

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

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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 **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 **Risk Factors of Posttraumatic Stress Disorder Within Emergency Medical Service Personnel** Ronda P. Cowan, 2012 **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, 2016-02-10 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

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 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

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 **Clinical Handbook of Psychological Disorders, Fourth Edition** David H. Barlow, 2007-11-15 With over 75 000 copies sold this clinical guide and widely adopted text presents authoritative guidelines for treating frequently encountered adult disorders The Handbook is unique in its focus on evidence based practice and its attention to the most pressing question asked by students and practitioners How do I do it Leading clinical researchers provide essential background knowledge on each problem describe the conceptual and empirical bases of their respective approaches and illustrate the nuts and bolts of evidence based assessment and intervention *Posttraumatic Stress Disorder* Carol S. Fullerton, Robert J. Ursano, 2009-02-01 Trauma and disaster throw lives into chaos and fill people with the fear of loss injury and death Although most individuals experience only transitory posttraumatic symptoms others experience the effects of the disaster long after the traumatic event when new experiences remind them of the past Posttraumatic Stress Disorder Acute and Long Term Responses to Trauma and Disaster provides clinicians researchers and policy makers with an examination of current advances in research and treatment by recognized experts at the cutting edge of innovation This timely book incorporates DSM IV criteria and the new diagnostic category acute stress disorder which emphasizes the breadth of posttraumatic stress symptoms and disorders and the importance of distinguishing between acute and long term responses to traumatic events Individual chapters go beyond PTSD to examine other posttraumatic disorders and responses the mechanisms of transmission of posttraumatic stress and its effects on behavior and health in natural and societal disasters and traumas including war This volume pays particular attention to the array of psychiatric responses to trauma including PTSD and the unfolding of illness and recovery over time Posttraumatic responses are considered across individual group family and community perspectives and from the vantage point of developmental systems from childhood to older adult life 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.

Post Traumatic Stress Disorder and Personality Disorders United States. Congress. House. Committee on Veterans' Affairs, 2008 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.

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 of 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 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 Journal of Rehabilitation Research and Development , 2007

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

Risk Factors For Posttraumatic Stress Disorder Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Risk Factors For Posttraumatic Stress Disorder**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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