



# UNIVERSITY OF EMBU

## DEPARTMENT OF HEALTH SERVICES

### POST TRAUMATIC STRESS DISORDER (PTSD)

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that develops after a person experiences or witnesses a traumatic event. It can affect anyone who has been through a traumatic experience, such as military combat, natural disasters, serious accidents, physical or sexual assault, tragic loss of a loved one or other life-threatening events. This can either be physical, emotional or psychological

#### **Some common symptoms of PTSD include:**

1. **Intrusive Memories:** Flashbacks, nightmares, or distressing thoughts about the traumatic event that can make the person feel as though they are reliving the experience.
2. **Avoidance:** Individuals with PTSD may avoid situations, people, or places that remind them of the traumatic event. They may also avoid discussing the event or their feelings related to it.
3. **Negative Changes in Thoughts and Mood:** This can include feelings of guilt, shame, anger, or fear. They may have difficulty experiencing positive emotions, feel emotionally numb, and have a diminished interest in activities they once enjoyed.
4. **Heightened Arousal:** People with PTSD may be easily startled, experience difficulty sleeping, have trouble concentrating, and display an exaggerated startle response. This is often referred to as hyperarousal.



5. Alterations in Reactivity: Individuals might have outbursts of anger or irritability, engaging in reckless or self-destructive behavior. They might also struggle with concentration and have difficulties with memory.

**Note:** For an official diagnosis of PTSD, these symptoms must persist for at least a month and significantly interfere with the person's daily functioning. It's important to note that not everyone who experiences a traumatic event will develop PTSD. Many factors, including individual resilience, support systems, and the nature of the trauma, can influence whether someone develops the disorder.

**Treatment for PTSD can involve various approaches, including:**

If you or someone you know is struggling with symptoms that might indicate PTSD, it's important to seek help from a mental health professional. Early intervention and appropriate treatment can greatly improve the quality of life for individuals dealing with PTSD.

Telephone Number: 0795188740 -University Clinic help and support line.

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