

Understanding PTSD and Breaking Down Barriers to Care

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Understanding PTSD and Breaking Down Barriers to Care

Women In Government Policy Spotlight

PTSD Overview

Post-traumatic stress disorder (PTSD) is a psychiatric disorder that is triggered by experiencing a traumatic event

| Types of Trauma Associated with PTSD | |
|---|-------------------------------|
|  | Sexual Assault |
|  | Physical Assault / Injury |
|  | Childhood Trauma |
|  | Military Involvement / Combat |
|  | Mass Conflict & Displacement |
|  | Medical Illness |

- Sexual assault is the most frequent type of trauma among PTSD patients, especially women
- According to the CDC's National Intimate Partner and Sexual Violence Survey published in 2015, approximately 1 in 5 women in the US reported completed or attempted rape at some point in their lifetime

J. Sareen. PTSD in Adults: Epidemiology, pathophysiology, clinical manifestations, course, assessment, and diagnosis. 2021. <https://www.uptodate.com/contents/posttraumatic-stress-disorder-in-adults-epidemiology-pathophysiology-clinical-manifestations-course-assessment-and-diagnosis>
Kessler RC, Rose S, Koenen KC, et al. How well can post-traumatic stress disorder be predicted from pre-trauma risk factors? An exploratory study in the WHO World Mental Health Surveys. -. 2014;13(3):265-274.
CDC - National Intimate Partner and Sexual Violence Survey <https://www.cdc.gov/violenceprevention/pdf/2015data-brief508.pdf>

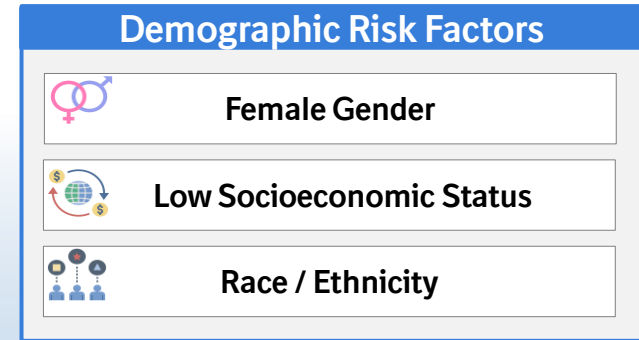
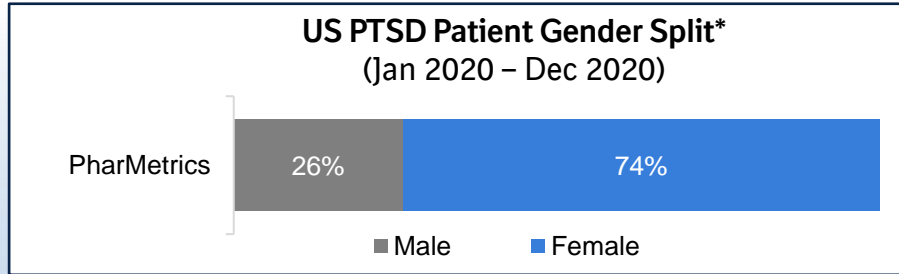
PTSD symptoms are grouped into 4 major categories



Symptoms may begin within one month following a traumatic event, or may not surface until years after the event

PTSD Patient Demographics and Risk Factors

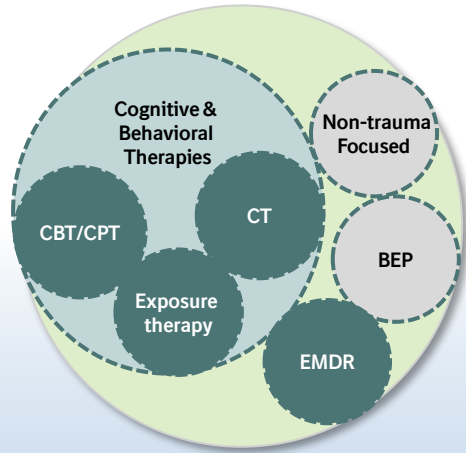
PTSD Estimated Prevalence in US Adults: ~6%



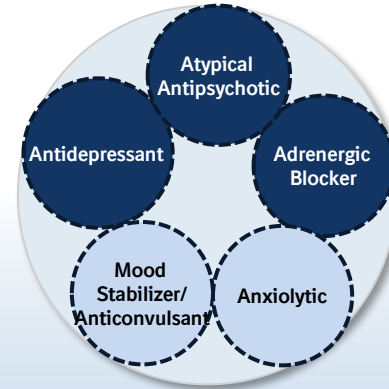
*Gender difference in PTSD may reflect the overall higher incidence of sexual assault among females driving PTSD development or a potentially higher rate of treatment seeking

PTSD Treatment Options

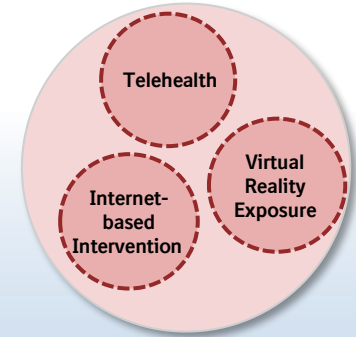
① Psychotherapy



② Medication



③ Digital



CBT = Cognitive-behavioral Therapy, CPT = Cognitive Processing Therapy, CT = Cognitive Therapy, EMDR = Eye Movement Desensitization and Reprocessing, BEP = Brief Eclectic Psychotherapy

Stein (2020) UpToDate: Management of posttraumatic stress disorder in adults.

Stein (2020) UpToDate: Pharmacotherapy for posttraumatic stress disorder in adults.

Stein (2020) UpToDate: Psychotherapy and psychosocial interventions for posttraumatic stress disorder in adults

Kuester (2016). Internet-based interventions for posttraumatic stress: A meta-analysis of randomized controlled trials. *Clinical Psychology Review*.

Acierno (2017). A non-inferiority trial of Prolonged Exposure for posttraumatic stress disorder: In person versus home-based telehealth. *Behaviour Research and Therapy*.

Deng (2019). The efficacy of virtual reality exposure therapy for PTSD symptoms: A systematic review and meta-analysis. *Journal of Affective Disorders*.

PTSD Unmet Needs



Call to Action

Establish mental health parity

By implementing parity laws, mental health must be covered on par with physical health.

Address the provider shortage

Lawmakers can incentivize this work by forgiving student loan debt for mental health professionals working underserved areas

Invest in structural improvements

Funding for research, improved access for victims of domestic abuse, veterans and first responders, and expanded availability of mental health crisis stabilization beds