



Post Traumatic Stress Disorder (PTSD)



Overview

This condition is an anxiety disorder. It can develop after a traumatic event. A person who has PTSD may feel stressed or frightened long after the event, even when there is no danger. If you have PTSD, this can severely impact your life.

Causes

PTSD is often associated with combat. It can be a serious problem for soldiers. But it can also be caused by other events. A violent crime such as a rape or a mugging can trigger it. Physical and emotional abuse can, too. You may develop PTSD after a natural disaster or an accident. You can even develop it after seeing another person endure a traumatic event.

Symptoms and Diagnosis

If you have PTSD, you may have a wide range of symptoms. You may have bad dreams or unwanted memories of the event. You may go out of your way to avoid anything that reminds you of it. You may feel unhappy, hopeless or numb. Things you once enjoyed may not interest you. It may be hard for you to form close bonds with others. You may get angry easily. This can lead to violence. You may do things that are risky or unsafe. Your memory, concentration and sleep may suffer. Your healthcare provider can diagnose PTSD based on your symptoms and how they impact your life.

Treatment

Treatment for PTSD may involve counseling and medications. Your healthcare provider can develop a treatment plan for your needs.

Actor portrayals in photos

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