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King Fahd University Hospital

# World PTSD

27 JUNE



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# What is PTSD?

Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by extremely stressful, frightening, or traumatic events.





# Common Causes of PTSD



- Serious traffic accidents.
- Violent personal assaults, such as sexual assault or robbery.
- Serious health problems.
- War.
- A person with PTSD often relives the traumatic event through nightmares and flashbacks.



# Symptoms of PTSD

- ✓ Negative thinking and inability to feel positive
- ✓ Sleep problems such as insomnia
- ✓ isolation and guilt
- ✓ Distraction and lack of concentration
- ✓ Depression and anxiety
- ✓ Memory problems





# Treatment Options

- Watchful waiting - monitoring symptoms to see if they improve or worsen without treatment
- Antidepressants - such as paroxetine or mirtazapine
- Psychological therapies – such as trauma-focused cognitive behavioral therapy (CBT) or eye movement desensitization and reprocessing (EMDR)



## Assistance plan:

- **First: Approach.**

Ask the person how they're feeling. Reassure them if they're agitated or panicked.

- **Second: Listen.**

Listen to the person without judgment and make them feel understood.

- **Third: Support.**

Provide emotional and then informational support to resolve their issue.

- **Fourth: Encourage.**

Encourage them to choose one of the available specialized options, such as medication or psychotherapy.

- **Fifth: Inform.**

Talk to them about self-help strategies (support groups, family, friends).



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