

Post Traumatic Stress Disorder (PTSD)

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Purpose of Study

Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after a person experiences or witnesses a traumatic event. PTSD can affect anyone, regardless of age, gender, or background, and it can cause a range of symptoms that can significantly impact a person's quality of life. This poster will explore the causes, symptoms, and treatments of PTSD.

Why I Chose This Topic

It is important that we immediately make PTSD known. A lot of people don't know about Post Traumatic Stress Disorder and what causes it. They also may not be familiar with the ways it impacts how people cope with other issues they face in their lives. 7-8 in 100 people in the U.S. and that there are at least 3 million cases each year, the disorder should be more well known. The knowledge of the disorder can also help connect with schoolwork. I chose PTSD for my topic because I wanted to learn more about what Paul Baumer was going through during World War I.

While doing this project, I was reading the novel "All Quiet On The Western Front" which follows Paul's experience on the front lines. In chapter 7 of the book, Paul goes on leave and suffers from PTSD. Since then, I've been wondering what exactly PTSD means, what the causes are, if it can get treated, and more. This helped me understand more about how Paul felt, how other war veterans in the past and today felt, also how others might have felt that have not been in war. By spreading awareness of PTSD people also learn how badly it affects someone and where to get help. Through all the people I've met throughout the years, there are quite frankly too many people that take PTSD lightly.

Background

PTSD, or Post Traumatic Stress Disorder, is a mental health disorder. PTSD brings back memories from traumatic events such as injuries or life-endangering events. The main cause of PTSD is the event of a traumatic experience. Although, genes also play a part in who is more likely to get PTSD.

Symptoms of PTSD can include:

- Vivid flashbacks
- Intrusive thoughts/images
- Nightmares
- Emotional detachment
- Social isolation
- Severe anxiety
- Hypervigilance

Risk Factors

There are many factors that may cause you to get PTSD. These factors may include exposure to traumatic event which can include:

1. Natural Disasters
2. Serious Accidents
3. Physical or Sexual Assault
4. Combat exposure
5. Witnessing Violence

Treatments

PTSD can in fact be treated. There are numerous treatments and medications for PTSD. Treatments can include:

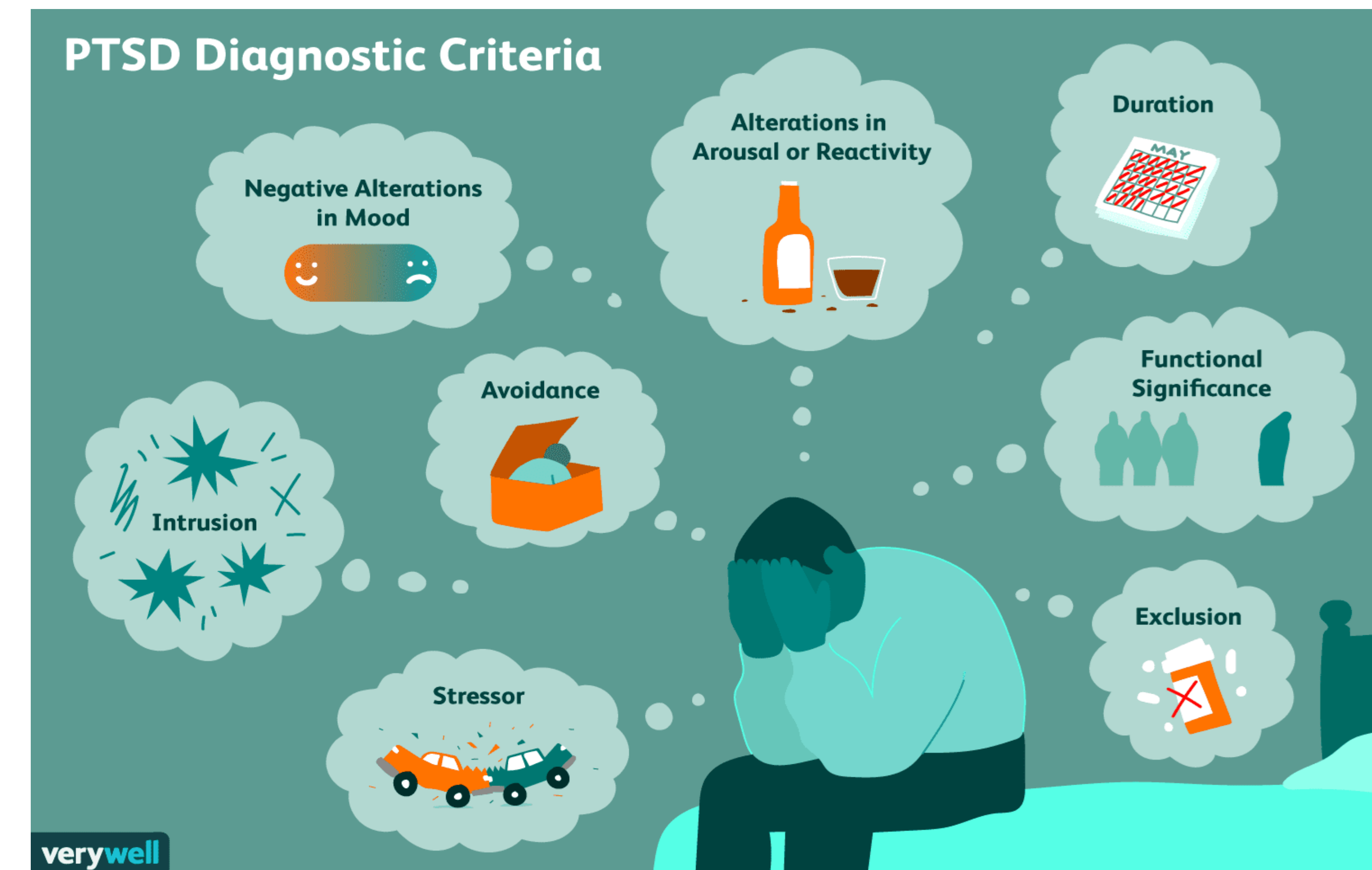
- Narrative Exposure Therapy
- Cognitive Therapy
- Brief Electric Psychotherapy

Medications can include:

- Sertraline (Zoloft)
- Paroxetine (Paxil)
- Fluoxetine (Prozac)
- Venlafaxine (Effexor)

Data

4 in 100 men get PTSD at some point in their life, meanwhile 10 in 100 women will get it in their lives. Active military workers and veterans also have a higher chance of developing PTSD than others.



ChatBot Methodology

I used an API (Application Programming Interface) to communicate our program with Chat GPT. I created an API key and copied it into my code. I leveraged Chat GPT's functionality with our Chat Bot to answer any additional questions about my research topic.

Sample Commands In Chatbot:

“What are the symptoms of PTSD?”
“What causes PTSD?”
Who can get PTSD?”

Conclusion

PTSD is a serious mental health condition that can significantly impact a person's life. It is important for individuals who have experienced a traumatic event to seek help if they are experiencing symptoms of PTSD. With the right treatment and support, people with PTSD can learn to manage their symptoms and lead fulfilling lives.

References

Data was obtained from: thechicagoschool.edu
mayoclinic.org brainline.org
mind.org med.upenn.org
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ptsd.va.gov istss.org
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