Post-Traumatic Stress Disorder: Annotated Bibliography

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**Essig, T. (2015, December 3). Post-Traumatic Stress Disorder (PTSD) is more than a bad story. *Forbes.*  Retrieved from https://www.forbes.com/sites/toddessig/2015/12/02/post-traumatic-stress-disorder-ptsd-is-more-than-a-bad-story/#4c9754a3621d**

In this article, Essig (2015) takes the audience through an overview of what PTSD is. He presents the differences between physical injuries for the people that experience the trauma and future challenges associated with the affected individuals’ effort to get over the harrowing images of the traumatic experience. In essence, the article will especially play an important role in highlighting some of the facts known about post-traumatic stress disorder, in effect help in answering the research question on what society currently knows about the issue. Considering the high level of association of the condition with people that may have served in the military or underwent a severe case of trauma, this article serves the critical purpose of exemplifying the difference between the physical experience, and psychological scars left once the individual has undergone physical healing. Consequently, the material is an ideal source of insight on PTSD being a psychological and not physical health issue.

**Mayo Clinic. (2018, July 6). Post-traumatic stress disorder (PTSD) - Diagnosis and treatment. Retrieved from https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/diagnosis-treatment/drc-20355973**

This web article provides the audience with a broad range of information related to PTSD. For an audience that may previously have had no idea about what the condition is, Mayo Clinic presents an opportunity to not only learn the common symptoms of the condition from a lay perspective but also some of the treatment options available for those that have a positive diagnosis for the same. Therefore, the article will form an important source of information from a brief perspective, in effect helping advance the knowledge of subject matter for the research purpose. However, one of the primary challenges associated with this source is the brief nature of the information provided, to the extent that one needs to look elsewhere for further explanation on how the different concepts relate to each other to the extent of influencing the prevalence of PTSD.

**US Department of Veterans Affairs. (n.d.). PTSD: National Center for PTSD. Retrieved from https://www.ptsd.va.gov/understand/what/ptsd\_basics.asp**

The United States Department of Veteran Affairs presents useful information concerning PTSD. In particular, Essig (2015) describes the issue as psychological challenges associated with exposure to certain levels of trauma, which would explain why the government would be involved in addressing the cases of PTSD. Considering the veteran's exposure to various war conditions, it would be understandable that most would develop PTSD as a response to their experiences and whatever they observe during their deployment. In this case, the USDVA provides the audience with an opportunity to not only understand what PTSD is but also gain some useful insight on its prevalence and potential health solutions for those that diagnose positive for the condition. Consequently, the government website for veteran affairs will be a useful source of information that could, in effect, help acquire information on PTSD. Together with information gathered from Mayo Clinic, the Department of Veteran Affairs will provide the necessary background knowledge for delving into the research herein.

**Cusack, K., Jonas, D. E., Forneris, C. A., Wines, C., Sonis, J., Middleton, J. C., ... & Weil, A. (2016). Psychological treatments for adults with posttraumatic stress disorder: A systematic review and meta-analysis. *Clinical Psychology Review*, *43*, 128-141.**

In this research, Cusack et al. (2016) delved into research on the different treatment options associated with addressing problems associated with PTSD. A systematic review of the literature concerning some of the common treatment options, the study herein presents treatment options for PTSD that range from cognitive behavioral therapy to mixed therapy. Consequently, the research study concludes that although there has been extensive research on some of the potential intervention measures that could effectively help address PTSD, scholars pay minimal attention to the challenges associated with said intervention methods. Therefore, the research will present useful information related to the therapeutic and non-pharmaceutical intervention methods based on research into the subject. Ultimately, the fact that the study is based on an analysis of previous studies related to the subject makes it all the more insightful and useful for the current research.

**Raskind, M. A., Peskind, E. R., Chow, B., Harris, C., Davis-Karim, A., Holmes, H. A., ... & Romesser, J. (2018). Trial of prazosin for post-traumatic stress disorder in military veterans. *New England Journal of Medicine*, *378*(6), 507-517.**

In this study, Rashkind et al. (2018) present a report on the implications of using Prazosin as a pharmaceutical form of treatment for PTSD. Using information from a randomized trial of the α1-adrenoreceptor antagonist drug, the health practitioners hoped to determine the impacts of the drug on patients that had previously presented symptoms of PTSD through comparison of its effect to a placebo. By the end of the research, the practitioners determined no difference between the patients that had used Prazosin compared to those that had taken the placebo, an indicator that the drug was not an effective treatment for PTSD. The patients continued experiencing nightmares and other symptoms of PTSD, even after completing the Prazosin dosage. Notably, this research provides useful insight into current research into PTSD and the various activities that go into the development of treatment options for those with the condition. Ultimately, the report will especially make an integral part of the research considering the professional perspective involved in conducting the study.