養和精神健康門診
HKSH Mental Health Clinic

Post-Traumatic Stress Disorder (PTSD)

After experiencing significant trauma, it's natural for people to exhibit strong physical and emotional reactions. However, some individuals may continue to feel extremely distressed long after the traumatic event, and ends up being unable to let go or return to normal life due to Post-Traumatic Stress Disorder (PTSD).

Common Symptoms

Despite their deliberate attempts to avoid anything that might recall the traumas, patients simply can't help replaying the events in their minds. They may suffer from poor sleep quality, feel depressed, anxious, or irritable, and have frequent nightmares. Some may even resort to numbing themselves with excessive alcohol consumption or drug abuse.

Causes

Extremely frightening or dangerous experiences, personal character traits, and early life events can be potential triggers.

Treatment

Various types of psychotherapy, particularly behavioural therapy, have proven to be effective for PTSD. Patients often have intense emotional reactions toward the perpetrator of the trauma, and some may feel guilty about surviving the incident. These emotions need to be addressed and soothed. In terms of medication, antidepressants or sleeping pills can also provide some relief.

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Patient feedback is incorporated

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