The Third International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016
The Neuroscience Journal of Shefaye khatam
Volume 4, No. 3, Suppl 1

Poster Presentation

Anxiety in Patients with PTSD (War Veterans)

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Published: ***23-24 November, 2016***

Abstract

All people have experience about anxiety in their lives and it is natural when facing with reactional threatening situations. But chronic and intense feeling is unusual in absence of clear cause. Anxiety includes uncertainty, helplessness and physiological arousal feelings. Generally anxiety is a diffuse, very unpleasant and often vague concern feeling. Clinical studies of war veterans over the elapsed years implies that all PTSD veterans suffer of covert and sometimes obvious anxiety and reactions of changing the behavior with impulses associated with self-harm behaviors. Veterans with PTSD are emotional people but unable and limited to express their feelings. They often have a dual background about their furious and impulsive behaviors due to not expressing the emotional feeling. It also causes an abnormal behavioral board that others call them as wave men and this adds to their anger. We have taken many years of medical treatment and therapy, including psychotherapy and consultations with these people, we found that the best and newest treatment method with these patients is increasing a deep therapeutic relationship and strengthening self-confidence and self-esteem in them. Major anti-anxiety medical treatments beside the group treatment can effectively improve veterans with PTSD and affect their families. As well as light therapy with emphasis on increasing alpha and beta waves and reducing theta, gamma waves in the area of T3 in the brain, is an effective treatment protocol for veterans with PTSD beside the changing lifestyles and increasing life skills such as self-awareness has helped to treat such patients.

Keywords: Post traumatic anxiety, Veteran, Mental health

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