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POST-TRAUMATIC STRESS DISORDER Factsheet

October 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 who were deceased at the time of the survey.

What is the evidence for worldwide prevalence of PTSD?

Moderate quality evidence finds the lifetime prevalence of PTSD in the general population is around 3.9%. In people known to have been exposed to trauma, the rate is 5.6%.

The prevalence of delayed-onset PTSD is around 5.6% (diagnosis >6 months post-trauma). People showing a delayed onset were mostly veterans and other professionals with earlier subclinical symptoms.

The point prevalence of PTSD reduces over time from 28.8% at one-month post-trauma to 17% at one-year post-trauma. This trend reverses in those exposed to intentional traumas such as war and assault (rather than those exposed to non-intentional traumas such as accidents and natural disasters), with rates increasing from 11.8% at one-month post-trauma to 23.3% at one-year post-trauma.

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