

Post-Traumatic Stress Disorder (PTSD)

Severity: Moderate (0%)

Description: PTSD is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it.

Symptoms:

- Flashbacks or nightmares
- Severe anxiety
- Avoidance of trauma reminders
- Emotional numbness

Causes: Trauma such as accidents, war, abuse, or disasters.

Treatment: Psychotherapy, medication (like SSRIs), exposure therapy, and EMDR.

User's Text Responses:

q1
1

q10
1

q2
1

q3
1

q4
1

q5
1

q6
1

q7
1

q8
1

q9
1