

The Hidden Wound, If You Don't Have It You know Someone Has

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Introduction

What is PTSD ?

-Post-traumatic stress disorder often abbreviated as (PTSD) is a complex anxiety disorder that sometimes follows when a person has directly experienced or witnessed an extremely traumatic, tragic, or terrifying event.

-In this disorder the affected person's memory, emotional responses, intellectual processes and nervous system have all been disrupted by these traumatic experiences.

-PTSD was first described in 490BC and was known as "Shell Shock". (1)

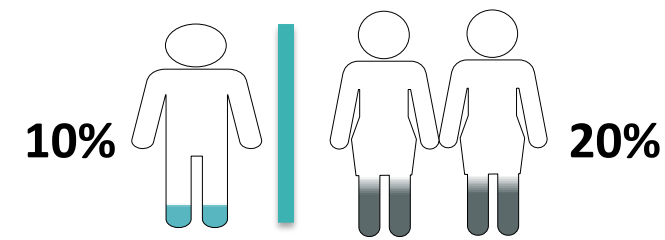
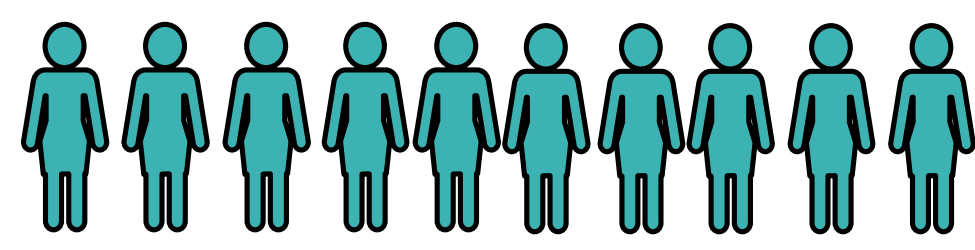


How Common is PTSD ?

-One out of every 10 women develops PTSD.

-Women are twice as likely to develop PTSD than men.

-20% of soldiers who were deployed in the past 6 years have PTSD. (2)



Causes

In Adults

War Zones

Military Combat

Weapon Assault

Rape

Car accidents

Prison Stay



In Children

Abuse

Community Violence

Invasive Medical Procedures

Severe Childhood Neglect



Diagnostic Criteria

Criterion A:
Stressor

Criterion B:
intrusion symptoms

Criterion C:
avoidance

Criterion D:
Alteration in mood

Criterion E :
arousal Alteration

How To Diagnose PTSD ?

➤ Acute PTSD: duration of symptoms is less than 3 months.

➤ Chronic PTSD: duration of the symptoms is 3 months or more.

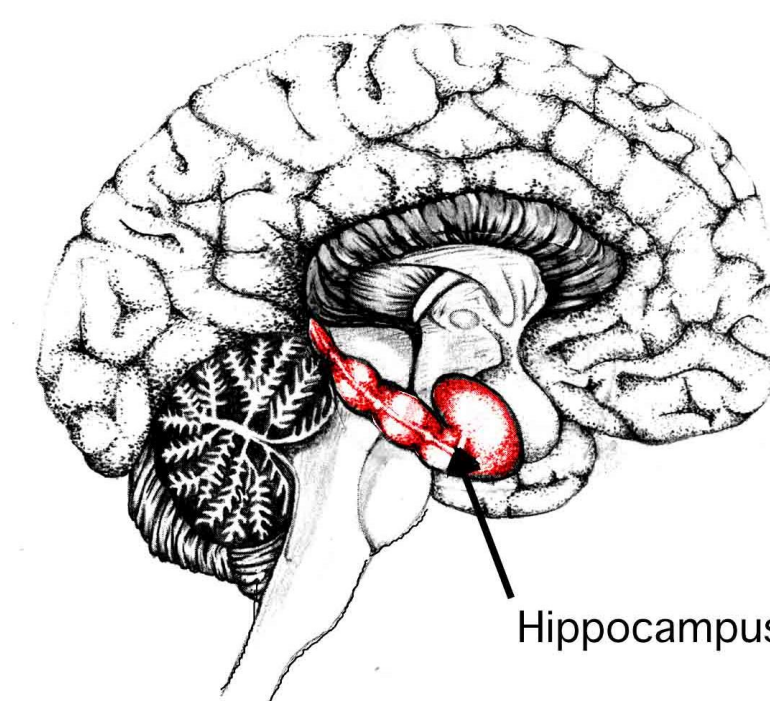
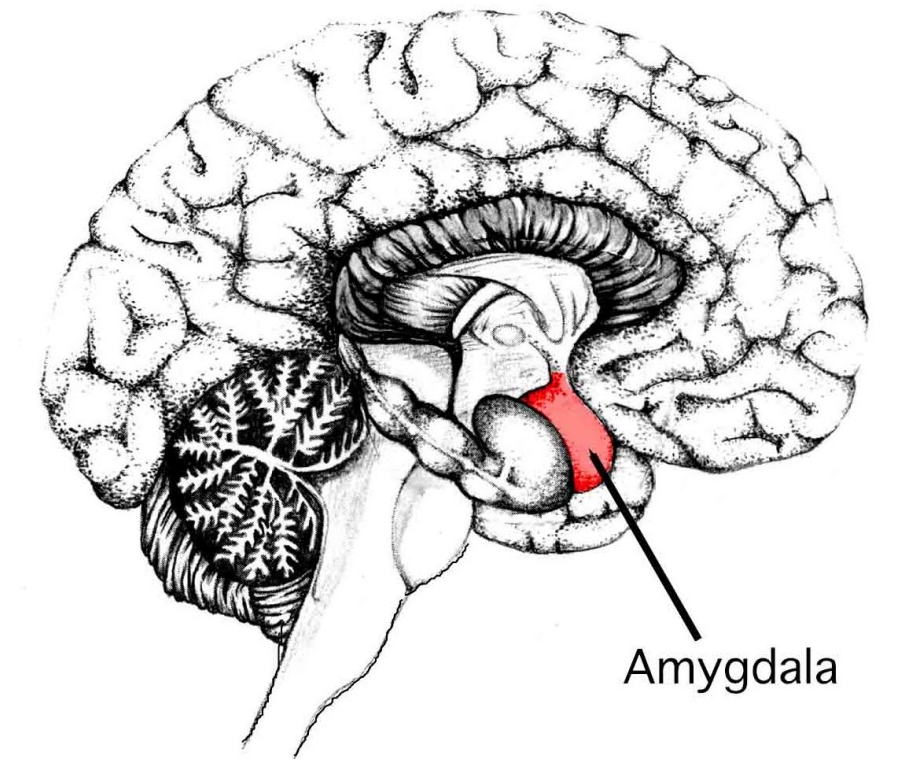
➤ Delayed PTSD: onset of symptoms.(4)

Pathogenesis

Amygdala

Over activated

Hyper-arousal



Hippocampus
decrease in size

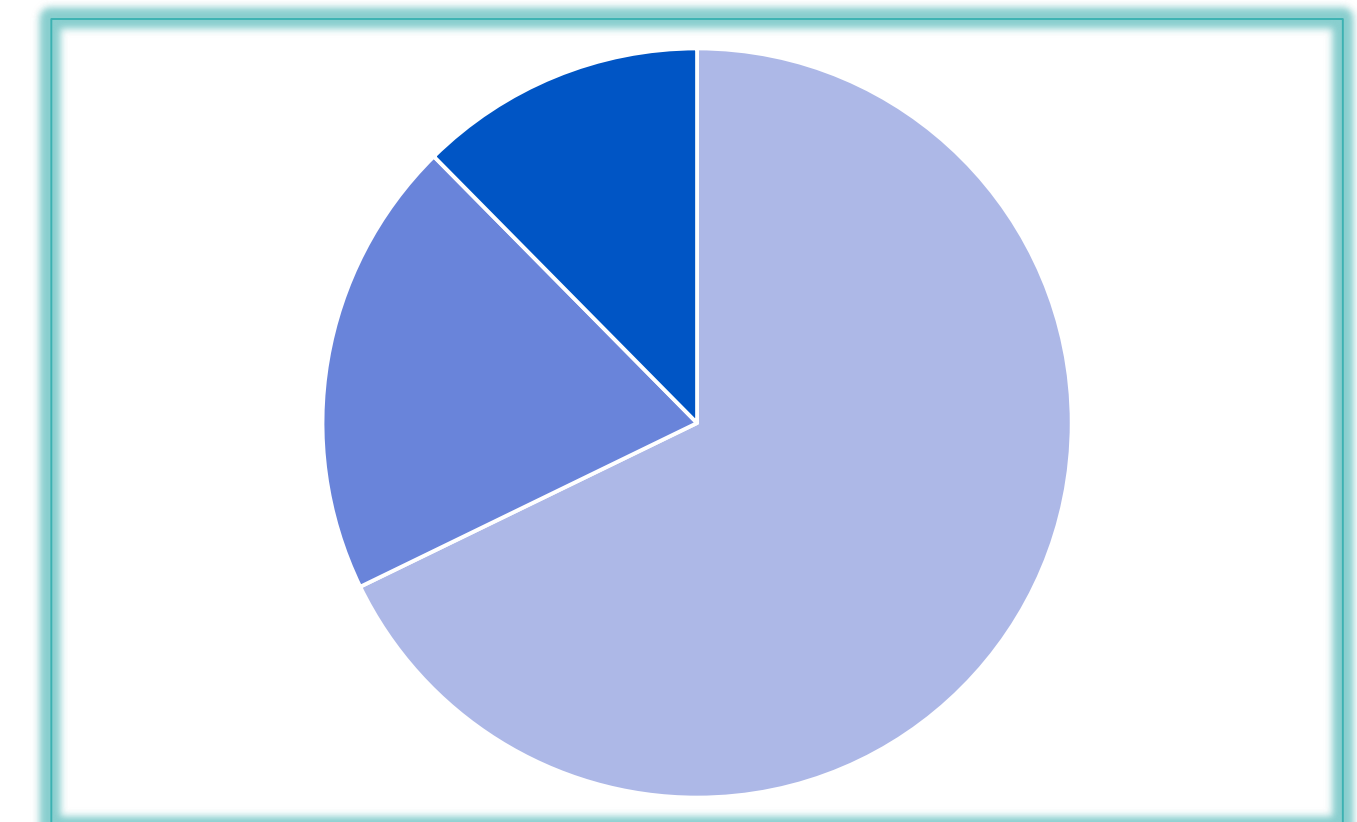
Difficulty to learn
new expectations

Intrusive memory

Study

-Post-conflict prevalence estimates were derived from models based on a previously conducted systematic review and meta-regression analysis of mental health among populations living in conflict. Political terror ratings and intensity of exposure to traumatic events were used in predictive models. Prevalence of severe cases was applied to chosen populations along with uncertainty ranges. three populations deemed to be affected by the conflict were chosen for modelling: Misrata (population of 444,812), Benghazi (pop. 674,094), and Ras Jdir camps (pop. 3,700). (5)

-Severe PTSD prevalence in populations exposed to a high level of political terror and traumatic events was estimated at 12.4% and was 19.8% for severe depression. (5)



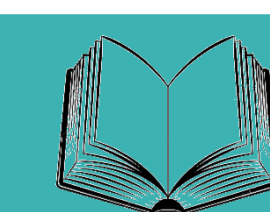
Conclusion

The ratio

• Post-traumatic effects in Libya reached a relatively high level of 12%

Final result

• The findings presented in this study highlight the potential magnitude of the post-conflict mental health need in Libya.



References

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