

Trauma-stress- related disorder

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1. PTSD

2. Adjustment disorder

PTSD

Stress –abnormal response to normal event .

Trauma –normal response to abnormal event .

DSM5 criteria

A. The person has been exposed to traumatic event in which both of the following :

1. the person experienced ,witness or was confronted with event .
2. The person response involve intense fear, hopelessness or horror

B. The Traumatic event is persistently re-experienced in one of the following :

1. Recurrent and intrusive distressing recollection of event.
2. Recurrent distressing dream .
3. Acting or feeling as if the traumatic event were recurring (illusion -, hallucination -,flashback experience) .
4. Intense psychological distress of exposure to internal or external cues .

C. Persistent avoidance of stimuli

1. Effort to avoid thought .
2. Effort to avoid activities , places , person .
3. Inability to recall part of the event .
4. Marked Diminish interest in activities .
5. Feeling of detachment from others.

D. Symptoms of increase arouse as

1. Sleep disturbance .
2. Outburst of anger .
3. Difficult concentrating
4. Hyrervigillance .

E. Duration if Disturbance (symptom in B,C,,D) is more than 1 month .

F. Cause impairment of social and occupational function

Acute : if symptom ,less than 3 months

Chronic : if symptoms more than three months

Delayed PTSD : if onset 6 months after the Trauma .

50 %- 90% encounter trauma over lifetime only about 8%develop full trama .

Type of Trauma

1. Torture
2. Rape
3. Natural Disaster
4. Immigration
5. Kidnapping
6. Threatening

Treatment

1. CBT
2. CPT (processing)
3. EMDR (Eye movement desensitization Reprocessing).
4. Exposure therapy .
5. Psychoanalysis therapy
6. Medication (SSRI)

Acute stress disorder

- Characterize by anxiety ,dissociation &other symptoms (2 days -4 weeks) –within one month .
- stressor is sever and response is immediate . (accident ,sadder death).
- Threat –anxiety
- Loss – depression .

Treatment

- Immediate emotional support (supportive psychotherapy)
- Encourage to recall the event and learning adaptive coping mechanism .

Adjustment disorders

The essential feature of A .D is a psychological response to identifiable stressor within 3 month after onset of stressor.

Diagnostic criteria (DSM5)

- A. The development of emotional or behavioral symptoms in response to an identifiable stressor occurring within 3 months of onset .**
- B. These symptoms or behavior are clinically significance by either of the following**
 - 1. Marked distress that is in excess of what be expected from exposure to the stressor.**
 - 2. Significant impairment of occupational functioning**
- C_ The stress-related disturbance not meet the criteria for another Axis I disorder**
- D. The symptoms do not represent Bereavement .**
- E. Once the stressor has terminated , the symptoms do not persist for more than an additional 6 months .**

Thank You

