

RESEARCH ARTICLE

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Posttraumatic stress disorder and its risk factors among adolescent survivors three years after an 8.0 magnitude earthquake in China

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Abstract

Background: Serious and long-lasting psychiatric consequences can be found in children and adolescents following earthquake, including the development of posttraumatic stress disorder (PTSD). Although researchers have been focused on PTSD recently, its prevalence and risk factors after a huge natural disaster are still unclear because of limited sample size. The purpose of this study is to explore the prevalence of posttraumatic stress disorder (PTSD) in adolescent survivors three years after the Wenchuan earthquake, describe PTSD symptoms, and to find out risk factors of PTSD.

Methods: A total of 4,604 adolescents from three middle schools which located in earthquake-stricken areas were recruited in this study. Instruments included the demographic questionnaire, questionnaire about earthquake exposure, the Social Support Appraisal Scale (SSA), the Posttraumatic stress disorder Checklist-Civilian Version (PCL-C), and the structured clinical interview for DSM-IV Disorders (SCID).

Results: The prevalence rate of PTSD was 5.7% (frequency: $n = 261$), and the most commonly occurring symptoms of PTSD were distress at reminders (64.5%), difficulty concentration (59.1%), and being easily startled (58.6%). Loss of houses and property, being injured, deaths of family members, and witness of death are positive risk factors of PTSD, and physical exercise and social support are negative risk factors of PTSD.

Conclusions: Professional and effective interventions are needed to reduce the development of PTSD among adolescents after the Wenchuan earthquake, especially for these who lost their houses or property and lost their family members, witnessed death, and lacked of social support in the earthquake. Moreover, injured adolescents and adolescents who lacked of physical exercise also need intervention due to high risk.

Background

At 14:28 pm (local time) on 12th May 2008, a devastating earthquake measuring 8.0 degree on the Richter scale struck the Wenchuan County, which is located in the center of Sichuan Province, China. There were almost 100,000 persons dead and around 370,000 people injured, and at least 14,000 schools were destroyed in the earthquake. Lots of adolescents lost their homes and family members, and suffered great physical and psychosocial damage.

Serious and long-lasting psychiatric consequences can be found in children and adolescents following earthquake, including the development of posttraumatic stress disorder

(PTSD) [1-3]. PTSD is a series of chronic emotional responses to a traumatic event or situation involving severe environmental stress, with symptoms of re-experiencing, avoidance and hyper arousal.

It has been shown that earthquakes might cause PTSD, 4.5% to 95% children and adolescent who experienced the earthquake was reported to develop this disorder [1-11]. Many studies found that girls exposed to earthquakes are more likely to develop PTSD than boys [4-7]. Besides, earthquake experiences such as witness of injury and death [1], loss of house and property [6], injury of family members and/or relatives [7,8], bury [8], death of family members [7,8], and injury [6,9] were risk factors to the development of PTSD in adolescent survivors. They postulated that at higher level of exposure to earthquake, the horrible memory in which adolescents injured, buried, or witnessed injury and death would be re-experienced in their

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Risk Factors For Posttraumatic Stress Disorder

Frank Andrasik



Risk Factors For Posttraumatic Stress Disorder:

Risk Factors for Posttraumatic Stress Disorder Rachel Yehuda, 1999 Fattori di rischio dei disturbi da stress post traumatico demografici ambientali genetici neurocognitivi biologici *Posttraumatic Stress Disorder* Gerald Rosen, 2004-11-19 Is Posttraumatic Stress Disorder PTSD an illness that arises after horrific and life threatening events Or is it a label that medicalizes human suffering and brings with it more problems than it solves Still a relatively new diagnosis PTSD has changed our vocabulary and shaped our views on human coping and resilience Yet almost every assumption upon which the diagnosis rests has come under question In this volume Gerald Rosen brings together leading international scholars in posttraumatic studies to consider the most contentious debates Each chapter offers an analysis of the issues reviews current research and clarifies implications for the practicing clinician *Posttraumatic Stress Disorder Issues and Controversies* is essential reading for all practitioners researchers and students who work in the field of trauma Professionals in related health fields and the law will also find this book useful

Risk Factors of Posttraumatic Stress Disorder

Within Emergency Medical Service Personnel Ronda P. Cowan, 2012 *Posttraumatic Stress Disorder* Julian D. Ford, 2009-06-25 This authored text reference will be the first comprehensive text in the rapidly growing field of psychological trauma and posttraumatic stress disorder According to the NIMH approximately 5 2 million American adults already suffer from post traumatic stress disorder Caused by everything from combat experience to violent personal assaults to natural disasters and accidents the incidence of PTSD has already reached epidemic proportions The profound impact of psychological trauma and the need for proactive and scientifically based approaches to timely prevention and evidence based treatment is unarguable and mental health programs are seeing a significant rise in the number of PTSD courses offered and services required As a result scholars researchers educators clinicians and trainees in the health care and human and social services need a concise and comprehensive source of authoritative information on psychological trauma and posttraumatic stress This volume will offer a foundational understanding of the field as well cover key controversies the influence of culture and gender and describe state of the art research and clinical methodologies in down to earth terms Clinical case studies will be used liberally Concise but comprehensive coverage of biological clinical and social issues surrounding PTSD Thoroughly covers evidence based treatments enabling the reader to translate current research into effective practice Exemplifies practical application through case studies *Posttraumatic Stress Disorder in Litigation* Robert I. Simon, 2008-08-13 The terrorist attacks on the World Trade Center in September 2001 turned PTSD into a household word But posttraumatic stress disorder has been documented throughout history For example as long ago as 1666 Samuel Pepys wrote in his diary that he still had night terrors 6 months after the great fire of London PTSD officially recognized as a diagnosis by DSM III in 1980 is only the most recent term used to describe the suffering of trauma victims Few could have foreseen its profound impact on litigation Often dubbed the black hole of litigation where allegations are relatively easy to assert but difficult to defend

because the symptoms are subjective PTSD has deeply influenced civil and criminal law in cases ranging from malpractice and personal injury to sexual harassment and child abuse It is thus vital for all legal parties involved that forensic examiners perform credible psychiatric and psychological examinations of PTSD claimants Intended to add direction and discipline to the forensic assessment of PTSD litigants this expanded second edition begins with an updated chapter on current and future trends for the role of PTSD in litigation Chapter 2 notes the increasing evidence that exposure to multiple events not only is more common than previously thought but also increases the risk for development of PTSD following the target event Chapter 3 details diagnostic criteria and guidelines for the forensic psychiatric examination of the PTSD claimant Most literature discusses PTSD in adults Chapter 4 offers a rare perspective on PTSD in children and adolescents including parental response to the trauma developmental effects and delayed onset symptoms Forensic assessment of PTSD claimants is presented in Chapter 5 followed by new chapters on disability determinants how PTSD impairs occupational functioning and PTSD in the workplace where the causal relationship between employment stress and a resulting mental or emotional disorder must be determined Chapter 8 covers guidelines for malingering in PTSD where the claimant may be motivated by financial gain or by a reduced charge resulting from an insanity defense A new chapter on forensic laboratory testing in PTSD presents the tantalizing potential of psychophysiological measurement to redeem the PTSD diagnosis from its daunting subjectivity This essential collection by 13 U S experts sheds important new light on forensic guidelines for effective assessment and diagnosis and determination of disability serving both plaintiffs and defendants in litigation involving PTSD claims Mental health and legal professionals third party payers and interested laypersons will welcome this balanced approach to a complex and difficult field *Posttraumatic Stress Disorder* J. Douglas Bremner, 2016-04-18

POSTTRAUMATIC STRESS DISORDER Posttraumatic Stress Disorder From Neurobiology to Treatment presents a comprehensive look at this key neuropsychiatric disorder The text examines the neurobiological basis of posttraumatic stress and how our understanding of the basic elements of the disease has informed and been translated into new and existing treatment options The book begins with a section on animal models in posttraumatic stress disorder research which have served as the basis of much of our neurobiological information Chapters then delve into applications of the clinical neuroscience of posttraumatic stress disorder The final part of the book explores treatments and the way in which our basic and clinical research is now being converted into treatment methods Taking a unique basic science to translational intervention approach Posttraumatic Stress Disorder From Neurobiology to Treatment is an invaluable resource for researchers students and clinicians dealing with this complex disorder Comprehensive coverage of this key neuropsychiatric disorder Chapters written by a global team of experts on basic and clinical aspects of posttraumatic stress disorder Takes a translational approach moving from basic research to clinical interventions Posttraumatic Stress Disorder Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Gulf War and Health: Physiologic,

Psychologic, and Psychosocial Effects of Deployment-Related Stress, Subcommittee on Posttraumatic Stress Disorder, 2006-09-08 In response to growing national concern about the number of veterans who might be at risk for posttraumatic stress disorder PTSD as a result of their military service the Department of Veterans Affairs VA asked the Institute of Medicine IOM to conduct a study on the diagnosis and assessment of and treatment and compensation for PTSD An existing IOM committee the Committee on Gulf War and Health Physiologic Psychologic and Psychosocial Effects of Deployment Related Stress was asked to conduct the diagnosis assessment and treatment aspects of the study because its expertise was well suited to the task The committee was specifically tasked to review the scientific and medical literature related to the diagnosis and assessment of PTSD and to review PTSD treatments including psychotherapy and pharmacotherapy and their efficacy In addition the committee was given a series of specific questions from VA regarding diagnosis assessment treatment and compensation Posttraumatic Stress Disorder is a brief elaboration of the committee's responses to VA's questions not a detailed discussion of the procedures and tools that might be used in the diagnosis and assessment of PTSD The committee decided to approach its task by separating diagnosis and assessment from treatment and preparing two reports This first report focuses on diagnosis and assessment of PTSD Given VA's request for the report to be completed within 6 months the committee elected to rely primarily on reviews and other well documented sources A second report of this committee will focus on treatment for PTSD it will be issued in December 2006 A separate committee the Committee on Veterans Compensation for Post Traumatic Stress Disorder has been established to conduct the compensation study its report is expected to be issued in December 2006

Military Stress and Performance George E. Kearney, 2003 People comprise the backbone of any military force But what happens when the stress of operations becomes overwhelming and those people fail to cope Stress can have negative consequences for the individual the organisation and even for overall combat effectiveness The Australian Defence Force has spent many years researching how to maximise individual resilience and performance in the face of extreme stress For the first time this wealth of knowledge and experience has been brought together in one volume This work examines the impact of highly stressful events such as combat and peacekeeping operations on individual troops and leaders with a particular focus on factors that build resilience and maximise performance under stress Managing stress is an important issue not only for the military but equally for other high risk professions such as the police and emergency services This work provides a unique synthesis of a wide range of research and clinical and personal experience providing a coherent integrated approach to the subject Of particular use to mental health professionals it will also be of interest to general readers of military and psychology books

Posttraumatic Stress Disorder Chris R. Brewin, 2007-01-01 Building on this analysis Brewin provides valuable information on who will be vulnerable to traumatic stress how to tell whether someone is likely to be suffering from PTSD why some interventions work and others are ineffective and what could and should be done to help survivors Jacket

Comprehensive Handbook of Personality and

Psychopathology, Adult Psychopathology Frank Andrasik, 2006-01-03 Adult Psychopathology presents an overview of the classification and diagnosis epidemiology genetic sociocultural and biological influences and research and behavioral considerations of psychopathology in adults This state of the art volume also includes the latest research on the major disorders and discusses the three most popular treatment approaches

Trauma and Posttraumatic Stress Disorder Evelyn J. Bromet, Elie G. Karam, Karestan C. Koenen, Dan J. Stein, 2018-08-09 Posttraumatic stress disorder PTSD is a chronic under detected and under treated psychiatric consequence of trauma that is often linked to new onset medical and psychological conditions impaired quality of life and long term disability across the globe This book is the first systematic analysis of the rates risk factors consequences and global burden of trauma and PTSD across a variety of wealthy and underdeveloped settings An analysis of a global survey conducted by the World Health Organization and featuring findings from over 70 000 participants around the world this text demonstrates a unique perspective on the prevalence of exposure to trauma and PTSD and the impact it has on population health The findings inside this text underscore the urgent need for policymakers and healthcare providers to prioritize interventions aimed at reducing the burden of trauma PTSD and its consequences

Handbook of Medical Neuropsychology Carol L. Armstrong, Lisa Morrow, 2010-08-09 This handbook celebrates the abundantly productive interaction of neuropsychology and medicine This interaction can be found in both clinical settings and research laboratories often between research teams and clinical practitioners It accounts for the rapidity with which awareness and understanding of the neuropsychological components of many common medical disorders have recently advanced The introduction of neuropsychology into practice and research involving conditions without obvious neurological components follows older and eminently successful models of integrated care and treatment of the classical brain disorders In the last 50 years with the growing understanding of neurological disorders neuropsychologists and medical specialists in clinics at bedside and in laboratories together have contributed to important clinical and scientific advances in the understanding of the common pathological conditions of the brain stroke trauma epilepsy certain movement disorders tumor toxic conditions mostly alcohol related and degenerative brain diseases It is not surprising that these seven pathological conditions were the first to receive attention from neuropsychologists as their behavioral symptoms can be both prominent and debilitating often with serious social and economic consequences

Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Institute of Medicine, Board on the Health of Select Populations, Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder, 2012-07-22 Prior to the military conflicts in Iraq and Afghanistan wars and conflicts have been characterized by such injuries as infectious diseases and catastrophic gunshot wounds However the signature injuries sustained by United States military personnel in these most recent conflicts are blast wounds and the psychiatric consequences to combat particularly posttraumatic stress disorder PTSD which affects an estimated 13 to 20 percent of U S service members who have fought in Iraq or Afghanistan since 2001

PTSD is triggered by a specific traumatic event including combat which leads to symptoms such as persistent re experiencing of the event emotional numbing or avoidance of thoughts feelings conversations or places associated with the trauma and hyperarousal such as exaggerated startle responses or difficulty concentrating As the U S reduces its military involvement in the Middle East the Departments of Defense DoD and Veterans Affairs VA anticipate that increasing numbers of returning veterans will need PTSD services As a result Congress asked the DoD in consultation with the VA to sponsor an IOM study to assess both departments PTSD treatment programs and services Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Initial Assessment is the first of two mandated reports examines some of the available programs to prevent diagnose treat and rehabilitate those who have PTSD and encourages further research that can help to improve PTSD care Therapist's Guide to Posttraumatic Stress Disorder Intervention Sharon L. Johnson,2009-04-08 Sharon

Johnson is the author of the best selling Therapist s Guide to Clinical Intervention now in its second edition In this new book on PTSD she lends her practical outline format to understanding PTSD assessment treatment planning and intervention The book begins with a summary information on PTSD definition and prevalence assessment and the evidence basis behind different treatment options The book offers adjunctive skill building resources to supplement traditional therapy choices as well as forms for use in clinical practice This clinician s guide to diagnosing and treating PTSD is written in a concise format with much of the material in outline or bullet point format allowing easy understanding of complex material for the busy therapist The book includes a definition of the disorder diagnostic criteria the neurobiology of the disorder tools and information for diagnosing clients information on functional impairment interventions treatment planning skill building and additional clinician resources Outlines treatment goals and objectives for DSM IV PTSD diagnosis Discusses interventions and the evidence basis for each Offers skill building resources to supplement treatment Provides business and clinical forms for use with PTSD patients **Handbook of PTSD, First Edition** Matthew J. Friedman, Terence M. Keane, Patricia A.

Resick,2007-05-29 Unparalleled in its breadth and depth this state of the art handbook reviews current scientific advances in understanding trauma and PTSD discusses the implications for clinical practice and evaluates the status of evidence based assessment and treatment The foremost authorities in the field examine posttraumatic psychological reactions on multiple levels from genes and neurocircuitry to gender and lifespan development Established and emerging psychological medical and public health interventions are discussed in depth as are issues in tailoring treatment to the needs of different populations Special topics include forensic issues resilience and prevention The integrative concluding chapter presents a reasoned agenda for future research **Trends in Posttraumatic Stress Disorder Research** Thomas A. Corales,2005

Posttraumatic Stress Disorder or PTSD is a psychiatric disorder that can occur following the experience or witnessing of life threatening events such as military combat natural disasters terrorist incidents serious accidents or violent personal assaults like rape People who suffer from PTSD often relive the experience through nightmares and flashbacks have difficulty

sleeping and feel detached or estranged and these symptoms can be severe enough and last long enough to significantly impair the person's daily life PTSD is marked by clear biological changes as well as psychological symptoms PTSD is complicated by the fact that it frequently occurs in conjunction with related disorders such as depression substance abuse problems of memory and cognition and other problems of physical and mental health The disorder is also associated with impairment of the person's ability to function in social or family life including occupational instability marital problems and divorces PTSD is associated with a number of distinctive neurobiological and physiological changes PTSD is treated by a variety of forms of psychotherapy and drug therapy This new book presents leading research from around the world Risk Factors for Posttraumatic Stress Disorder in ICU Survivors Michelle Yakobson,2018 Post Traumatic Stress Disorder and Personality Disorders United States. Congress. House. Committee on Veterans' Affairs,2008 **Returning Soldiers and PTSD** Barbara Krasner,2017-07-15 One of the most painful and tragic legacies of the wars in Iraq and Afghanistan has been the trauma suffered by those who served and the far reaching consequences and after effects of their scarring combat experiences This very important volume looks at the issue of returning soldiers PTSD from multiple angles examining skyrocketing suicide rates the debates surrounding the quality and accessibility of health care the nature of and stigmas associated with a PTSD diagnosis the responsibility that government and society have to care for returning soldiers how welcoming protective and supportive the environment is to which soldiers return and the steep cost of war to the individual families and society at large **Handbook of Psychosocial Interventions for Veterans and Service Members** Nathan D. Ainspan,Craig J. Bryan,Walter Erich Penk,2016-03-16 The United States is in the midst of the largest military demobilization in its history This is leading to an increase in the demand for mental health clinicians who can provide services to hundreds of thousands of military veterans and members of the military Nearly two million Americans have been deployed to the wars in the Middle East and thousands of them have been deeply affected either psychologically physically or both Projections suggest that 300 000 are returning with symptoms of PTSD or major Depression 320 000 have been exposed to probable Traumatic Brain Injuries and hundreds of thousands are dealing with psychological effects of physical injuries Other veterans and members of the military without injuries will seek treatment to help them with the psychological impact of serving in the military being deployed or transitioning and reintegrating back into the civilian world As an example hundreds of thousands of service members are also leaving the armed forces earlier than they anticipated and will need to quickly adjust to life as civilians after assuming that they would have many more years in the military Many will be leaving the military because of demobilizations and downsizing due to budget cuts Current proposed cuts will shrink the military force to the same size it was in 1940 The Pew Center reports that 44% of veterans from the current wars are describing their readjustment to civilian life as difficult and many of them are and will be turning to civilian mental health and primary care clinicians for assistance The Handbook of Psychosocial Interventions for Veterans and Service Members is a one stop

handbook for non military clinicians working with service members veterans and their families It brings together experts from the Department of Defense the Department of Veterans Affairs veteran service organizations and academia to create the first comprehensive guidebook for civilian clinicians In addition to covering psychiatric disorders such as depression anxiety and PTSD this book also offers information about psychosocial topics that impact military personnel and their loved ones and can become part of treatment e g employment or education options financial matters and parenting concerns providing the most recent and cutting edge research on the topics Chapters are concise and practical delivering the key information necessary to orient clinicians to the special needs of veterans and their families The Handbook of Psychosocial Interventions for Veterans and Service Members is an essential resource for private practice mental health clinicians and primary care physicians as well as a useful adjunct for VA and DOD psychologists and staff

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