

Exposure to Trauma: PTSD

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Bad things happen for everyone. However, describing a psychological or mental health response following exposure to a traumatic event as a single, universal mechanism has turned out to be unachievable goal since there is no single response to it. Moreover, it is apparent that there are individual differences in resilience and risk factors that play a crucial role in response to potentially traumatic event and prevent a description of a response to an event that would affect people uniformly. During the course of a normal life span, most people at different times in their lives are confronted with the adverse events such as the death of a close friend or relative (Kessler, Sonnega, Bromet, Hughes, & Nelson, 1995). However, the argument that exposure to traumatic event can always result in mental health problems has become controversial because it can stigmatize those who do not believe they have been affected in an adverse manner. Fortunately, only a small percentage of people experience severe enough loss or trauma reactions to meet the criteria for posttraumatic stress disorder (American Psychiatric Association, 2000), and most people appear to fully recover from any adverse effect within a relatively short period of time, and to successfully overcome potentially traumatic events with little or no disruption in their normal ability to function (Shalev, 2002). Therefore, it is important to note that “the emergence of interest in the concept of resilience comes at the peak of success of the concept of post traumatic stress disorder (PTSD), serving as a reminder

that there is a wide range of possible responses to the same objective event” (Bonanno, Galea, Bucciarelli, & Vlahov, 2007). At the same time, research on the nature of ind..... middle of paper Events and PTSD Prevalence Using DSM-IV and DSM-5 Criteria. Journal of Traumatic Stress October 2013, 26, 537–547Stroebe, M. S., Hansson, R. O., & Stroebe, W. (1993). Contemporary themes and controversies in bereavement research. In M. S.Stroebe, W.Stroebe, & R. O.Hansson (Eds.) , Handbook of bereavement: Theory, research, and intervention (pp. 457– 476). Cambridge, England: Cambridge University Press.Ozer EJ., Best SR., Lipsey TL., Weiss DS. (2003). Predictors of posttraumatic stress disorder and symptoms in adults: A meta-analysis. Psychol Bull 129:52-73.Brewin, C. R., Andrews, B., & Valentine, J. D. (2000). Meta-analysis of risk factors for posttraumatic stress disorder in trauma-exposed adults. Journal of Consulting and Clinical Psychology, 68, 748– 766.Rutter M. 1987. Psychosocial resilience and protective mechanisms. Am J Orthopsychiatry 57:316–331.

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