

STRESS, TRAUMA & RELATED DISORDERS

Stress

Any demanding situation can induce stress

Types of Stress

← Eustress (Beneficial)
(+ve form)

→ Dystress (d/h
excessive &
prolonged stress)

Effects of Chronic Stress

① Lymphoneuroimmunological diseases

- ↑ risk of
- AI diseases
- HTN
- Dementia

② BURN-OUT

WHO → Occupational Phenomenon

Features (DIE)

- * Detached / Disconnected from work
- * Feeling of Ineffectiveness
- * Exhaustion (Physical &/or Psychological)

Life Event

Any major event with a +ve/-ve psychological impact.
Can precipitate / predispose a mental illness.

Life Event is a Causative Factor for

- ① Grief
- ② Acute Stress Reaction
- ③ Adjustment disorders
- ④ PTSD
- ⑤ Acute Stress Disorders

GRIEF

Stages of Grief **DABDA**

Described by Kubler Ross

Denial: OSTRICH PHENOMENA

Anger

Bargaining

Depression / loneliness

Acceptance

can occur in any sequence

Pathological Grief

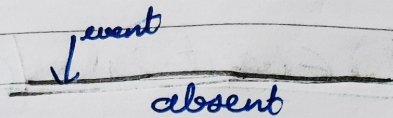
May require psychological intervention

TYPES

FEATURES

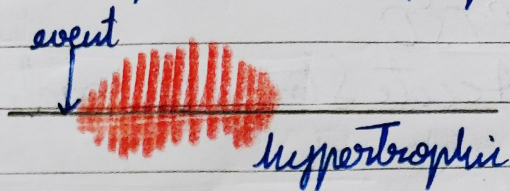
1. Absent Grief

Absence of emotion



2. Hypertrophic Grief

Excessively intense feelings of grief (eg: suicidal thoughts, loss of appetite)

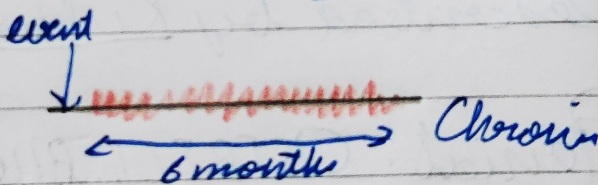


3. Chronic Grief

Prolonged period of Grief:

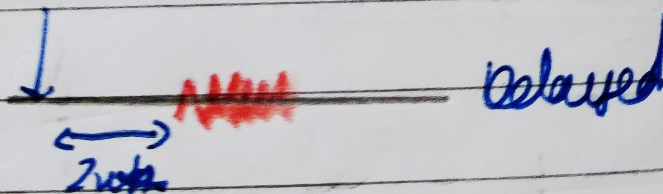
ICD-11 → 6 months

DSM-IV → > 12 months



4. Delayed Grief

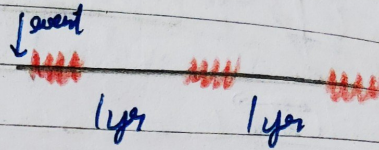
Onset of Grief (≥ 2 weeks) after triggering event



5. Anticipatory Grief

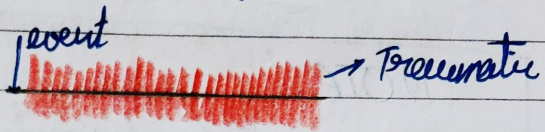
Date: _____

Annual occurrence of grief



6. Traumatic Grief

Hypertrophic grief present chronically.

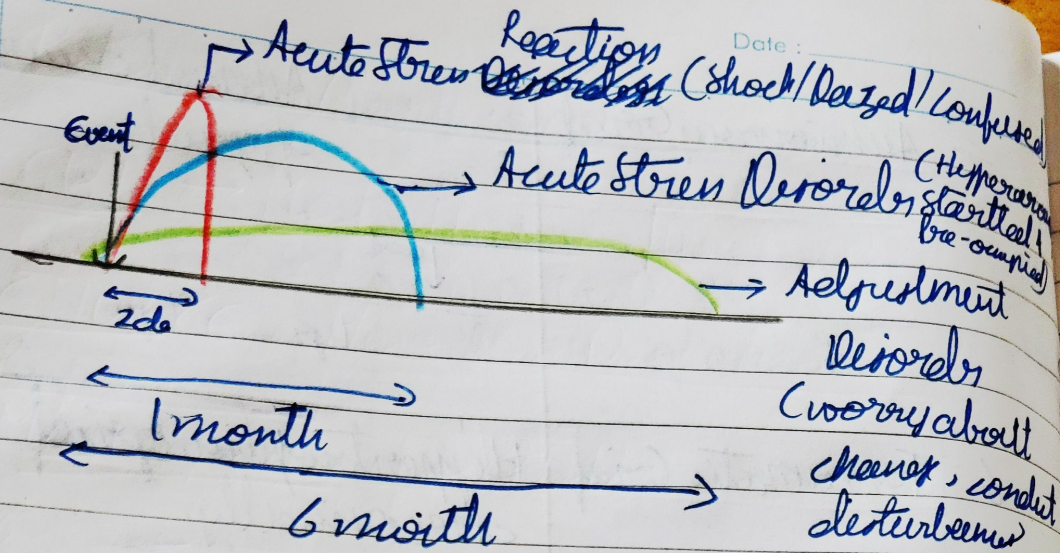


Managements

- ① Anti-depressants } → Short term
- ② Anxiolytic
- ③ Grief Counselling

Acute Stress

	Acute Stress Reaction	Acute Stress Disorder	Adjustment disorder
Onset	Sudden	Gradual	Gradual
Duration	≤ 7 days	≤ 1 month	≤ 6 months
Loss of Streamer			
Intensity	Severe Anxiety	Moderate Anxiety	Mild Anxiety/Depression
SYMPTOMS	<ul style="list-style-type: none"> • Confused • Dazed / Shocked 	<ul style="list-style-type: none"> • Startled • Hyperaroused • Pre-occupied 	<ul style="list-style-type: none"> • Behavioural (Conduct) changes • <u>CONSTANT WORRY</u> about <u>CHANGE</u>



NOTE: (M/CQ)

M/C disorders in patients with

- Cancer: Adjustment disorders
- HIV: Depression

Post-Traumatic Stress Disorder

Symptoms

• Present \geq 1 month

• 3 CORE SYMPTOMS must be present:

① Re-experiencing Traumatic event

↳ Vivid Intrusive Memories/Images
(Flashbacks)

↳ Repetitive Dreams & Nightmares
related to event

Date: _____

② Deliberate avoidance of triggers

- Active internal avoidance of thoughts & memories related to the event
- External avoidance of people, activities, conversations & situations related to event.

③ Persistent perception of heightened threat

- ↳ Hypervigilance
- ↳ Enhanced Startle Reaction (Hyperarousal)

↑ Risk in

- Females
- Mental Illness
- Substance abuse
- H/o childhood trauma
- Personality disorders
- People with EXTERNAL locus of control (MCQ)
(e.g. individuals who meet with car accident d/t someone else's reckless driving)

Management

1. Pharmacological

- ① SSRI
- ② β -blocker
- ③ BZDs → Short-Term
- ④ α_1 blocker → PRAZOSIN (MCQ)
↳ in resistant Nightmares

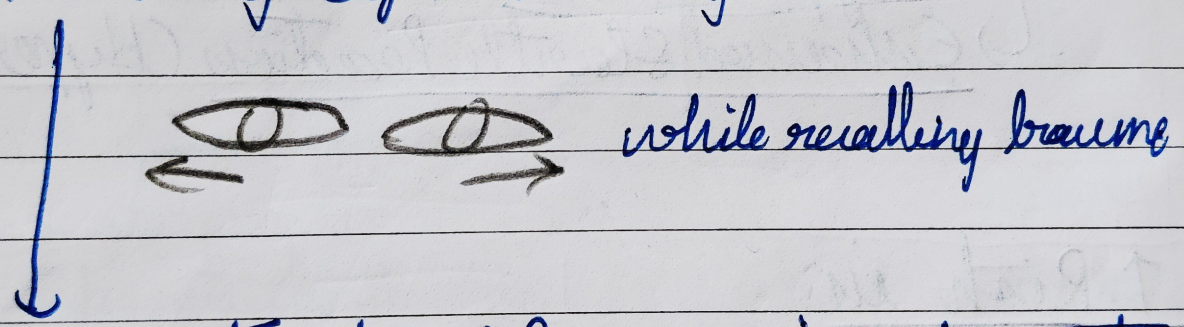
2. Behavioural / Psychobiological

① CBT → Most effective [TRAUMA-FOCUSED CBT]

② EMDR (Eye Movement Desensitization & Reprocessing)

- Most Specific for PTSD

- Repeated recall of traumatic event while moving eyes laterally.



while recalling trauma

Desensitization & Reprocessing of emotions