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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 spatial variation in the prevalence of PTSD?

Moderate quality evidence finds the overall lifetime prevalence of PTSD in the population is around 3.9%. Lifetime rates were higher in high-income countries (5%) than in upper-middle or low-middle income countries (both around 2%). Lifetime rates were higher in the WHO Western Pacific region (5.7%), the Western European region (4.0%) and the Americas (3.8%), than in the Eastern European region (2.4%), Africa (2.3%) and the Eastern Mediterranean region (2.1%). However, the pooled current and lifetime prevalence of PTSD in the Eastern Mediterranean region is around 7%. The 10-year prevalence of PTSD in South Asia (India, Pakistan, Nepal, Sri Lanka, and Bangladesh) is around 17%.

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](https://neura.edu.au/donate)