

WHY DOES POST-TRAUMATIC STRESS DISORDER (PTSD) AFFECT SOME AND NOT OTHERS?



All of us have known some kind of trauma in our lives – loss of loved ones, health scares, known at least one person who has been in some sort of accident, mishap, tragedy. If not in our immediate social and professional circles, we are aware of crime rates in our localities, and by that extension known at least one person who has been assaulted, murdered, or kidnapped, by statistics if not by identity.

Decades ago, it was thought that Post-Traumatic Stress Disorder occurs arbitrarily. Years of studies and research have shown that certain groups of people and some individuals are more prone to develop PTSD. The trauma need not be high up on the violence, pain, or abuse scale. A natural occurrence of death might be difficult to handle for someone.

Some of the risk factors thought to influence PTSD and its prognosis, recovery:

- **Previous exposure to trauma:**
Repeated experiences of trauma can cause PTSD. For eg, someone who was assaulted as a child is at higher risk of developing PTSD - for the first time or a relapse - when they meet with a horrific accident as an adult.

- **History of mental illness:**
Individuals with pre-existing or history of mental illness are more prone to PTSD after a traumatic event.

- **Substance Abuse:**
who have a history of substance abuse often find it difficult to handle any trauma without depending on alcohol, cigarettes, or any other substance they are addicted to. They might also go on to develop new addictions to cope.

- **Economic and Social factors:**
Incidences of PTSD are higher in people from lower economic strata and racially vulnerable groups, who are often at the receiving end of crime, abuse, assault. People with lack any kind of social support from family and friends are at higher risk of developing PTSD.

- **Neglect, Abuse in Childhood:**
Children who have been neglected, orphaned, abused often develop PTSD. If left untreated or unresolved, most of them go on to develop PTSD and other mental health disorders in adolescence or early adulthood.

- **High-risk Professions:**
Armed forces, Front-line workers (medical and non-medical), Law Enforcement Agencies, First Responders, Firefighters, Disaster Management Officials often have to witness extreme violence, gruesome crimes, and traumatic events as part of their work. Constant exposure to such incidents increases their risk of developing PTSD during their professional life and also after their retirement.

- **Biological, Neurological, and Personality Constructs:**
Physiology and naturally occurring coping mechanisms that differ from person to person is also known to play a role in PTSD.

For more information on PTSD, [click here](#).

Read more about **PTSD** and other mental health related articles on www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](#) or mail at telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, all the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>

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