THE PRESENTING SYMPTOMS of POST-TRAUMATIC STRESS DISORDER in IRAQI PSYCHIATRIC PATIENTS

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ABSTRACT

Background: post-traumatic stress disorder (PTSD) is the characteristic symptoms following the psychological traumatic event which is generally outside the range of usual human experience. These involve: re-experiencing the traumatic event, numbing of responsiveness to or reduced involvement with human external world and a variety of autonomic, dysphoric or cognitive symptoms.

Objectives: to estimate the presenting symptoms of PTSD in Iraqi patients.

Methods: this is a cross sectional study that enrolled 140 patients with PTSD who had been attended the outpatient clinic of psychiatric unit at Al-Diwaniyah Teaching Hospital during period between the 1\textsuperscript{st} of March 2009 - 1\textsuperscript{AUGUST} 2009. PTSD diagnosed according to criteria of structural clinical interview for diagnostic and statistical manual of mental disorder text revision (DSM-IV-TR).

Result: this study revealed that 100\% patients having PTSD. This is consistent with the conditions found in the DSM-IV-TR. The study also referred to symptoms of accompanying neurotic disorders in the individuals of the sample, such as depressive symptoms (73\%), enduring personality changes (59\%), generalized anxiety disorder (56\%), and adjustment disorder (48\%). Delayed form of PTSD was found in 54\% of patients. 95 patient out of 140 patient had wish to seek help.

Conclusions: this study proved that the associated disorders, as depression or anxiety, may overlap diagnosis PTSD. The study proved that the symptom of PTSD increased in percentage in the Iraqi patients due to exposing them to three wars, economic embargo, and the present state of terrorism; so it became a problem that needs care and attention of the specialists, and the cooperation of different governmental establishments and civil society organizations.