

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>

\*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>9</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>

Symptom Onset

**4.5 years**

First Treatment

## What is occurring in PTSD?

2.0

**DIAGNOSIS**

### Exposure

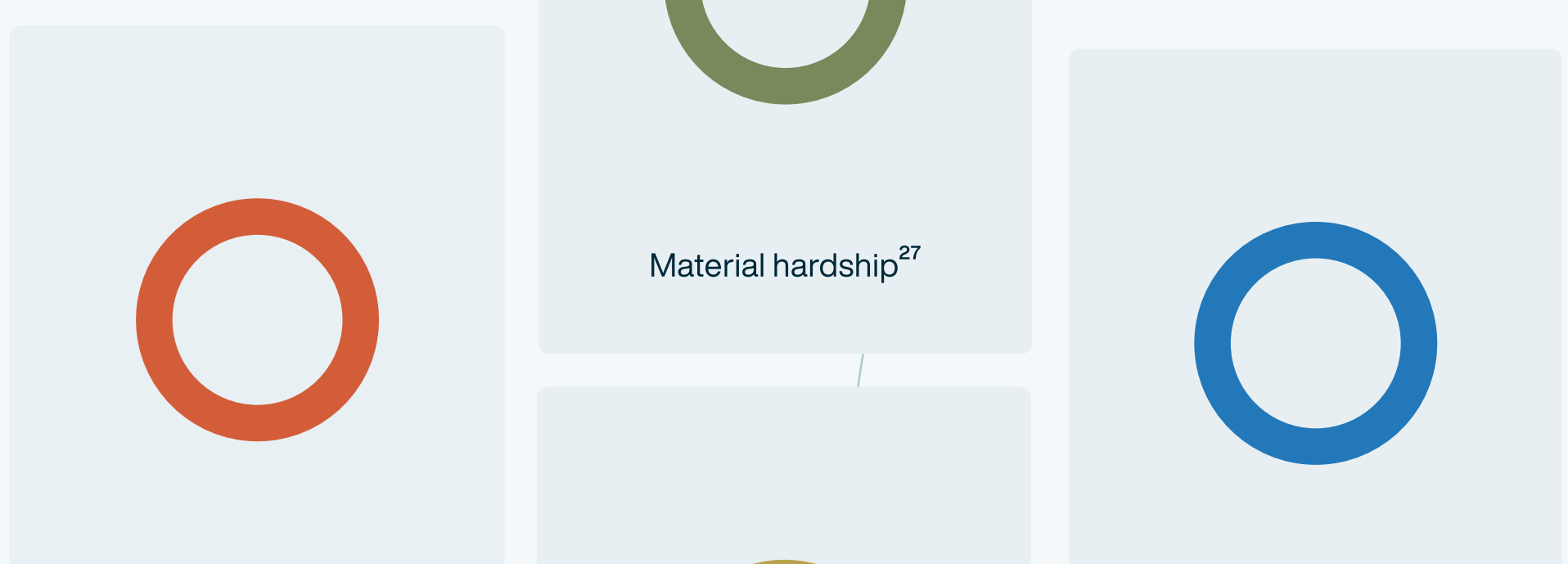
2.1

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>:

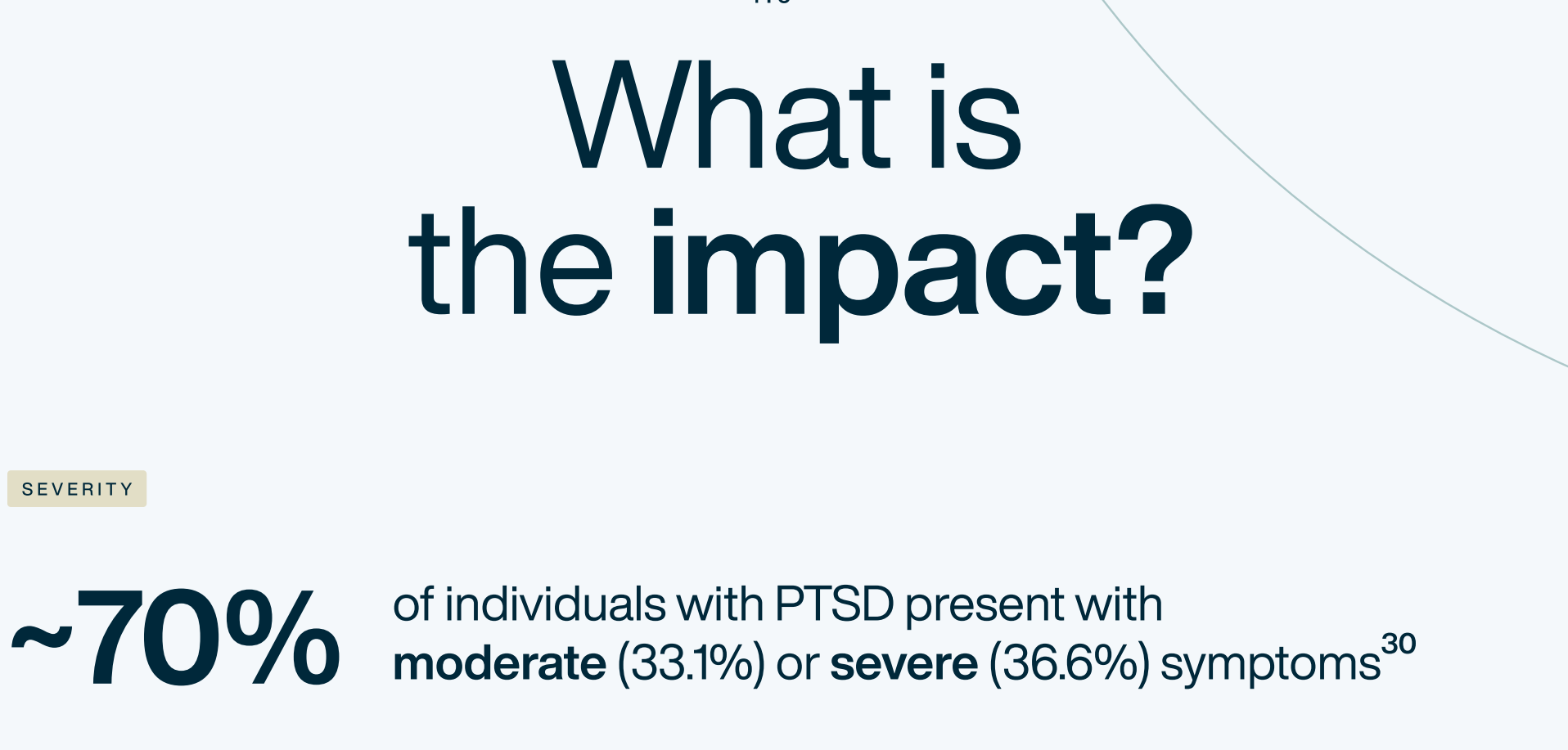


2.3

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

## Who is more likely to experience PTSD?

3.0



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

**4.1%** Men

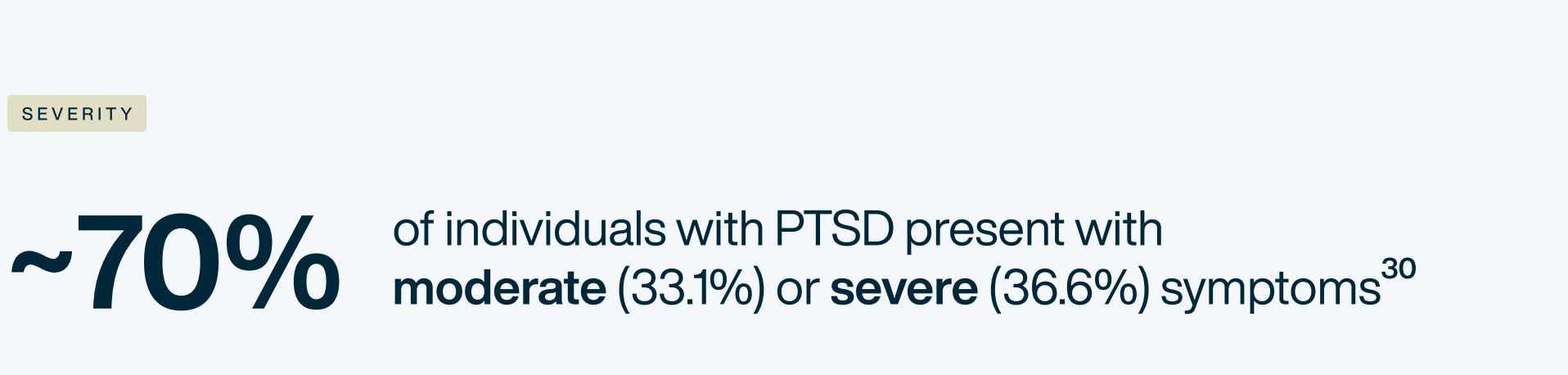
**Women**

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

3.2

**DEMOGRAPHICS**

## Risk factors



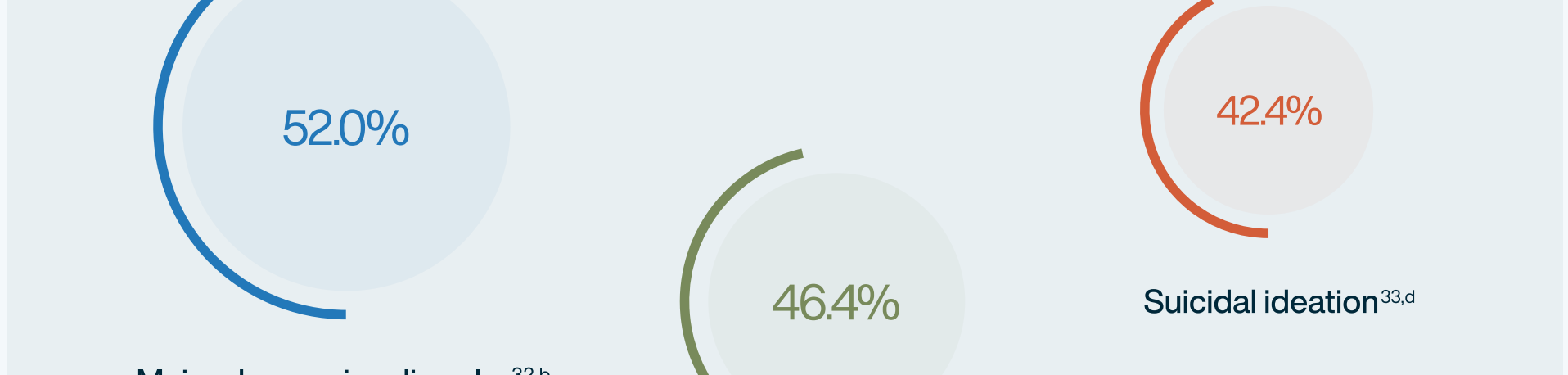
4.0

## What is the impact?

4.1

**SEVERITY**

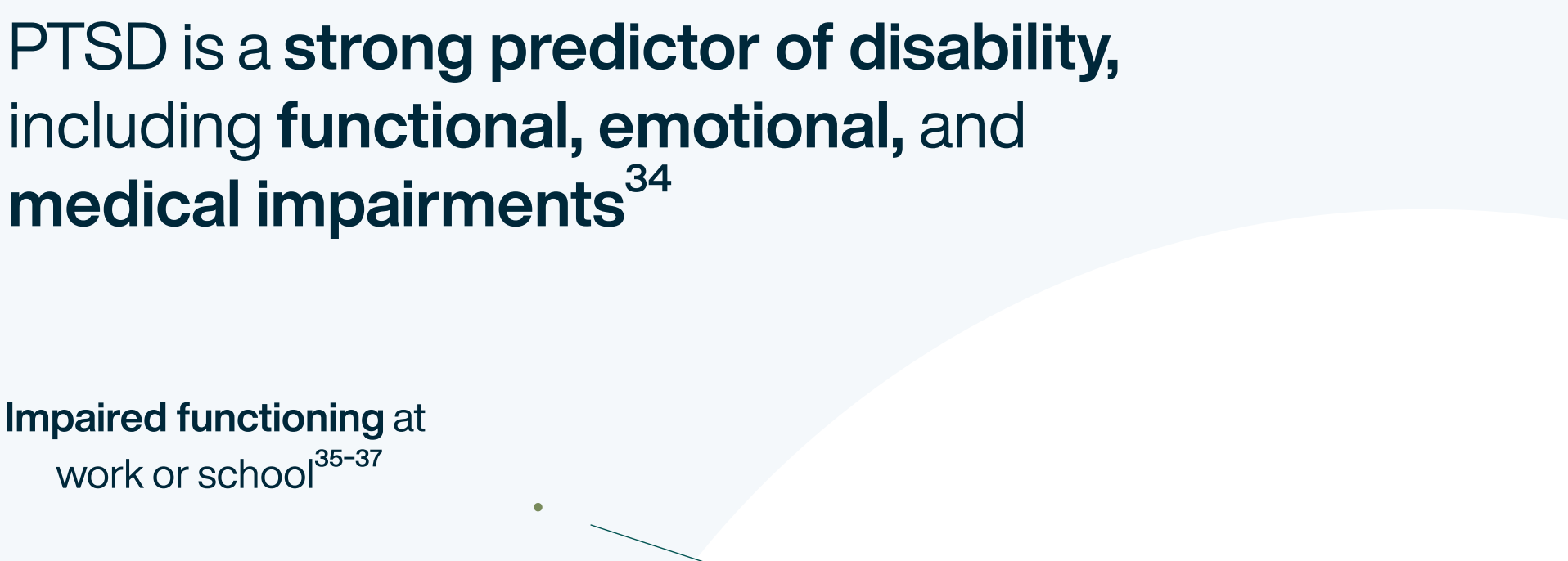
**~70%** of individuals with PTSD present with **moderate (33.1%) or severe (36.6%) symptoms**<sup>30</sup>



4.2

**DIAGNOSIS**

**~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>

