

# Free post traumatic stress disorder essay sample

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Scientists have been trying to understand what causes human beings to exhibit different patterns of behavior after experiencing a dramatic and possibly negative event. This kind of behavior has been classified as a condition, one that is referred to as Post Traumatic Stress Disorder henceforth referred to as PTSD in this paper. PTSD occurs when a person has undergone through a traumatic event such as a near death experience, rape, involvement in warfare, etc.

PTSD is more likely to affect children than adults and females than males. Recent research classifies PTSD as hereditary, predisposing people whose relatives have suffered from PTSD before. People who have been involved in natural disasters and those who have joined the military especially in war-torn countries are also more likely to suffer from the condition. Stressful events that are not necessarily traumatic could also cause the condition. The condition may also be worsened by drug use.

Research has also proved that there are also factors that could help the victim deal with, or protect one from PTSD. Victims who are at an advanced age are better positioned to deal with it, as are victims who have had good paternal support, and those who have a positive attitude towards life and those who have faced stressful events before. People who have been raised in functional families are also in a better position to handle stressful conditions.

Psychological methods that involve sessions with a psychiatrist have been found to be successful as has been the use of several antibiotics. Physical activity has also been proven to help, even in children who are encouraged

to play. A variety of antidepressants has also been prescribed for most victims of PTSD and chronic stress disorder.

## **References**

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