Post traumatic stress disorder
Also called: PTSD

A disorder characterised by failure to recover after experiencing or witnessing a terrifying event.

**Very common**
More than 10 million cases per year (India)

- Treatment can help, but this condition can't be cured
- Chronic: can last for years or be lifelong

The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions.

Symptoms may include nightmares or flashbacks, avoidance of situations that bring back the trauma, heightened reactivity to stimuli, anxiety or depressed mood.

Treatment includes different types of psychotherapy as well as medications to manage symptoms.

**Ages affected**

<table>
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<tr>
<th>Age Range</th>
<th>Percentage</th>
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<tbody>
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<td>0-2</td>
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<td>3-5</td>
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<td>6-13</td>
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<td>19-40</td>
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<td>41-60</td>
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<td>60+</td>
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**Symptoms**

Symptoms may include nightmares or flashbacks, avoidance of situations that bring back the trauma, heightened reactivity to stimuli, anxiety or depressed mood.
People may experience:

**Mood:** anger, anxiety, general discontent, guilt, hopelessness, limited range of emotions, loneliness, loss of interest, loss of interest or pleasure in activities, panic attack, or emotional distress

**Behavioural:** aggression, agitation, hostility, hypervigilance, irritability, screaming, self-destructive behaviour, self-harm, or social isolation

**Sleep:** sleeping difficulty, difficulty falling asleep, insomnia, night terror, nightmares, or sleep deprivation

**Psychological:** depression, fear, flashback, hallucination, severe anxiety, or mistrust

**Whole body:** acute stress or blackout

**Cognitive:** thoughts of suicide or unwanted thoughts

**Also common:** emotional detachment, feeling detached, headache, lack of emotional response, or nervousness

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure that you contact a health care provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

**Sources:** Apollo Hospitals and others. Learn more