

1.0

# Affects many, yet underdiagnosis, misdiagnosis, and delayed diagnosis persist<sup>1-5</sup>

1.1

**>80%** of the US population will be exposed to  $\geq 1$  traumatic event(s) in their lifetime<sup>6</sup>

1.2

**6.1% to 9.2%** of Americans will develop PTSD in their lifetime<sup>5,6,10,13</sup>

<sup>5</sup>Estimates vary significantly in size and accuracy due to heterogeneity of the populations assessed, the time periods evaluated, and under- or misdiagnosis of PTSD.<sup>5</sup>

1.3

**DIAGNOSIS**

## Underdiagnosis

In 2020, **~13 million** American adults experienced PTSD within the past 12 months,<sup>1</sup> yet **~60%** of these individuals are **undiagnosed**<sup>2</sup>

1.4

**DIAGNOSIS**

## Misdiagnosis

contributors include a **lack of awareness** in the general population, **stigma** among patients leading to unwillingness for full disclosure, **symptom overlap/ misattribution of symptoms**, and a **variable clinical course** (immediate vs. delayed onset)<sup>3,4</sup>

1.5

**DIAGNOSIS**

## Delayed diagnosis

average delay from symptom onset to first treatment has been reported as **4.5 years**<sup>5</sup>

**4.5 years**

Symptom Onset

First Treatment

2.0

# What is occurring in PTSD?

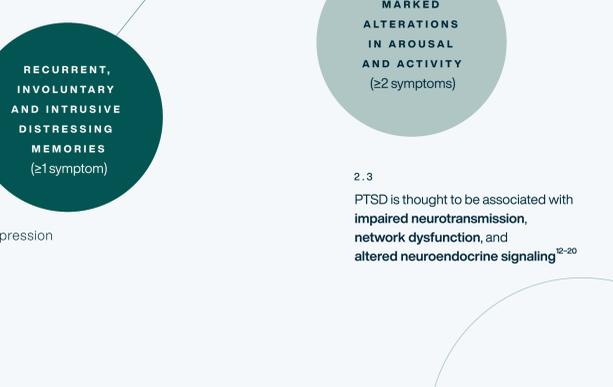
Exposure

2.1 Exposure to **actual** or **threatened death, serious injury, or sexual violence** leading to **clinically significant distress/ impairment lasting  $\geq 1$  month.**<sup>11</sup>

2.2

**SYMPTOMS**

Key symptom clusters include<sup>11</sup>:



Expression

2.3 PTSD is thought to be associated with **impaired neurotransmission, network dysfunction, and altered neuroendocrine signaling**<sup>12-20</sup>

3.0

# Who is more likely to experience PTSD?

- Rates of PTSD Among Different Sociodemographic Groups**
- US military combat veterans: 7.7% to 17%<sup>3</sup>
  - Refugees: 32%<sup>3</sup>
  - LGBTQ+ community: up to 48%<sup>7</sup>
  - Hispanic: 7.0%<sup>21</sup>
  - White: 7.4%<sup>21</sup>
  - Black: 8.9% to 8.7%<sup>21,22</sup>
  - Native American: 22.9%<sup>23</sup>

3.1

**8%**

**4.1%**

Men

Women

**Women** are **twice as likely** as men to develop PTSD in their lifetime<sup>24</sup>

3.2

**DEMOGRAPHICS**

## Risk factors



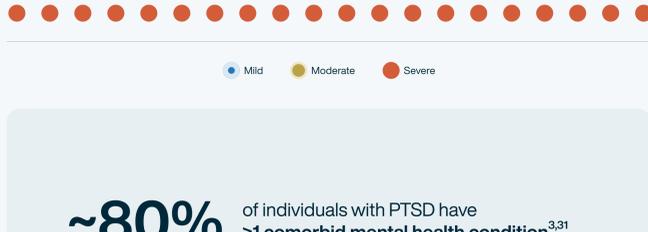
4.0

# What is the impact?

4.1

**SEVERITY**

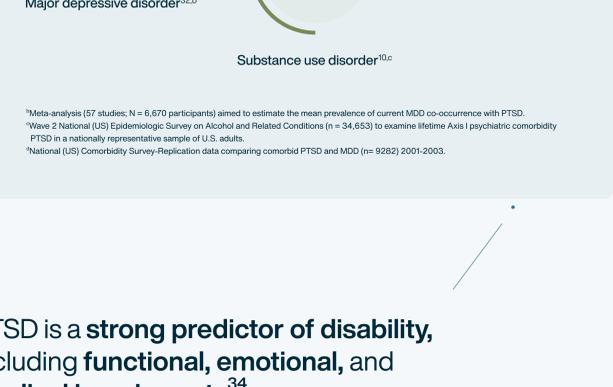
**~70%** of individuals with PTSD present with **moderate (33.1%) or severe (36.6%) symptoms**<sup>30</sup>



4.2

**COMORBIDITY**

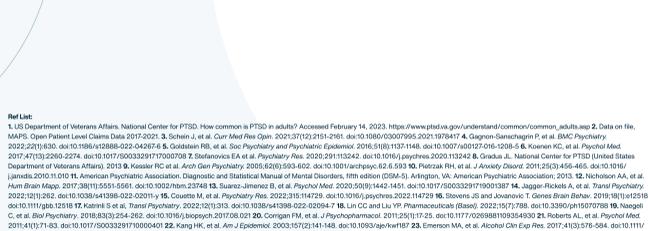
**~80%** of individuals with PTSD have  $\geq 1$  comorbid mental health condition<sup>3,31</sup>



<sup>a</sup>Meta-analysis (57 studies; N = 6,670 participants) aimed to estimate the mean prevalence of current MDD co-occurrence with PTSD.  
<sup>b</sup>Wave 2 National (US) Epidemiologic Survey on Alcohol and Related Conditions (N = 34,653) to examine lifetime Axis I psychiatric comorbidity PTSD in a nationally representative sample of U.S. adults.  
<sup>c</sup>National (US) Comorbidity Survey-Replication data comparing comorbid PTSD and MDD (N = 9282) 2001-2003.

4.3

## PTSD is a strong predictor of disability, including functional, emotional, and medical impairments<sup>34</sup>



**Ref List:**  
 1. US Department of Veterans Affairs. National Center for PTSD. How common is PTSD in adults? Accessed February 14, 2023. [https://www.ptsd.va.gov/understand/common/common\\_jadults.asp#2](https://www.ptsd.va.gov/understand/common/common_jadults.asp#2). Data on file. MAPS. Open Patient Level Claims Data 2017-2021. 3. Schell J, et al. *Curr Med Res Opin*. 2021;37(12):2151-2161. doi:10.1080/03007955.2021.1974774. 4. Gagnon-Sanchez P, et al. *BMC Psychiatry*. 2022;22(1):830. doi:10.1186/s12888-022-04267-8. 5. Gidycz JA, et al. *Soc Psychiatry and Psychiatric Epidemiol*. 2006;41(8):1137-1148. doi:10.1007/s00127-016-2008-8. 6. Koenen KC, et al. *Psychol Med*. 2017;47(12):2560-2574. doi:10.1017/S0033291717000707. 7. Satalavanta EA, et al. *Psychiatry Res*. 2020;291:113242. doi:10.1016/j.psychres.2020.113242. 8. Guake J. National Center for PTSD (United States Department of Veterans Affairs). 2019. 9. Kessler RC, et al. *Arch Gen Psychiatry*. 2005;62(6):563-602. doi:10.1001/archpsyc.62.6.563. 10. Puzosak RH, et al. *J Anxiety Disord*. 2011;25(3):456-466. doi:10.1016/j.janbdis.2010.10.011. 11. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5). Arlington, VA: American Psychiatric Association; 2013. 12. Nicholson AA, et al. *Hum Brain Mapp*. 2017;38(11):5551-5561. doi:10.1002/hbm.23164. 13. Suarez-Jimenez B, et al. *Psychol Med*. 2020;50(9):1442-1451. doi:10.1017/S0033291720000381. 14. Nagler-Holmes A, et al. *Trans Psychiatry*. 2022;12(1):282. doi:10.1038/s41380-022-02079-y. 15. Couette M, et al. *Psychiatry Res*. 2022;315:114729. doi:10.1016/j.psychres.2022.114729. 16. Stevens JI, and Joannak T. *Genes Brain Behav*. 2019;18(1):125-138. doi:10.1111/gbb.12318. 17. Carriri S, et al. *Trans Psychiatry*. 2022;12(1):212. doi:10.1038/s41380-022-02094-7. 18. Liu CC, and Liu YF. *Pharmacological Reports*. 2022;152:17181. doi:10.26907/18150107181. 19. Nagari C, et al. *Bull Psychiatry*. 2018;83(3):254-262. doi:10.1016/j.bopsych.2017.05.020. 20. Compton PM, et al. *J Psychopharmacol*. 2011;25(1):17-23. doi:10.1177/0299881103454930. 21. Roberts AL, et al. *Psychol Med*. 2019;49(12):171-183. doi:10.1017/S0033291719000401. 22. Kang HK, et al. *Am J Epidemiol*. 2003;157(12):141-148. doi:10.1093/aje/kwg107. 23. Emerson MA, et al. *Alcohol Clin Exp Res*. 2017;41(3):576-584. doi:10.1111/ace.13322. 24. Salek DF, and Foa EB. *Psychol Bull*. 2003;133(6):959-962. doi:10.1037/0033-2909.133.6.959. 25. Brooks-Hayley K, et al. *Brain Health*. 2020;2(4):171-171. doi:10.1002/brh.10015. 26. Sibrona NJ, et al. *Am Psychol*. 2018;73(1):101-118. doi:10.1037/amp0000339. 27. Holmes SC, et al. *J Trauma Stress*. 2021;34(1):805-816. doi:10.1002/jts.22741. 28. Deck SM, and Platt RW. *J Aggression Maltreat Trauma*. 2015;24(4):322-342. doi:10.1080/10887715.2015.1074134. 29. Elias PK, et al. *Can J Psychol*. 2021;71(1):10-18. doi:10.1002/cpsp.1202. 30. National Institute of Mental Health. *DSM-5: What's New in the Manual of Mental Disorders (PTSD)*. Accessed February 15, 2023. <https://www.nimh.nih.gov/health/publications/dsm-5-what-s-new-in-the-manual-of-mental-disorders.shtml>. 31. Ocasio T, et al. *Psychol Res*. 2021;50(1):125-130. doi:10.1007/s11269-020-09779-3. 32. Hyman NK, et al. *J Trauma Stress*. 2013;26(3):299-309. doi:10.1002/jts.2184. 33. Pagan SM, et al. *J Anxiety Disord*. 2014;28(3):319-325. doi:10.1016/j.janbdis.2014.02.004. 34. Mitchell JM, et al. *Hum Med*. 2022;37(6):1025-1033. doi:10.1080/1459-1701.2022.2103363. 35. Lu W, et al. *Psychol Health*. 2022;45(1):135-143. doi:10.1080/09638237.2022.2103363. 36. McCaslin HE, et al. *J Psychol Res*. 2018;72:104-111. doi:10.1016/j.psychres.2015.10.018. 37. Jellison L, et al. *J Psychiatry Res*. 2021;136:14-22. doi:10.1016/j.jpsychres.2021.05.039. 38. van den Berk Clark C, et al. *J Psychosom Res*. 2022;157:10793. doi:10.1016/j.jpsychres.2022.10793.