

Traumatic Stress: Consequences on Individuals and Society's Response

Andrei Novac, M.D., F.A.P.A.

Clinical Professor of Psychiatry

Director, Traumatic Stress Program,

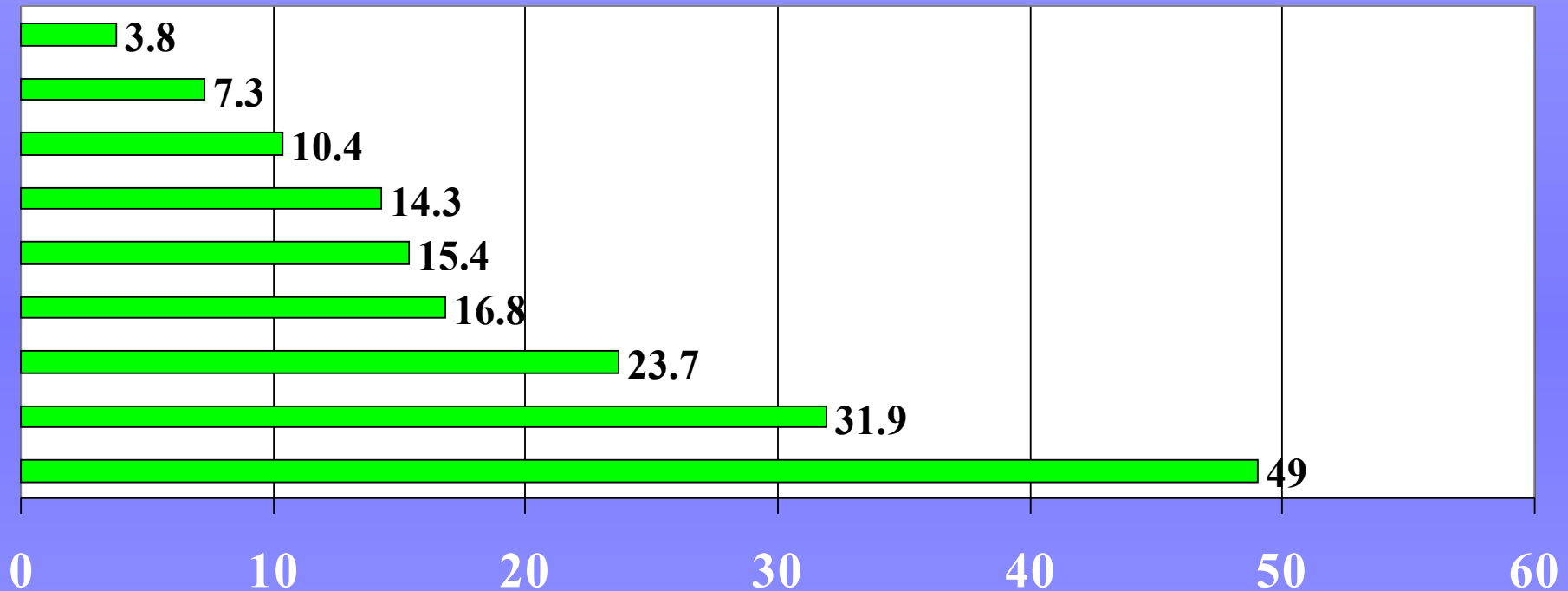
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Types of Traumatic Events

- Natural Disasters (Acts of God) = innate phylogenetically determined survivor mechanism (Stress Response, Relaxation Response)
- Man-related or Man-made Disasters (technology, wars, man-to-man violence and victimization) -- progressive increase

In a study,

Select traumatic events and the estimated risk for developing PTSD



Rape	Severe beating	Other sexual assault	Serious accident or injury	Shooting or stabbing	Unexpected death of a close	Child's life threat	Witnessing killing/seri	Natural disaster
49	31.9	23.7	16.8	15.4	14.3	10.4	7.3	3.8

Risk of PTSD (%)

Differences Between Terms

- Trauma = A virtual impact
- Traumatic Event = Event significant enough to cause trauma (impact)
- Traumatic Stress = Mind/Body reaction to trauma

For additional information regarding
this subject, please contact Dr. Novac
at anovacmd@gmail.com