

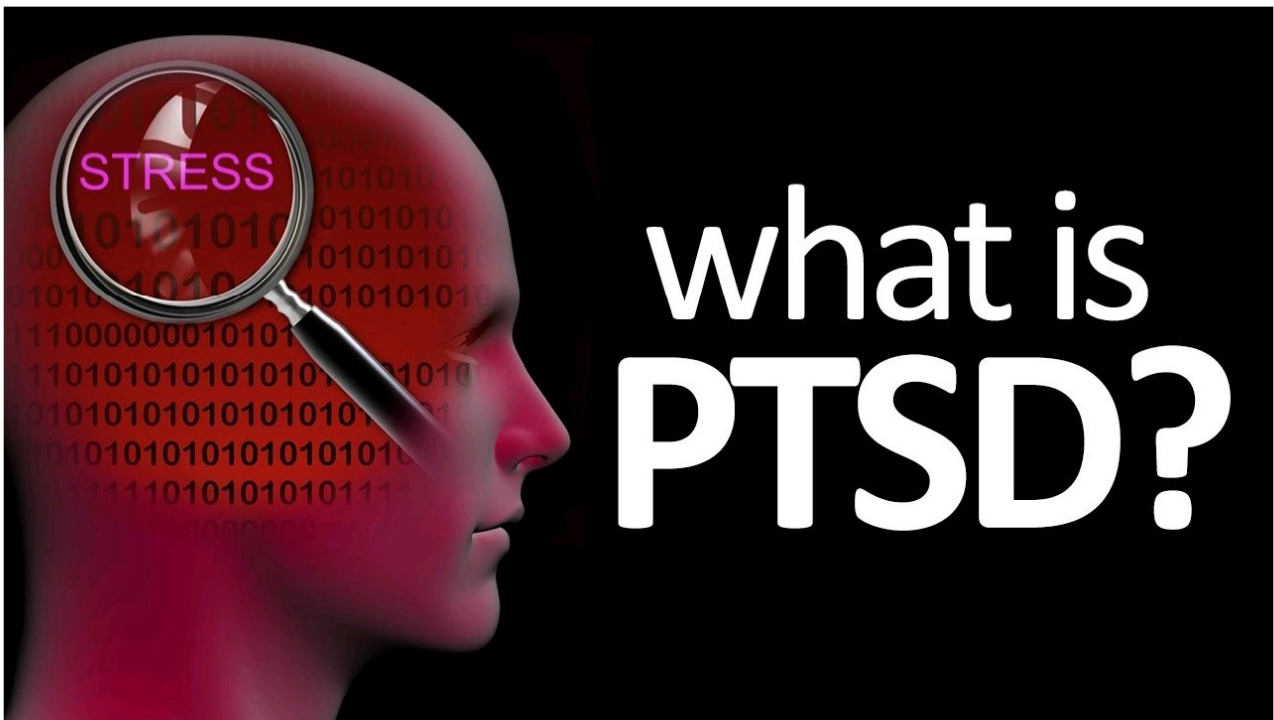
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**POSTTRAUMATIC
STRESS DISORDER
(PTSD)**

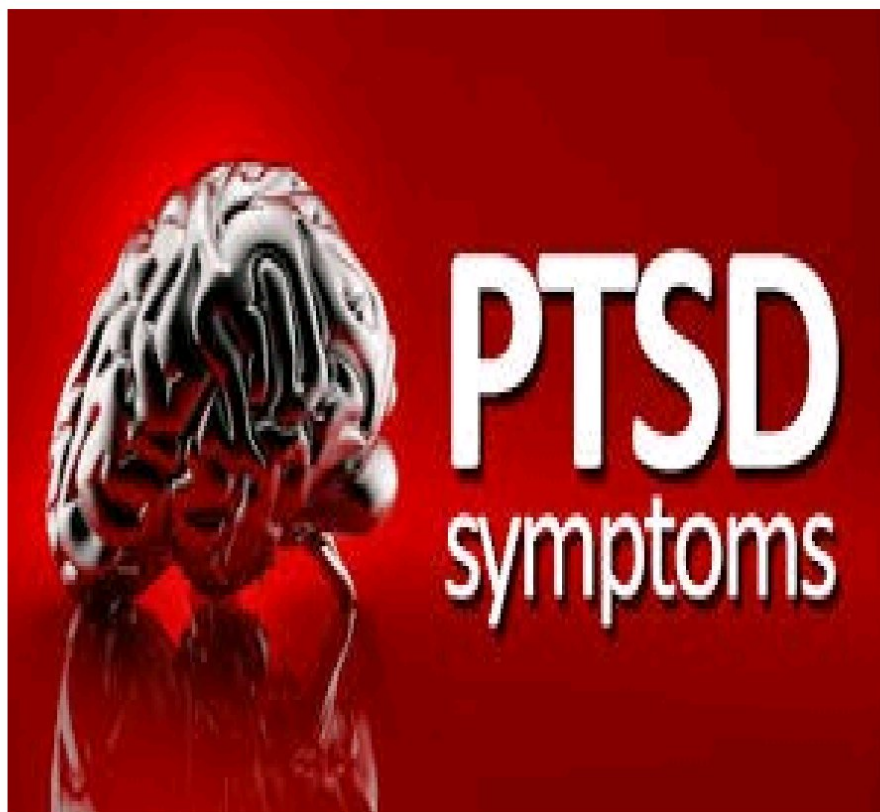
**P.G. SEM -2
PSYCHOLOGY
Paper – CC-7
Unit -2**





What is PTSD

- **Posttraumatic stress disorder, or PTSD, is a mental health disorder affecting children, adolescents and adults who have survived a traumatic experience or series of traumatic events.**



Symptoms of PTSD

- **PTSD symptoms can vary depending on the age and the circumstances of the trauma, but tend to include:**
- intense anxiety when separated from family members or around strangers
- disturbances in sleep (unable to fall or stay asleep)
- sad, withdrawn mood
- feeling jittery, “on edge” or “on guard”
- easily startled, especially by sounds or sudden movement.

Symptoms cont..

- **physical or emotional detachment from family members and friends**
- **feeling or acting “numb”**
- **difficulty displaying affection**
- **excessive or illogical irritability**
- **aggressive (or even violent) attacks on others**

Symptoms Cont....

- **inability to distinguish reality from thoughts or dreams**
- **constantly re-enacting the trauma through play, drawings, writings or conversation**
- **problems in school**
- **difficulty concentrating**
- **preoccupation with death and dying**

WHAT CAUSES PTSD?

TOP 4 REASONS MEN AND WOMEN SUFFER PTSD:

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- 1 Rape
 - 2 Combat exposure
 - 3 Childhood neglect
 - 4 Childhood physical abuse

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- 1 Rape
 - 2 Sexual molestation
 - 3 Physical attack
 - 4 Being threatened with a weapon

Causes of PTSD -

- **Any person who witnesses or goes through a life-threatening experience is at risk of developing PTSD**
- **accidents, such as car or plane crashes**
- **natural disasters, such as floods or earthquakes**

Causes cont..

- **acts of war or terrorism**
- **violent crimes, such as a home invasion, kidnapping or murder**
- **physical, emotional or sexual abuse (either of the child or of another family member in front of the child)**
- **neglect**

Causes cont...

- **house fires**
- **exposure to violence at school or in the community**
- **suicide of a family member or friend**

