

# Post-Traumatic Stress Disorder (PTSD)

**Severity:** 20 (50%)

**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  
Yes

q10  
yes

q2  
Yes

q3  
Yes

q4  
Yes

q5  
Yes

q6  
yes

q7  
yes

q8  
yes

q9  
yes