What is PTSD?
- Post-traumatic stress disorder often abbreviated as (PTSD) is a complex anxiety disorder that sometimes follows when a person has directly experienced or witnessed an extremely traumatic, tragic, or terrifying event.
- In this disorder the affected person’s memory, emotional responses, intellectual processes and nervous system have all been disrupted by these traumatic experiences.
- PTSD was first described in 490BC and was known as “Shell Shock”. (1)

How Common is PTSD?
- One out of every 10 women develops PTSD.
- Women are twice as likely to develop PTSD than men.
- 20% of soldiers who were deployed in the past 6 years have PTSD. (2)

Causes

In Adults
- War Zones
- Military Combat
- Weapon Assault
- Rape
- Car accidents
- Prison Stay

In Children
- Abuse
- Community Violence
- Invasive Medical Procedures
- Severe Childhood Neglect

Diagnostic Criteria

Criterion A: Stressor
Criterion B: Intrusion symptoms
Criterion C: Avoidance
Criterion D: Alteration in mood
Criterion E: Arousal Alteration

How To Diagnose PTSD?
- Acute PTSD: duration of symptoms is less than 3 months.
- Chronic PTSD: duration of the symptoms is 3 months or more.
- Delayed PTSD: onset of symptoms.(4)

Pathogenesis

Amygdala
- Over activated
- Hyper-arousal

Hippocampus
- Decrease in size
- Difficulty to learn new expectations
- Intrusive memory

Study

- Post-conflict prevalence estimates were derived from models based on a previously conducted systematic review and meta-regression analysis of mental health among populations living in conflict. Political terror ratings and intensity of exposure to traumatic events were used in predictive models. Prevalence of severe cases was applied to chosen populations along with uncertainty ranges. three populations deemed to be affected by the conflict were chosen for modelling: Misrata (population of 444,812), Benghazi (pop. 674,094), and Ras Jdir camps (pop. 3,700). (5)

Conclusion

The ratio
- Post-traumatic effects in Libya reached a relatively high level of 12%

The findings presented in this study highlight the potential magnitude of the post-conflict mental health need in Libya.

References
4. National Center for PTSD, U.S. Department of Veterans Affairs. What is posttraumatic stress disorder (PTSD)