

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