

Name _____

Date _____

Eng. Foundations III – Silver

PTSD

Directions: You will need a QR reader app (download a free one from iTunes!) to scan the bar code below: you can do this on a smartphone or on an iPad. If you prefer, you can also just go to:

<http://www.ptsd.va.gov/public/PTSD-overview/basics/what-is-ptsd.asp>



1. What is PTSD? What are some of the factors that can cause someone to have PTSD?

Mental health condition triggered by experiencing or witnessing a terrifying event

Post-Traumatic Stress Disorder

Natural disaster, terrorist attack, war experiences, sexual assault, child abuse, death, loss

2. **List** the four types of symptoms of PTSD and **paraphrase** the explanation of each.

1. Reliving the event (through nightmares, flashbacks, bad memories)

2. Avoiding situations that remind you of the event (holding yourself back, not talking to people, etc.)

3. Feeling “keyed up”, lots of anxious anxiety → not being able to sleep or concentrate

4. Negative changes in beliefs and feelings (personality changes)

3. When do/can symptoms appear? How long do/can symptoms last?

They start soon after the traumatic event, OR not until months or years later

Symptoms can last a month or years

4. What are 3-5 problems that people suffering from the disorder experience?

Feelings of HOPELESSNESS (having no faith, feeling shameful)

Employment problems (not being able to get a job, not being able to keep a job)

Drug and alcohol abuse (thinking they can relieve stress, provide an escape from problems)

Suicidal thoughts

Night terrors

Insomnia (unable to sleep)

Relationship problems (others can't handle/comfort the person, others may not understand)

Physical pain!

Emotional detachment (isolate yourself from your feelings and from others)

Depression

Anxiety

Inability to eat

Constant worry

5. What are the two types of treatments for the disorder?

Psychotherapy (therapy, psychiatrist)

Prescription medication