



©Getmilitaryphotos - stock.adobe.com

POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

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 soldiers and veterans?

After military deployment to Iraq or Afghanistan, moderate quality evidence found the overall prevalence of PTSD was around 23%. Rates were higher in Iraq-deployed personnel (12.9%) than in Afghanistan-deployed personnel (7.1%), higher in combat deployed personnel (12.4%) than support personnel (4.9%), higher in army (13.2%) and marine (10.4%) personnel than in navy (7.3%) and air force (2.6%) personnel, and higher in reserve or National Guard personnel (14.5%) than in active-duty personnel (11.4%).

The overall prevalence of PTSD in US army reserve members was around 9.8%, and in US active service members, prevalence was around 8.9%. The prevalence of PTSD in peacekeepers between one month before and 6.6 years after deployment was around 5.3%. The prevalence of PTSD in UK service personnel ranged from 2.5% mid-deployment to 4.3% by over 2 years post-deployment.

The prevalence of PTSD was higher in military samples with a traumatic brain injury than in military samples without a traumatic brain injury (36.8% vs. 10.8%). The prevalence of PTSD in ex-military personnel with any physical impairment was between 2% and 59%.

The prevalence of PTSD in older US veterans (>65 years) is around 8.4%, and the prevalence of PTSD in US veterans involved in the justice system was between 4% and 39%.

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