

# Post-Traumatic Stress Disorder and Trauma Related Notions

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## Abstract

Post-traumatic stress disorder (PTSD) is a mental health condition after experiencing a traumatic event such as combat, crime, an accident or natural disaster. Anyone can develop PTSD at any age. The course of the illness is different and varies according to complex factors. Although some people recover within 6 months, others have symptoms that last for a year or longer. People with PTSD often have co-occurring conditions, such as depression, substance use, or anxiety disorders. They may feel stressed or frightened, even when they are no longer in danger. Early treatment is essential for preventing mental health complications and normal functioning. Other trauma related notions are stress, post-traumatic stress, complex PTSD, secondary traumatization and disorder of extreme

stress not otherwise specified (DESNOS). Each of the concepts has its own specific characteristics.

**Keywords:** stress, trauma, PTSD, Complex PTSD, DESNOS

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