Post-traumatic stress disorder (PTSD) is a mental health condition that can develop after a person has experienced or witnessed a traumatic event. PTSD can cause intense, sometimes overwhelming emotions and can make the person feel like they are reliving the event. PTSD symptoms can include:

- Intrusive memories
-Flashbacks
- Nightmares
- Avoiding things that remind them of the event
-Negative changes in how they think about themselves and others
-Mood swings
-Anxiety

PTSD can have a big impact on a person's everyday life. It can make it hard to work or go to school, and can cause problems with relationships. It's important to get help if you're experiencing PTSD symptoms. There are treatments that can help, including therapy and medication. If you're struggling with PTSD, talk to a healthcare provider or a mental health professional for help.

Trends in Posttraumatic Stress Disorder Research

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