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Poster Presentation Review

# Study of the Methods Used In the Prevention and Treatment of Post-traumatic Stress Disorder in Iran

**Yahya Bazyarizadeh**

Deputy of Health, Treatment and Rehabilitation of Hormozgan Red Crescent Society, Bandarabbas, Iran.

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***Abstract***

The growing trend of disasters in world and Iran, expanded range of different psychological consequences of disasters and according to them Parallel Physical consequences. Post-traumatic stress disorder may be considered the most common psychological consequences of disasters. In the absence of prevention and treatment, it can affect a person's quality of life and normal functioning of the family and community and faced with the difficulty and delay the return to normal conditions. There are a variety of methods to prevent activation at the risk and treating the disorder. Most of these methods are based on two categories of methods including: 1-expression and modification experience a painful and frightening experience of events including psychological debriefing techniques and reprocessing and 2-behavioral and cognitive-behavioral techniques such as eye movement desensitization and reprocessing (EMDR) and imaginal exposure. These two categories methods have been used between 2002 to 2013 in natural disasters in Iran. In this paper we will introduce and review different methods used in the prevention and treatment of severe post-traumatic stress disorder in Iran and will describe and compare the effectiveness of these methods in the cases reported and finally presented a monolithic integrated conclusion and opinion.

***Keywords:*** Post-traumatic Stress Disorder, Prevention and Treatment Method, Iran.

***Corresponding Author:*** Yahya Bazyarizadeh

**E-mail:** *ybazeyari@yahoo.com*

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