PTSD Research Outline

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1. Introduction
   1. PTSD is largely a mental issue associated with traumatic experiences that not only cause physical pain, but also emotional distress.
   2. People subjected to some form of trauma are often likely to experience extensive levels of distress
   3. PTSD research has largely included an assessment of post-war experiences for war veterans, much to the extent of influencing their relations in society
   4. **Thesis**: PTSD experiences among different individuals largely influence their relationship with others due to personal issues that can be easily addressed through psychological intervention.
2. Body
   1. PTSD development
      1. Different cases and experiences have been associated with PTSD
      2. Experiences as normal as child birth have the potential to cause PTSD among the women (Shaban et al., 2013)
         1. Child birth is a clear case of trauma, in which case the pain could influence the new mother into psychological issues after the birthing process
         2. Child birth may be a necessity, but it has the potential to cause PTSD on the mother.
      3. Veterans form the group most exposed to chances of PTSD compared to other groups in society (Elliott, Gonzalez, & Larsen, 2011)
         1. Veterans are always exposed to incidences of violence in their daily activities
         2. Proper intervention is necessity for successful integration of the veterans back into the community after their deployment
   2. Intervention measures
      1. Most of the intervention measures associated with evidence based research on recorded cases of PTSD
      2. Intervention methods could be in the form of pharmacological or psychosocial forms of intervention (Kearns, Ressler, Zatzick, & Rothbaum 2012).
      3. In most cases, intervention measures are associated with the practitioners in question
3. Conclusion
   1. PTSD patients experience significant challenges associated with their experiences leading to difficulties in their social environment.
   2. Influences of the experiences on individual actions proceed to influence interpersonal relations.
   3. Intervention measures seek to address the condition by helping the patient overcome the psychological issues associated with the trauma.

References

Elliott, M., Gonzalez, C., & Larsen, B. (2011). US military veterans transition to college: Combat, PTSD, and alienation on campus. *Journal of Student Affairs Research and Practice*, *48*(3), 279-296.

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