



POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What are telomeres?

Telomeres are protective caps on the ends of chromosomes. They are linked to aging as they shorten with each cell division, and when they reach a critical length, the cell stops dividing or dies. Chronic stress has been associated with reduced telomere length, resulting in the recognition of an association between adverse social and environmental influences and accelerated aging.

What is the evidence for changes in telomere length in people with PTSD?

Moderate to high quality evidence found a small effect of shorter telomere length in people with PTSD compared to 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