

# Post traumatic stress research paper essay



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People are constantly diagnosed with psychological mental disorders on an everyday basis.

A common psychological disorder in today's society is posttraumatic stress, which is a health effect diagnosed with flashbacks. It is a normal disorder people encounter in an everyday basis. We face hardships in life that sometimes may be difficult to control.

Everyone may be diagnosed with this mental disorder, depending on what they have been through in life which is known as a traumatic event. Which results into fearful memories that make you jump when loud noises are occurring. This mental disorder causes numerous symptoms, one being the ability to concentrate and perform normally. Posttraumatic stress affects a person physically, mentally, and emotionally.

Veterans suffer from these severe, emotional traumas. Posttraumatic stress causes a huge impact on a person life. This anxiety disorder occurs when a person experiences a frightful traumatic event. Some traumatic events people experience are sexual and physical abuse, death from a family member or close friend, veterans in combat, and sexual assault. Not everyone who experiences traumatic events suffers from this catastrophic disorder. The highest percentages of people associated with posttraumatic stress are veterans in combat. They re-experience frightful flashbacks from the different things they witness while fighting in wars. They experience insomnia from nightmares.

Most veterans experience aggressiveness and anxiety. In the article, A Soldiers Tragedy by Mark Thompson, discusses a soldier named Matt

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Magdzas who suffered from posttraumatic stress which resulted into a 9-mm pistol being fired and killing everyone in the household. Matt Magdzas shot his wife April, his one-year-old daughter Lila, unborn daughter Annah, their three dogs and himself. Thompson states, “ After a tour that won him several commendations, Magdzas returned home unemployed, suffering from nightmares and a worsening case of posttraumatic stress disorder, and descended into alcohol and drug abuse” (para.

5). Veterans experience trouble concentrating because of fearful memories flowing through their minds. Most encounter aggressive behavior, which harms them physically and emotionally which results drug abuse. In order to live peacefully they begin drinking and doing drugs abusively, hoping it helps them escape from reality. People facing these traumatic events have difficult times adjusting to the outside world. It is strongly difficult for them to concentrate and behave appropriately.

There is no way to change their aggressive behavior; these flashbacks leave them feeling guilty and shameful. Nightmares occur while sleeping because over time lost memories from these traumatic events occur. In the textbook, The Pearson Textbook Reader, Cheryl Novins states under the section Health and Stress, “ Studies show that the effects of such traumatic events can linger for years, particularly for those who have some kind of personal connection on them” (Pg. 174). PTSD sufferers experience symptoms of this stress disorder up to two years after a catastrophic event occur. Matt Magdzas experienced this mental disorder after he came home unemployed from the war in IRAQ, suffering from nightmares. Posttraumatic stress is a common disorder that affects people everyday.

They feel as though the whole world is against them. It is very difficult to avoid these issues, people try to avoid getting in contact with things that reminds them about the tragedy they experience. Veterans try to avoid thinking and picturing the trauma they went through while in combat because they feel an extreme pain of guilt. They witness other soldiers dying right in front of their eyes. In the article, *Emasculated by Trauma*, Eagan Chamberlin states “ Patients commonly avoid thoughts, conversations, activities, people and feelings related to the traumatic event. Avoidance occasionally manifests itself in the form of amnesia for an important aspect of the traumatic event and diminished responsiveness to the external world” (para.

25). Most people avoid this natural disorder because they fear re-experiencing the traumatic scene again. It is impossible to run away from this traumatic disorder because they encounter symptoms. Some symptoms shown from PTSD are depression, anxiety, nightmares, flashbacks, and aggressiveness.

People who experience depression feels that they are always in danger; making it hard for them to concentrate. They feel emotionally drained because they have thoughts of loneliness and believe nobody wants to be by their side. Their behavior changes, they handle issues in an aggressive manor and are always irritated no matter what the issue may be.

They have difficulties sleeping because they experience nightmares about these tragic experiences. They also have difficulties maintaining relationships with friends and soul mates. In the website, *Make The*

Connection, the writer who is unknown states, “ It’s not just the symptoms of PTSD but also how you may react to them that can disrupt your life. You may frequently avoid places or things that remind you of what happened. Also consistent drinking or use your drugs to numb your feelings may occur” (para. 6) There is a high chance that people diagnosed with post traumatic stress disorder fall into alcohol and drug abuse. They feel as though it is a way to relieve stress and escape from reality.

Behind all of these numerous symptoms, there are treatments that may cure posttraumatic stress. One of the most important treatments for this disorder is therapy with psychologist. Psychologist and psychiatrist have mental health discussions that may help relieve the symptoms that are feeling. They do a great job in managing the nightmares, flashbacks, and anxiety people are facing. In the New York Times newspaper article, Extinguishing the Fear at the Roots of Anxiety, Benedict Carey states, “ One type that is often used for PTSD is called desensitization.

During therapy, you are encouraged to remember the traumatic event and express your feelings about it. Over time, memories of the event become less frightening” (para. 6) During this article Carey discusses how therapy and medication for depression and anxiety are treatments for people experiencing this traumatic disorder.

These medications help maintain a good nights sleep and feel relaxed. People with this stress disorder get diagnosed with health risks like asthma, heart disease, and high/low blood sugar. Overall, posttraumatic stress is a

mental disorder caused by catastrophic events. This disorder is diagnosed by flashbacks from a trauma someone experienced.

Veterans in combat have a high percentage of being diagnosed with this stress disorder because of death risks. There is various symptoms people knowledge with posttraumatic stress, as well as treatments. This disorder affects a person's ability to concentrate and interact with others. A human's body becomes emotionally and physically weak.