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Poster Presentation

Post-Traumatic Stress Disorder

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Abstract

Post-traumatic stress disorder (PTSD) is an increasingly recognized and theoretically preventable condition. In fact PTSD is a mental disorder that can develop after a person is exposed to a traumatic event or threats, such as war and traffic crashes. Symptoms may include distressing thoughts and increased arousal. These signs last for more than one month after the event. People with PTSD are at a higher risk of suicide. Adults are more likely than children to develop PTSD after trauma. Diagnosis is based on the attendance of specific symptoms after a traumatic event. Although a number of people are victims of PTSD, unfortunately, there is little information about ways to treat this disorder. Therapists have used two methods of medication and psychotherapy for victims. The results show that, antidepressants and anti-anxiety drugs relieve symptoms in some patients, but therapy to alleviate the suffering of patients with PTSD is not enough lonely. The main treatments for people with PTSD are medication and counseling. It is unclear if using medications and therapy together has greater benefit or not. Although cognitive behavioral therapies for the treatment of PTSD are strong empirical support, still a large proportion of patients with PTSD symptoms come back after treatment. That's why therapeutic approaches must be developed to be able to completely eliminate symptoms PTSD.

Keyword: PTSD, Trauma, Patients

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