

Living with post-traumatic stress

Seeking treatment

As reported by 697 members of PatientsLikeMe's post-traumatic stress (PTS) community

50%
of members
are receiving
treatment
for PTS



What were the most important factors in your decision to seek treatment?

TOTAL POPULATION

Problems managing emotions

90%

Problems thinking clearly

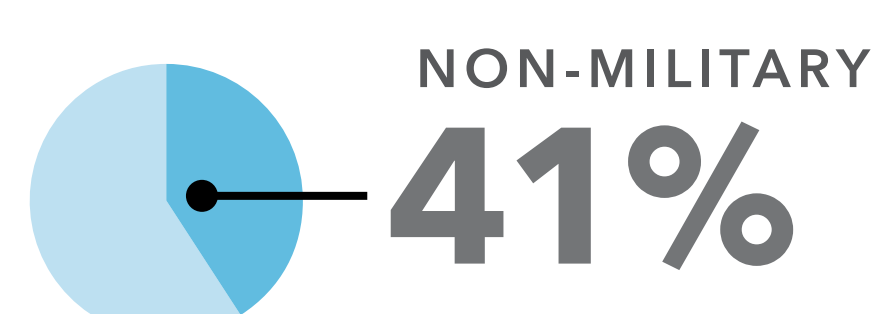
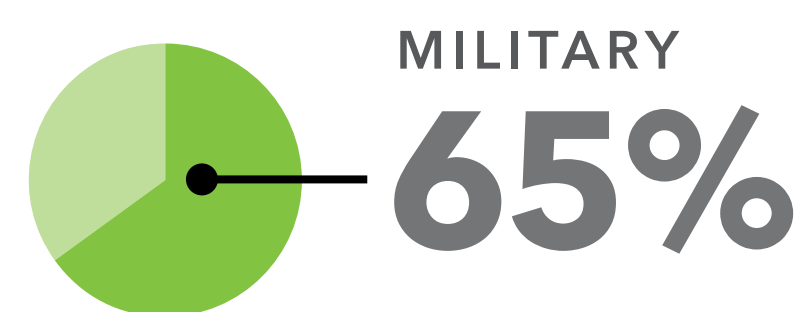
81%

Problems managing social relationships

69%

MILITARY VS. NON-MILITARY

Problems with partner or spouse



Who helped you seek treatment?

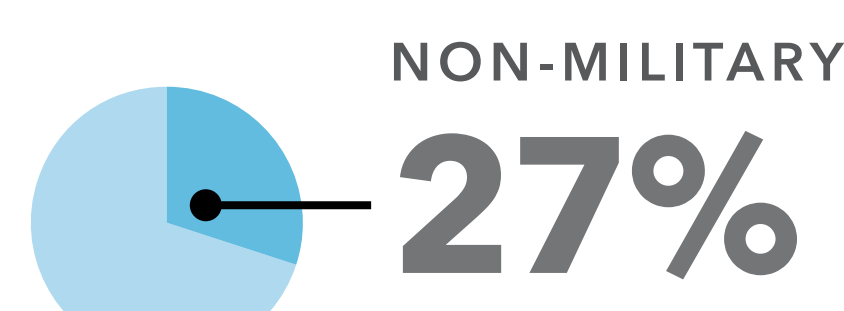
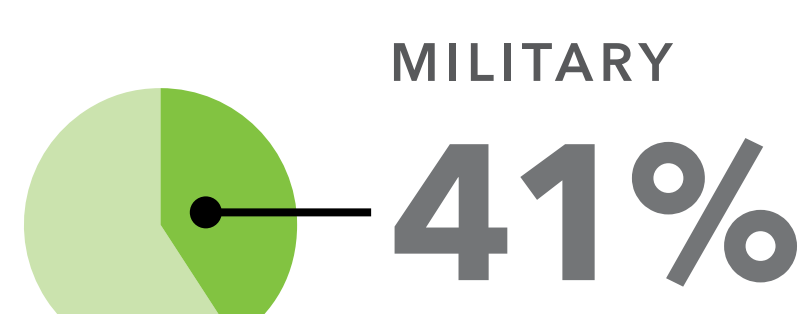
TOTAL POPULATION

Sought treatment on their own

41%

MILITARY VS. NON-MILITARY

Helped by family or relatives



What are the most commonly reported treatments?

TOTAL POPULATION

88% Anti-depressants or anti-anxiety medication

53% Cognitive behavioral therapy



To what extent is treatment helpful?

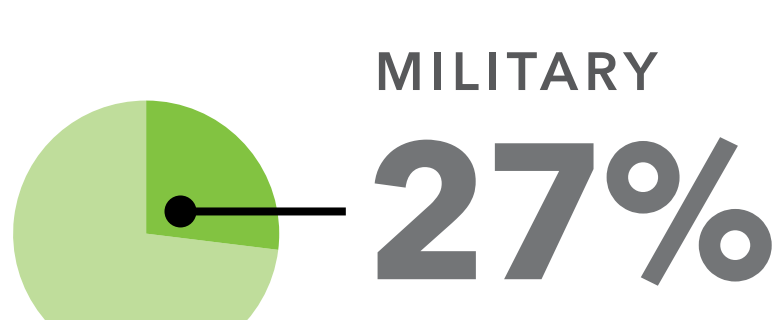
TOTAL POPULATION

66%
Found it at least moderately helpful

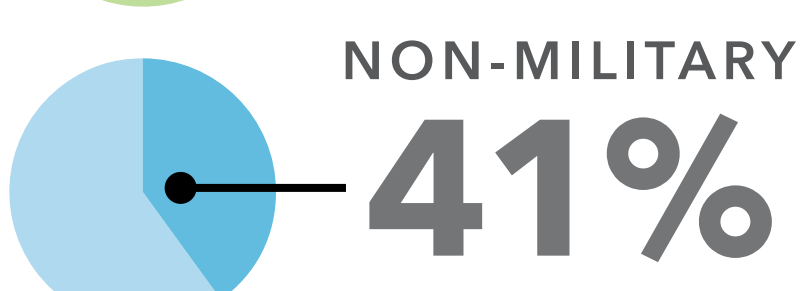
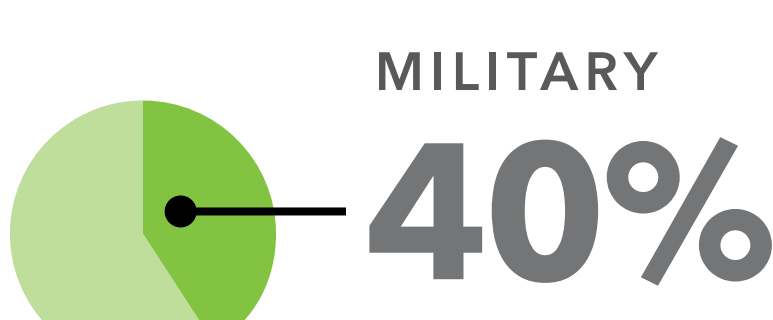
Reasons for not seeking treatment



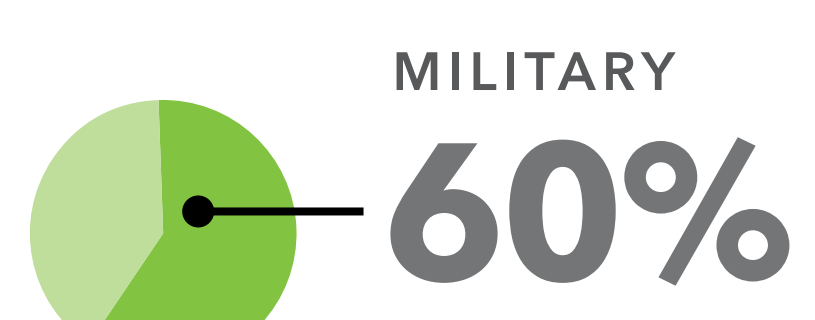
Not knowing which treatment was available



Not knowing where to get treatment



Didn't want people to think they had a psychiatric problem



Military = people who indicated they have served in the military.

Non-military = people who indicated they have not served in the military and people who have not specified their military status