

## Brief Note on Post-Traumatic Stress Disorder

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**Received date:** 5 April 2022, Manuscript No. JPAC-22-17248; **Editor assigned:** 7 April 2022, PreQC No. JPAC-22-17248 (PQ); **Reviewed:** 21 April 2022, QC No. JPAC-22-17248 (Q); **Revised:** 23 April 2022, Manuscript No. JPAC-22-17248 (R); **Published date:** 30 April 2022, DOI: 10.35248/2471-9900.22.11(2).194

## Abstract

The line between Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) is sometimes blurry, despite the fact that they are classified as different and distinct diseases. Their distinction is based on the premise that PTSD is caused mostly by psychological stress, whereas TBI is caused by a known brain damage. This difference is founded on an outmoded polarity between mind and brain, and in day-to-day psychiatric treatment and research, the distinction between the two illnesses often becomes arbitrary

## Introduction

PTSD is a mental illness that can develop as a result of being exposed to very dangerous or terrifying experiences. Following trauma, many people have incredible resilience and recovery potential. PTSD can develop as a result of a single traumatic experience or through repeated trauma exposure, such as sexual assault as a kid. It's difficult to predict who would get PTSD later on. Somatoform, cardiorespiratory, musculoskeletal, gastrointestinal, and immunological diseases are all more common in PTSD patients. It's also linked to a lot of psychological issues, a higher chance of suicide, and a lot of money. The relationship between physical and psychological stress was first studied in depth during World War I. The backdrop for present arguments about PTSD and TBI is provided by the history of that debate. In World War I, combat strategies created new sorts of combat stress that had not existed in earlier wars. Soldiers in trench combat were more vulnerable because they were less mobile. Poison gas, machine gun fire, mortar strikes, land mines, and tanks were among the new and perversely devastating hazards they faced on a regular basis. The number of casualties was terrible, and the death rate was alarming. Men were constantly confronted with the possibility of dying with their companions, as well as the possibility of dying themselves. Somatoform, cardiorespiratory, musculoskeletal, gastrointestinal, and immunological diseases are all more common in PTSD patients. It's also linked to a lot of psychological issues, a higher chance of suicide, and a lot of money. Confusion, memory impairment, headache, difficulty concentrating, tremor, and sensitivity to loud noises emerged and somewhat unfamiliar type of disability that had not been described in previous wars: a syndrome characterised by confusion, memory impairment, headache, difficulty concentrating, tremor, and sensitivity to loud noises. This was first thought to be caused by explosions, which resulted in concussions of the brain ("commotion cerebri") in the lack of visible evidence of external head trauma, and the condition was dubbed "shell shock." Two cases were examined postmortem and found to have a range of abnormalities, including vascular damage and congestion.

The number of shell shock casualties increased rapidly as the battle continued.

## Symptoms

Symptoms of Post-Traumatic Stress Disorder can occur as soon as a month after a stressful experience, but they can also take years to appear. These symptoms generate major issues in social and work circumstances, as well as in relationships. They might also make it difficult for you to carry out your routine everyday activities.

Intrusive memories, avoidance, unfavourable changes in thought and attitude, and changes in bodily and emotional reactions are the four forms of PTSD symptoms. Symptoms might change over time or from one individual to the next.

## When to See a Doctor?

Talk to your doctor or a mental health professional if you've been having troubling thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you're having difficulties regaining control of your life. Getting treatment as soon as possible can help to avoid the symptoms of PTSD from worsening.

### If You Have Suicidal Thoughts

If you or someone you know is having suicide thoughts, get immediate help from one or more of the following resources:

- Make contact with a close friend or family member
- Contact a clergyman, a spiritual leader, or a member of your religion group for assistance
- Call a suicide hotline – in the United States, dial 1-800-273-TALK (1-800-273-8255) to speak with a qualified counsellor at the National Suicide Prevention Lifeline. To access the Veterans Crisis Line, dial the same number and press 1
- Schedule a consultation with your physician or a mental health expert

## Causes

When you experience, witness, or learn about an event involving real or threatened death, significant injury, or sexual violation, you may develop post-traumatic stress disorder.

Doctors are baffled as to why certain people get PTSD. PTSD is likely caused by a complicated combination of factors, as is the case with most mental health issues:

- Stressful experiences, including the quantity and intensity of trauma you've experienced in your life
- Your temperament is a term used to describe the inherited characteristics of your personality
- Your brain's control over the chemicals and hormones released by your body in reaction to stress
- Inherited mental health concerns, such as a family history of anxiety and depression

## Prevention

Many people have PTSD-like symptoms after surviving a terrible incident, such as being unable to stop thinking about what happened. Trauma can cause feelings of fear, worry, wrath, despair, and guilt. The majority of persons who are subjected to trauma, on the other hand, do not acquire long-term post-traumatic stress disorder. Getting aid and support as soon as possible might help avoid typical stress reactions from becoming worse and leading to PTSD. This may entail reaching out to family and friends who can listen and provide support. It might entail seeing a mental health expert for a short period of therapy. Some people may find it beneficial to seek support from their religion group.