

Post-Traumatic Stress Disorder (PTSD)

Severity: Moderate (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:

In your own words, describe a moment when you felt detached from reality or people around you.
no

How do you typically react when you're under stress or fear without an obvious cause?
no

Can you share a belief you've had that others found unusual or hard to understand?
no

Describe any difficulties you face when trying to concentrate or remember things.
no

Explain how your trust in others has affected your day-to-day life.
no