



Acute Stress Disorder (ASD)



Overview

This is an anxiety disorder. You have it if you feel certain symptoms of stress in the month after a shocking, scary or traumatic event, even though you aren't in danger. It's similar to post traumatic stress disorder (commonly called "PTSD"). Some people who have ASD go on to develop PTSD.

Causes

ASD can develop after any traumatic event. A sexual assault, a car accident or the death of a loved one can cause it. For soldiers, combat can trigger it.

Symptoms

If you have this disorder, you may feel numb and detached when you think about the event. You may have trouble remembering the details clearly. We call this "amnesia." The event may feel like a dream. It may seem like something you watched happen to you. ASD is the name we give to these symptoms up until one month after the event. If a month has passed and you still have these symptoms, you may be diagnosed with a different disorder, such as PTSD.

Treatment

ASD can be treated with medications. It can also be treated with talk therapy, which can help you learn to understand and manage your memories and your feelings. Your healthcare provider can create a plan that's right for you.

Actor portrayals in photos

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