

Analysis of Prevention Techniques for Post-Traumatic Stress Disorder

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Abstract

Post-traumatic stress disorder (PTSD) is a crucial psychological problem that affects all ages of people, and it is the most common psychological illness that is increasing globally. PTSD is developed due to different unwanted events in life and affects the entire life of patients. People who are suffering from this disease are experiencing different traumatic situations and facing difficulties in adjusting to a regular lifestyle. The main focus of the study is to understand the causes and symptoms of post-traumatic stress disorder among people. This study follows the interpretivism research philosophy and inductive research approach to understand the PTSD and helps to perform a structural and effective research study. Secondary qualitative data sets are collected and analysed to understand this psychological problem more deeply and that helps to make recommendations in this context. In this research, thematic analysis also plays a significant role to understand the risk factors and symptoms of the disease. The thematic analysis part of this research paper also helps researchers to find out the different aspects related to the psychological problem. This research will also focus on different prevention techniques to avoid risk factors of PTSD. Additionally, the research will also provide knowledge about different assessment tools and coping strategies to mitigate the issues related to PTSD.

Keywords: Post traumatic stress disorder, mental health condition, anxiety.

1. Introduction and Overview of the Topic

This study has focused on the necessary aspects to analyse the prevention techniques of Post-Traumatic Stress Disorder or PTSD. PTSD is a worsened state of mental health condition that occurs after experiencing or witnessing a horrific and terrifying incident. The symptoms that are related to this disorder are flashbacks of the incident, severe anxiety, horrific nightmares and uncontrollable thoughts about that particular event. Most people after experiencing traumatic situations face difficulty in adjusting their regular lifestyle but with time they get better if a person is suffering with the symptoms for months or even years they are suffering from PTSD. In this study, there is a detailed discussion about the factors that trigger PTSD and the prevention techniques for the disorder. Apart from

this, based on the discussed techniques in this study it has recommended some aspects and suggestions to better the outcomes of the study.

Aim and Objectives of study.

This study aims to find out all the important aspects that are related to PTSD and to prevent the disorder through the techniques that have been taken by the professionals in the healthcare department.

Objectives

- To identify the factors that are relatable to PTSD
- To find out the prevention techniques for PTSD
- To explore new coping strategies for preventing PTSD

Significance of study

This study has elaborated on the symptoms of PTSD and identified the factors that initiate PTSD in

humans. Besides this, the study helps to acknowledge the general knowledge about the prevention procedures that are taken for PTSD. The professionals cure the patients through medication, and meditation therapies to give relax their traumatization from their mind. Apart from all these aspects, there are many new techniques and strategies that are emerging in the healthcare department to prevent PTSD and the study has discussed all the new and important prevention techniques of PTSD in detail.

Evaluation of PTSD

Post-traumatic stress disorder occurs when the mental well-being of a person is badly affected by a horrific experience. This disorder affects the daily lifestyle routine of a person and also impacts the mental well-being that changes the behaviouralism of a person. Plenty of people face many incidents in their whole life from which many of which are horrific and cause traumatic mental states but recover from them over time [1]. However, in PTSD this traumatization affect the people for months and even years and a person with PTSD faces some difficulties in their daily life leading routine such as they have a sleeping problem, anxiety every time, get panic attacks while remembering that particular experience, frustration, anger, over-emotional and many others.

Every health issue of the human body gets medical assessment as a person who faces issues regarding their physical health assess it through blood tests and many other tests. However, the assessment process of PTSD is indifferent as it is a mental health issue the professionals assess the problems of PTSD patients by questioning them. These questions are all related to their thoughts, feelings behaviours and diagnosing the health issues requires some steps [2]. The professionals first assess the issues of the patients to get an insightful overview of the mental health state of the patients and relax the mental problems by providing the best treatment and strategies to prevent this disorder.

2. Methods

A research philosophy helps to find out the proper way in which the collected data of a phenomenon or the study will be gathered and analysed to get useful better outcomes of it. There are 4 types of research philosophy that help to gather data and acknowledge all the aspects of the study and they are Pragmatism, Positivism, Realism and Interpretivism. In this study, the interpretivism research philosophy method has been selected to gather data about PTSD which helps to embrace the perspectives of the disorder to construct a clear vision of the prevention strategies and techniques of the disorder [3]. Apart from this, the research approach method helps to interpret the collected data in detail and the inductive research approach method has been applied throughout this study in order to collect and analyse data [4]. However, as

there has not been followed any hypothesis in this study, the inductive research method is best suited for this study to collect data and analyse it.

Besides these research approaches, different research design methods help to construct a study properly and as per the topic of the study, it has the exploratory research design method has been used in this study [5]. This research design method helps to find out the problems and issues of the study without relying upon earlier studies to predict a better outcome of the study. Apart from this, in collecting the data about the topic a secondary qualitative data collection method has been selected in this study. This data collection method has helped in collecting authentic and reliable data through newspapers, articles, government websites, governmental reports and many others [6]. After collecting reliable and valid data this study has been conducted with themes from the effectively collected data that help to develop a better understanding of the study and interpret the topic to develop a thematic analysis of the study [7]. Besides all these methods this study has maintained all the ethical considerations associated with the topic and the study such as anonymity, confidentiality and many other ethical rules that have given proper guidance in developing a properly researched study material about the topic [8].

3. Results

Identification of factors associated with PTSD.

Many factors are related to PTSD and not everyone who faces a traumatic situation will help with PTSD. Only people who have faced traumatic situations with some identified factors eventually suffer from PTSD. The main reasons of developing PTSD is experiencing a horrific and traumatic situation, suffering from abuse, experiencing a family history of PTSD, finding lack of social support, and low coping skills. People who have experienced a traumatising situation such as rape, accident or witnessed disasterable violence are mainly suffered from PTSD. People who have experienced physical, mental or sexual abuse are suspected to suffer from this disorder; a person with a family history of depression is sometimes genetically influenced by the disorder and suffers from it [9]. Apart from this, people who have experienced substance abuse, have lower psychological coping skills, and have a negative family environment are suspected to suffer from this traumatic stress disorder [23].

PTSD has always been a part of human life associated with personal experiences, but it was not officially diagnosed before 1980. It was first assumed that the military armies who had experienced the violence of war only suffered from PTSD but later on, as the world begins to evolve with new technologies and explores every aspect of the disorder it finds out many people not being in the army still have suffered from PTSD in the war situations all around the whole

world. The definition of the disorder has changed over time and the symptoms associated with this disorder have evolved from which the healthcare professionals have to build a clear vision of the disorder. People who suffer from PTSD face troubles in their daily lives and eventually, sometimes it badly affects their relationships and interferes with their working mind and any other task they accomplish as a part of their daily routine.

It is very hard to predict which situation or experience might have triggered a person with PTSD, although mental health professionals have their knowledge through an insightful overview of the disorder sometimes it impacts the mental health of a person severely. Life is very unpredictable and sadly life-changing events and trauma can happen at any time in the everyday life of the person. There are specific techniques and strategies to cure the disorder with proper therapies and diagnoses and healthcare professionals are always exploring new ideas to prevent it, globally [10]. Three mental stages are related to this disorder, the first one is the mental health state of the person before experiencing any traumatic situation, the second one is during the experience their mental state and lastly, after experiencing the traumatic situation their state of mental health which helps the professionals to acknowledge the risk factors related to PTSD. It is estimated that most rape victims suffer from PTSD and almost 3.8% of people who suffers from PTSD are out of natural disasters [11].

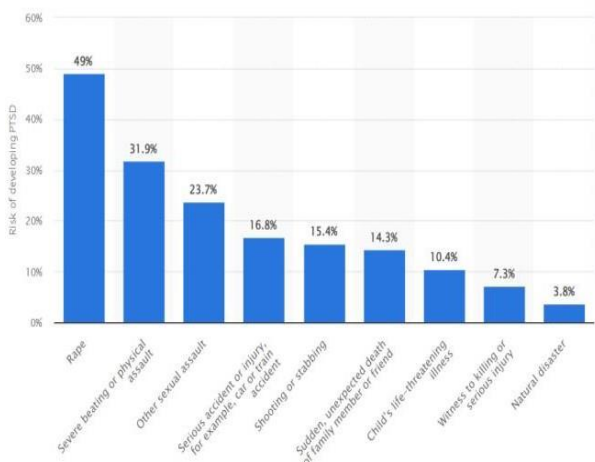


Figure (1): Risk factors that develop PTSD in the human mind.
(Source: [11])

Prevention techniques for controlling PTSD.

Before knowing the prevention techniques of PTSD, it is very necessary to find out the reasons behind the development of PTSD. There are different risk factors related to PTSD, but it is necessary to learn the development process of PTSD in human minds. The person who has faced a traumatic experience might have survived with their survival mechanism, but it creates fear in the mind and a feeling of being on the edge in the human mind which reacts every time

whenever the brain recognises the experience. Apart from this, the person who has faced a traumatic experience also has an abnormality in the adrenaline levels of their body which also affects the working process of the human brain and thus the person becomes over-emotional [12]. The whole world is rapidly evolving with changes and the psychological and pharmacological categories have evolved with various strategies and techniques over a long period [13]. These strategies and techniques are divided into three subgroups such as primary prevention, secondary prevention and tertiary prevention.

These techniques help to understand the core issues of a patient suffering from PTSD and help them to develop a safe and healthier mental state of the patients. The patients who suffer from PTSD diagnoses and therapies can give them relief and relax their mental state to deal with the traumatic experience. Apart from seeking help from professionals, it is very necessary to get support from other family members, friends and social supporters during this time. PTSD not only impacts the mental health of a person but sometimes it impacts the physical health of a person severely. Sometimes, the patients become suicidal as they are unable to recover from the stress and become aggressive and anxious for every reason [14]. However, these techniques and strategies help to solve the psychological issues related to the disorder and provide betterment in the mental health of the patients.

Assessment Tools and coping strategies for preventing PTSD.

There is much different assessment of techniques and strategies to develop a safe and supportive environment for PTSD patients. Besides that, through these techniques, many assessing tools have been developed for coping with the traumatic experience and controlling the behavioural changes of a patient during this time to decrease the burden of depression and PTSD from their lives [15]. Careful assessment is much needed in PTSD to identify the issues in the human mind caused by the traumatic experiences a person has faced in their life. The initial assessment can help to determine the treatment process and progress of it and can give proper guidance to the mental health professional throughout the treatment process [16]. There are different tools and scales to understand the severity of the disorder, but CAPS-5 has always been the best scale to rate the severity of the disease.

The use of coping strategies for PTSD can protect the mental health of a person from the negative effects of the disorder. Coping strategies help to explore the possible negative consequences of the disorder and help to maintain the mental health of the patients. Coping strategies with assessment tools help to acknowledge all the issues related to mental stress that occurs in the human mind during the time a person experiences a traumatic situation [17]. Apart from this, coping strategies help to

develop betterment in secondary prevention techniques for PTSD. These coping strategies and assessment tools create a supportive and safe environment in the mind of the patients who are suffering from PTSD and can give relaxation to the stress created while facing the traumatic situation.

4. Discussion

Post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by a different terrifying event. Symptoms of PTSD include flashbacks, nightmares and severe anxiety along with uncontrollable thoughts about the event [18]. Many factors are there that influence PTSD among people. The main risk factors of PTSD are a family history of PTSD, lack of social support, and low coping skills in uncertain situations. People who have a family history of PTSD are more likely to develop PTSD symptoms. Different uncertain experiences such as rape, accident and death of close relatives influence the risk of PTSD among people. Physical, mental and sexual abuse are major causes of increasing trauma among people and these causes can develop symptoms of PTSD. People who have low psychological coping skills also have a risk of developing this traumatic disorder [19]. It is estimated that different risk factors such as rape, sexual assaults, child's life-threatening illnesses and different natural disasters are playing significant roles in increasing PTSD.

Among all PTSD patients, 49% have developed the disease from experiencing rape and around 23.7% of people developed the disease from facing sexual assaults [11]. After identifying different risk factors, it is important to determine different prevention techniques to control PTSD. Strategies and techniques are divided into three subgroups such as primary, secondary and tertiary prevention techniques. These techniques identify the core issue and also help patients to develop a safe and healthier mental state to overcome issues. Therapists can help patients to relax their minds through different activities that can bring happiness and help to reduce traumatic feelings from the mind. The assistance of close relatives and friends is also needed sometimes to reduce PTSD symptoms from the people. These strategies and techniques help to reduce stress and anxiety in the patients and help them to reduce symptoms.

PTSD is a serious psychological disorder that affects the mental health of people along with their physical health. Sometimes patients who are suffering from PTSD also face digestive and renal system-related problems that make the psychological problem more critical [20]. Therefore, PTSD symptoms are required to be removed to improve the mental and physical health of sufferers. Different assessment tools and strategies are also needed to prevent PTSD which can help to reduce the risk of developing the traumatic disorder. Careful assessment is much needed in PTSD to determine the core problem and it also helps mental health professionals throughout

the treatment process. These assessments are also necessary for doctors and therapists to structure an effective and efficient treatment programme for the patient. Different tools are used to measure and assess the situation where CAPS-5 is identified as the most effective among them [21].

Coping strategies are also beneficial to reduce the risk of the disease. These strategies help to explore all the possible negative consequences of the disease and also help to determine all the complications associated with mental stress. Besides this, coping strategies help to enhance the betterment of secondary prevention techniques for PTSD [22]. These strategies and assessment tools create a supportive and safe environment in the mind of patients who are suffering from PTSD.

5. Conclusion and recommendation

Post traumatic disorder is a serious psychological problem that occurs due to shocking events and other related factors. This psychological problem affects the mental health along with the physical and emotional health of the sufferers. People who are suffering from PTSD are likely to develop different physical complications associated with the digestive and renal systems. Combat exposure, childhood physical abuse, sexual violence, physical assault and sometimes accidents lead to the development of post traumatic disorders among people. Therefore, prevention is required to avoid the risk of PTSD and assessment tools and coping strategies are important to prevent developing PTSD. From this study, it can be concluded that Careful assessment with the help of different tools and scales is much required in the prevention of the disease. PTSD is related to certain traumatic events and flashbacks of that event sometimes make the disease worse. On this note, the flashback and other symptoms can be reduced by avoiding the place and thinking and talking about the event. Patients are required to take the help of doctors, therapists and other healthcare expert's assistance to reduce the symptoms.

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