

Identification Guide for Posttraumatic Stress Disorder

What is Posttraumatic Stress Disorder (PTSD)?

Posttraumatic stress disorder (PTSD) can occur after an individual has been exposed to a traumatic event, such as wartime violence, physical or sexual attacks, or catastrophic events involving serious injury or death. PTSD can cause great anxiety or emotional numbness and can severely interfere with daily life. Effective treatment requires the intervention of a mental health professional.

What to Look For: Signs and Symptoms of Posttraumatic Stress Disorder

Symptoms for PTSD typically fall under three categories:

Intrusive

- * Dissociative states
- * Flashbacks
- * Intrusive emotions and memories
- * Nightmares and night terrors

Avoidant

- * Avoiding emotions
- * Avoiding relationships
- * Avoiding responsibility for others
- * Avoiding situations that are reminiscent of the traumatic event

Hyperstimulated

- * Exaggerated startle reaction
- * Explosive outbursts
- * Extreme vigilance
- * Irritability
- * Panic symptoms
- * Sleep disturbance

Some of the complications that arise from PTSD include:

- Alcohol and drug abuse or dependence
- Chronic anxiety
- Depression and increased risk for suicide
- Divorce and separation
- Guilt
- Low self-esteem
- Panic attacks
- Phobias
- Unemployment

Posttraumatic Stress Disorder Identification Guidelines

Did you experience any event that involved death or serious injury to yourself or others?

Did you respond to the event with fear, helplessness, or horror?

Do you have repeating thoughts or dreams about the event and feel unable to stop them?

Do you ever feel like the event is re-occurring?

Do you try to avoid conversations or feelings about the event?

Do you have trouble remembering important parts of the event?

Do you have problems falling asleep because of the thoughts you have about the event?

If the answer is yes to one or more of the questions above, please contact a mental health professional. Posttraumatic stress disorder is treatable with the right interventions.



PTSD is a serious disorder that is treatable with the right interventions. At Brookhaven Hospital, we provide a confidential, nurturing environment through our inpatient and outpatient programs and have extensive experience in treating individuals who have experienced severe trauma or abuse. If you feel you may have PTSD, please contact Brookhaven Hospital.

Call us. We can help!

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Disclaimer - *This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.*