing lowest rates (26%).

Moderate to high quality evidence finds the prevalence of PTSD in war-affected refugees and citizens is also around 31%. Rates were highest in samples exposed to recent conflict, to torture, to more traumatic events, to political terror, and in people from Cambodia, Bosnia, Kosovo, and Africa.

Moderate quality evidence finds the prevalence of PTSD in adult Syrian refugees living in Western or Middle Eastern countries is around 43%. The prevalence of PTSD in Iraqi refugees living in Western countries is up to 37%.

Moderate quality evidence finds the prevalence of PTSD in child and adolescent refugees is around 23%, with rates highest in those displaced for less than two years and in those with an insecure visa status.

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

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