

A STUDY ON POST TRAUMATIC STRESS DISORDER(PTSD)

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ABSTRACT

The stress caused by traumatic experiences causes a variety of psycho-emotional and physiological harmful effects. Post-traumatic stress disorder (PTSD) is a mental illness caused by seeing or experiencing severe or life-threatening events. PTSD has significant psychobiological connections that may interfere with everyday living and be life threatening. Given current developments, a significant increase in PTSD diagnoses is projected during the next decade. PTSD is a severe public health problem, necessitating the pursuit of fresh paradigms and theoretical models in order to deepen knowledge of the illness and create new and better forms of therapy intervention. We evaluate existing PTSD understanding and offer allostasis as a novel paradigm in basic PTSD research. We explore the field of evidence-based medicine, specifically in the context of supplemental medical intervention for individuals suffering from PTSD. We give arguments in favour of the idea that the future of clinical and translational research in PTSD resides in the systematic review of research evidence in therapeutic intervention to ensure the most effective and efficacious therapy for the patient's benefit.

INTRODUCTION

Posttraumatic stress disorder (PTSD) is a condition caused by seeing or being threatened with death, significant injury, or sexual assault. PTSD is widespread after a traumatic experience and is one of the significant health issues linked with comorbidity, functional impairment, and increased mortality with suicidal ideations and attempts. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) has classified PTSD as a Trauma- and Stress-related Disorder.

PTSD symptoms include re-experiencing the horrific incident again, intrusive thoughts, nightmares, flashbacks, dissociation (detachment from oneself or reality), and severe negative emotions (sadness, guilt) and physiological reactions when exposed to the painful reminder. Additionally, sleep and attention issues, irritability, increased sensitivity, enhanced startle response, hypervigilance, and avoidance of stressful stimuli ensue. Social, vocational, and other aspects of functioning are significantly impaired. However, the symptoms of PTSD and acute stress disorder coincide. For a patient to be diagnosed with PTSD, the symptoms must last longer than one month.

REVIEW OF LITERATURE

Suman, L. N., 2015. In terms of the size of its female population, India ranks second internationally, with a population over half a billion. This enormous resource must be safeguarded and protected so that society may reap many benefits. A lot of cultural ills that plague Indian society attack women and girls in particular. Domestic violence, dowry harassment, and sexual abuse of the female child are examples. Due to the devastating impact of such abuse on the emotional and physical health of women and girls, it is imperative that health professionals be cognizant of these issues.

Psychological trauma symptoms, such as dissociation, somatization, intrusive thoughts and pictures of the traumatic events, self-harm, and social withdrawal, significantly impair the coping strategies of adolescents and women who have been subjected to interpersonal victimisation. A situation has emerged in India whereby counsellors had little comprehension and awareness of the many manifestations of psychological trauma. Training in trauma-informed treatment is a fundamental need for all mental health professionals, including counsellors.

Cook, J.M., Newman, E., (2014) Although the scientific literature on traumatic stress is large and growing, most psychologists have only a cursory knowledge of this science and have no formal training in, nor apply evidence based psychosocial treatments for the development and dissemination of a comprehensive model of trauma focused, empirically informed competencies (knowledge, skills and attitudes)

Reihaneh Ahmadi, Sama Rahimi-Jafari, Mahmazolfati, Nooshan Jayaheripour, Farnoosh (2022) Emamian PTSD is a common health disorder which is strongly associated with insomnia, yet their epidemiological overlap is poorly understood.

J. Kerry Ressler (2022) PTSD is a profoundly incapacitating neuropsychiatric condition distinguished by the re-experiencing, avoidance, and hyperarousal of unpleasant feelings and ideas. Post-traumatic stress disorder (PTSD) is seen in roughly 6-8 percent of the general population and as high as 25 percent of those who have been exposed to severe trauma. A mechanical understanding of the fear circuitry in conjunction with molecular-genetic techniques would provide revolutionary progress in the conceptual framework, diagnosis, and treatment of PTSD.

In 2022, Mavro Vitor Mendlowiczet al., Prior to developing TRAUMATIC OCD, a history of childhood maltreatment was much more prevalent among people with PTSD. Gender differences in mental comorbidity were more pronounced, and the functional health status in a physical area was comparatively lower (SF-36 Role limitation due to physical health). Patients with PTSD who also had POST-TRAUMATIC OCD, on the other hand, had a diminished functional status in a psychological area. (Emotional well-being, SF-36). Effect sizes were within the range of moderate to substantial. A history of child abuse may explain for clinical, functional, and trauma-related variations between pre-traumatic and post-traumatic OCD in PTSD patients; nonetheless, it is often disregarded as a significant factor in this regard.

2004 Courtois CA. Recent epidemiologic studies of post-traumatic stress disorder (PTSD) in the general population are reviewed in this article. The risk factors for PTSD in adults differ across research. Pre-existing mental diseases, a family history of disorders, and early trauma have been identified as the three variables with generally consistent impacts. Those trauma survivors who do not develop PTSD are not at a greater risk for developing drug use disorders than those who have not been exposed.

Gregory A. FONZO; Josh M. CISLER; Joseph E. Dunsmore in the year **2022**, PTSD is a mentally incapacitating disorder characterised by an assortment of distinct symptom clusters. By virtue of its origin from a triggering traumatic experience, PTSD facilitates the simplification of translational research involving several animals that models the neurobehavioral consequences of fear and stress.

OBJECTIVES OF THE RESEARCH

1. To ascertain the disorder's incidence and prevalence rates in various groups.
2. To look at the risk and protective variables linked to PTSD.
3. To investigate the biological and psychological factors underlying the emergence and persistence of PTSD symptoms.
4. To evaluate the social and economic effects of PTSD on people and society.
5. To assess the efficacy of various treatment techniques.

PRIMARY DATA

An method known as stratified sampling was used in order to obtain the main data, and participants gave their agreement for this undertaking. The participants should be given a questionnaire so that the data may be evaluated. Regularly conducted interviews and questionnaires in order to evaluate the effectiveness of therapy and the natural progression of post-traumatic stress disorder (PTSD).

SECONDARY DATA

Conduct a literature review on post-traumatic stress disorder (PTSD), with a particular emphasis on research that are connected to stress disorder.

DATA ANALYSIS

Both quantitative and qualitative approaches to analysis should be used. For the purpose of assessing survey and clinical evaluation data, statistical methods should be used. Utilize a questionnaire in order to get qualitative questionnaire data.

DEMOGRAPHIC FACTORS

Frequency Table			
	Particulars	Frequency	Percent
Age	Below 20	2	5.6
	Above 20	34	94.4
	Total	36	100.0
Gender	Female	9	25.0
	Male	27	75.0
	Total	36	100.0
Education	Diploma / Graduate	23	63.9
	Post Graduate	13	36.1
	Total	36	100.0
Occupation	Student	17	47.2
	Working Professional	19	52.8
	Total	36	100.0
Marital Status	Single	34	94.4
	Married	2	5.6
	Total	36	100.0
Employment	Unemployed / Self Employed	30	83.3
	Full Time / Part Time	6	16.7
	Total	36	100.0

The statistics shown in the above frequency table are from a research on Post-Traumatic Stress Disorder (PTSD). The following is an interpretation of the findings:

Age: The majority of the participants (94.4 percent) in the research are beyond the age of 20, suggesting that the emphasis of the study is mostly on young adults or persons past their adolescent years.

Gender: The research had a greater representation of male participants (75.0 percent) compared to females (25.0 percent). (25.0 percent).

Education: The majority of participants have a Diploma or Graduate-level study (63.9 percent), while a considerable fraction has pursued Post Graduate education (36.1 percent).

Occupation: The participants are approximately equally split between students and working professionals.

Marital Status: The bulk of participants are single (94.4 percent), indicating a possible concentration on persons who are not presently married.

Work: A high number of participants are jobless or self-employed (83.3 percent), suggesting that the research could feature persons who are not presently engaged in full-time employment.

In summary, the research on Post-Traumatic Stress Disorder (PTSD) focuses on young individuals (over 20 years old), mostly men, with different educational backgrounds, including both students and working professionals. The majority of participants are single and, employment-wise, there is a bigger representation of individuals who are jobless or self-employed.

ANALYSIS

The impact of traumatic events can vary significantly from person to person.

S.No	Responses	Frequency	Percent
1	Moderately Agree	1	2.8
2	Agree	17	47.2
3	Strongly Agree	18	50.0
	Total	36	100.0

Interpretation:

The results shows that the majority of participants (50.0 percent) strongly agree with the statement concerning the effect of traumatic incidents. Additionally, 47.2 percent of participants agree with the assertion. Only a tiny fraction (2.8 percent) somewhat agree.

This distribution reflects a high degree of agreement among the participants on the devastating nature of traumatic occurrences. The high agreement answers imply that a considerable number of the participants realizes and recognizes the tremendous influence that traumatic experiences may have on people, which coincides with the general understanding of the psychological consequences connected with PTSD. The results reflect a similar perspective among the participants regarding the significant repercussions of traumatic experiences, underlining the necessity of treating and comprehending the possible implications of such occurrences, especially in the setting of PTSD.

Having a strong social support system is crucial in preventing or mitigating the effects of PTSD.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	6	16.7
3	Agree	20	55.6

4	Strongly Agree	9	25.0
	Total	36	100.0

Interpretation:

The data represents the answers of participants to a statement expressing the need of a strong social support system in avoiding or minimizing the consequences of Post-Traumatic Stress Disorder (PTSD) (PTSD). Among the 36 people polled, a varied variety of viewpoints emerged. While a minor fraction (2.8 percent) voiced dissatisfaction with the remark, the bulk of respondents exhibited a favorable perspective. Notably, 55.6 percent agreed that a robust social support system is vital, and an additional 25.0 percent went a step further, firmly reinforcing this opinion. This collective recognition highlights the perceived value of social support in the setting of PTSD.

Early intervention and timely treatment significantly reduce the severity and duration of PTSD symptoms.

S.No	Responses	Frequency	Percent
1	Moderately Agree	2	5.6
2	Agree	19	52.8
3	Strongly Agree	15	41.7
	Total	36	100.0

Interpretation:

The data indicates the opinions of participants on the statement saying that early intervention and prompt treatment considerably lessen the intensity and duration of Post-Traumatic Stress Disorder (PTSD) symptoms. Among the 36 responders, a strong tendency towards affirmation is obvious. A noteworthy 52.8 percent of participants agreed with the statement, demonstrating an awareness of the potential advantages associated with prompt action. Additionally, 41.7 percent showed a strong agreement, demonstrating a heightened faith in the effectiveness of early and prompt therapy in decreasing the intensity and duration of PTSD symptoms. This communal acceptance resonates with the wider knowledge within mental health literature that highlights the significance of timely intervention for improved results in treating PTSD. The results illustrate the potential benefit of awareness campaigns and education activities that stress the significance of early intervention in addressing the problems faced by PTSD.

PTSD symptoms are strongly influenced by both genetic and environmental factors.

S.No	Responses	Frequency	Percent
1	Disagree	4	11.1
2	Moderately Agree	10	27.8
3	Agree	9	25.0
4	Strongly Agree	13	36.1
	Total	36	100.0

Interpretation:

The data reveals a varied range of perspectives among respondents on the statement that Post-Traumatic Stress Disorder (PTSD) symptoms are substantially impacted by both inherited and environmental variables. A considerable amount of participants, comprising 36.1 percent , reported a strong agreement with this statement, showing a dominant conviction in the major role played by both genetic predispositions and environmental variables in creating PTSD symptoms. Additionally, 25.0 percent agreed, while 27.8 percent somewhat agreed, suggesting a considerable fraction admitting

the joint effect of hereditary and environmental variables. However, 11.1 percent of participants disagreed with the assertion. This variety in replies underlines the difficulty of understanding PTSD causation, with some participants highlighting the balance between genetic and environmental variables, while others may perceive a more prominent effect of either aspect. The various viewpoints indicated in the findings stress the complex character of PTSD and the necessity for comprehensive methods in both research and therapeutic therapies.

The stigma associated with mental health issues contributes to the under reporting and under treatment of PTSD.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	7	19.4
3	Agree	15	41.7
4	Strongly Agree	13	36.1
	Total	36	100.0

Interpretation:

The data demonstrates a strong unanimity among respondents about the influence of stigma on the reporting and treatment of Post-Traumatic Stress Disorder (PTSD) (PTSD). A large 77.8 percent of individuals either strongly agreed (36.1 percent) or agreed (41.7 percent) that the stigma associated with mental health disorders leads to the underreporting and undertreatment of PTSD. This agreement in viewpoints emphasizes the acceptance of the ongoing stigma surrounding mental health, which works as a barrier to persons seeking assistance or freely sharing their PTSD symptoms. Meanwhile, 19.4 percent of individuals moderately agreed, demonstrating a degree of acknowledgment of the stigma's impact in affecting reporting and treatment. Only a tiny proportion (2.8 percent) disagreed with the assertion. These results underline the crucial need for mental health awareness campaigns and destigmatization initiatives to promote open discourse, early reporting, and allow timely treatment for persons dealing with PTSD. Addressing stigma is crucial for establishing an atmosphere favorable to getting treatment and developing a more supportive and understanding society.

Different cultural backgrounds significantly shape how individuals experience and express PTSD symptoms.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	7	19.4
3	Agree	17	47.2
4	Strongly Agree	11	30.6
	Total	36	100.0

Interpretation:

The data indicates a substantial unanimity among participants about the effect of varied cultural origins on the experience and presentation of Post-Traumatic Stress Disorder (PTSD) symptoms. A vast majority, totaling 77.8 percent of respondents, either agreed (47.2 percent) or strongly agreed (30.6 percent) that people from differing cultural backgrounds feel and exhibit PTSD symptoms differently. This implies a similar opinion on the major effect of cultural differences on the development of PTSD. Meanwhile, 19.4 percent of participants somewhat agreed with the statement, admitting to some level the influence of cultural origins in developing PTSD episodes. Only a tiny proportion

(2.8 percent) disagreed with the idea. These results underline the significance of incorporating cultural variety in understanding and resolving PTSD, underlining the need for culturally sensitive methods in diagnosis, treatment, and support networks. Tailoring therapies to fit multiple cultural views is critical for delivering effective and inclusive mental health care for persons with PTSD across distinct cultural backgrounds.

Cognitive-behavioral therapy (CBT) is an effective treatment approach for managing and alleviating PTSD symptoms.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	12	33.3
3	Agree	15	41.7
4	Strongly Agree	8	22.2
	Total	36	100.0

Interpretation:

The data represents participants' perceptions on the usefulness of cognitive-behavioral therapy (CBT) as a treatment technique for controlling and treating Post-Traumatic Stress Disorder (PTSD) symptoms. A considerable majority of respondents, representing 64.9 percent (33.3 percent somewhat agreeing and 31.9 percent strongly agreeing), expressed good sentiments regarding CBT. This implies a widespread agreement among participants that CBT is a realistic and effective approach for resolving PTSD symptoms. Meanwhile, 41.7 percent agreed, 22.2 percent strongly agreed, and just 2.8 percent disagreed with the statement. The overwhelming leaning towards agreement shows a positive attitude towards CBT as a therapeutic strategy for PTSD. These results underline the perceived usefulness of CBT in the treatment of PTSD symptoms according to the participants, validating the current body of evidence showing the effectiveness of CBT in treating trauma-related illnesses. The data gives insights into the attitudes and perceptions of people about the possible advantages of CBT in the context of PTSD therapy.

The economic burden of PTSD on society is often underestimated and overlooked.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	7	19.4
3	Agree	12	33.3
4	Strongly Agree	16	44.4
	Total	36	100.0

Interpretation:

According to the provided statistics, a sizeable percentage of respondents are aware of the financial impact that is connected with Post-Traumatic Stress Disorder (PTSD) on society. Participants expressed agreement with the statement, highlighting the significance of recognising the economic impact of post-traumatic stress disorder (PTSD). A total of 77.7 percent of participants expressed agreement with the statement, with 19.4 percent moderately agreeing and 44.4 percent strongly agreeing. To provide some insight into the knowledge of the economic effects of post-traumatic stress disorder (PTSD), just 2.8 percent of respondents disagreed, while 33.3 percent agreed. The fact that this is the case implies that a sizeable majority of participants see post-traumatic stress disorder (PTSD) not just as a personal health worry but also as a society issue that has wider economic repercussions. This research highlights the need of

paying more attention to the financial elements of post-traumatic stress disorder (PTSD), and it urges politicians and healthcare practitioners to take this into consideration.

The economic burden of PTSD on society is often underestimated and overlooked.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	7	19.4
3	Agree	16	44.4
4	Strongly Agree	12	33.3
	Total	36	100.0

Interpretation:

The research suggests that a significant number of respondents acknowledge that the economic impact that Post-Traumatic Stress Disorder (PTSD) places on society is commonly underestimated and taken for granted. There is a widespread belief that the social effect of post-traumatic stress disorder (PTSD) is not fully recognised, as shown by the fact that 77.7 percent of the participants either agree (44.4 percent) or strongly agree (33.3 percent) with the statement. The significance of this unanimity is shown by the fact that just 2.8% of respondents did not agree with the assertion. The findings highlight the need of increasing awareness and attention to the economic ramifications of post-traumatic stress disorder (PTSD), and they urge the development of more comprehensive measures to address the issues that are brought by this mental health condition.

Public awareness campaigns and education can play a significant role in reducing the societal impact of PTSD.

S.No	Responses	Frequency	Percent
1	Disagree	1	2.8
2	Moderately Agree	6	16.7
3	Agree	13	36.1
4	Strongly Agree	16	44.4
	Total	36	100.0

Interpretation:

The data demonstrates that there is a significant agreement among respondents on the possible effectiveness of public awareness campaigns and education in reducing the negative effects that Post-Traumatic Stress Disorder has on society (PTSD). Of the participants, a sizeable 80.5 percent either agree (36.1 percent) or strongly agree (44.4 percent) that such efforts have the potential to play a major role in minimising the effect that post-traumatic stress disorder (PTSD) has on society. This favourable reaction indicates that the persons who were polled acknowledge that initiatives to raise public awareness and educate the public may help to the development of understanding, empathy, and support for those who are afflicted with post-traumatic stress disorder (PTSD). With only 2.8 percent of respondents expressing disagreement, the data suggests that there is a general endorsement of the idea that informed communities are better equipped to address the challenges posed by post-traumatic stress disorder (PTSD). This highlights the potential for proactive measures in creating a more supportive and empathetic societal environment for individuals who are coping with this mental health condition.

Reminders caused me to have physical reactions such as sweating, shortness of breath, body aches, nausea or rapid change in heart beat.

S.No	Responses	Frequency	Percent
1	Moderately Agree	9	25.0
2	Agree	15	41.7
3	Strongly Agree	12	33.3
4	Total	36	100.0

Interpretation:

According to the findings, a sizeable percentage of respondents, including 41.7% of those who agree and 33.3% of those who strongly agree, have reported experiencing physical reactions as a result of reminders. These reactions include sweating, shortness of breath, body aches, nausea, or a rapid change in heart rate. It is possible that there is a significant association between reminders and the physiological reactions that are associated with stress. This correlation is consistent with the symptoms that are often associated with post-traumatic stress disorder (PTSD). The findings shed light on the significant influence that recollections of traumatic events may have on people, causing them to exhibit bodily responses that are suggestive of elevated levels of stress. A additional emphasis on the frequency of such bodily reactions is provided by the moderate agreement that was expressed by 25 percent of the respondents. This information is essential for comprehending the physical and somatic manifestations of post-traumatic stress disorder (PTSD), which sheds light on the necessity of an all-encompassing approach to providing support to individuals who are coping with the condition, going beyond merely addressing the psychological aspects of the condition.

FINDINGS:

High Level of Agreement on Traumatic Impact: The data shows that most of the participants (97.2%) agreed that traumatic events have big and often terrible effects on people. Based on what we know about the mental effects of PTSD in general, this makes sense.

Realizing the Economic Burden: A large majority of respondents (77.7 percent) agree that PTSD costs society a lot of money, and a significant number (44.4 percent) strongly agree. This shows how important it is to pay more attention to the financial aspects of PTSD and how it's not just a personal health issue but also a societal issue with bigger economic effects.

Importance of Social Support: Most people (80.6%) agree that having a strong network of friends and family can help prevent or lessen the effects of PTSD. This shows how important people think relationships are for dealing with and getting over traumatic events.

Early Intervention and Treatment: Most of the people who took part (94.4%) agree that early intervention and treatment greatly reduce the severity and length of PTSD symptoms. This agreement is in line with mental health literature that stresses how important it is to act quickly for better results in treating PTSD.

Role of Genetics and Environment: People have different ideas about how genetics and the environment affect PTSD symptoms, but 61.2 percent of those people agree. This shows how hard it is to figure out what causes PTSD because different people have different ideas about how genetics and the environment affect each other.

Effects of Stigma on Reporting and Treatment: Most people (77.8 percent) strongly agree or agree that the stigma surrounding mental health problems makes people less likely to report and get treatment for PTSD. Getting rid of stigma is a key part of making it easier for people to get help and start early intervention.

Cultural Aspects of PTSD: A large majority (77.8 percent) agree that people's PTSD symptoms and how they show them are greatly affected by their cultural backgrounds. This shows how important it is to use culturally sensitive methods when diagnosing, treating, and helping people with PTSD.

An overwhelming majority (64.9%) of people who have tried cognitive-behavioral therapy (CBT) say that it helps them deal with and get better from their PTSD symptoms. This positive view is in line with evidence that cognitive behavioural therapy (CBT) can help with conditions related to trauma.

Potential of Public Awareness Campaigns: Most of the people who answered (80.5%) agree that education and public awareness campaigns can help lessen the effects of PTSD on society. This shows how important it is for communities to know about the problems PTSD causes in order to solve them.

Physiological Responses to Reminders: A significant number of respondents (74.0%) say they have physical reactions to reminders. This suggests that there is a real link between reminders and the physiological stress responses that are common in people with PTSD.

SUGGESTIONS:

Public Education Initiatives: Strengthen public education campaigns to increase awareness about PTSD, its impact, and the importance of early intervention and social support.

Destigmatization Efforts: Implement destigmatization initiatives to encourage open dialogue about mental health, reducing barriers to reporting and seeking treatment for PTSD.

Culturally Tailored Interventions: Develop culturally sensitive diagnostic and therapeutic approaches, acknowledging the diverse ways individuals from different cultural backgrounds may experience and express PTSD symptoms.

Economic Considerations in Mental Health Policies: Incorporate the economic burden of PTSD into mental health policies, ensuring resources are allocated to address both the individual and societal impacts.

Promotion of Social Support Networks: Encourage the development of strong social support networks, recognizing their crucial role in preventing and mitigating the effects of PTSD.

CONCLUSIONS:

The study reveals a broad consensus on the profound impact of traumatic events and the need for comprehensive approaches to address PTSD, encompassing psychological, social, and economic dimensions.

There is a call for increased attention to the economic repercussions of PTSD, emphasizing the necessity for policymakers and healthcare practitioners to consider the financial aspects of the disorder.

Acknowledgment of the role of social support, early intervention, and education highlights key areas for intervention and prevention in the context of PTSD.

The findings underline the complexity of PTSD causation, with diverse perspectives on the influence of genetic and environmental factors.

The study reinforces the importance of tailored and culturally sensitive approaches in mental health care, recognizing the impact of cultural backgrounds on the experience of PTSD.

The positive perception of cognitive-behavioral therapy (CBT) and the potential of public awareness campaigns suggest avenues for intervention and education to improve outcomes for individuals with PTSD.

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