

AN INITIATIVE BY CONSULT ANIKET

"Key Facts" on

Post-Traumatic Stress Disorder



FACT 1



The prevalence of PTSD is high in conflict-affected settings. PTSD may develop following exposure to an extremely threatening or horrific event or series of events.

FACT 2



It is characterised by all of the following:

1) re-experiencing the traumatic event or events in the present (intrusive memories, flashbacks, or nightmares)...

FACT 2

CONTD...



**...2) avoidance of thoughts
and memories of the
event(s), or avoidance of
activities, situations, or
people reminiscent of the
event(s)...**

FACT 2

CONTD...



...3) persistent perceptions of heightened current threat. These symptoms persist for at least several weeks and cause significant impairment in functioning.

FACT 3



**Effective psychological
treatment exists.**



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