



Psychophysiology of post-traumatic stress disorder

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It has long been known that exposure to life-threatening events can produce adverse psychologic and physiologic reactions in some individuals. This knowledge has been well documented in the popular [1] and psychiatric [2,3] literature and has been formalized into a variety of trauma-related disorders, such as railway spine, irritable heart syndrome, shell shock, traumatic war neurosis, operational fatigue, combat exhaustion, and most recently as post-traumatic stress disorder (PTSD) [4,5]. Clinical observations supporting an association between exposure to life-threatening events (e.g., combat) and altered physiologic arousal, especially overactivity or over-reactivity of the sympathetic nervous system, have made trauma-related disorders obvious targets for psychophysiologic assessment. In one of the earliest published psychophysiologic studies of trauma-exposed individuals, Meakins and Wilson [6] measured veterans' heart rate (HR) and respiration responses to sudden presentations of bright flames and pistol shots, presumably chosen to simulate bombardment during combat. Veterans suffering from "irritable heart" syndrome and who were unable to return to duty produced larger HR responses to the light flashes and pistol shots compared with normal individuals and veterans who were able to return to duty. In

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Research Into The Psychodiagnostics Of Posttraumatic Stress Disorder

Rachel S Tattersall



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