**Trauma sequelae through the Swiss cultural lens: Maintaining functioning at all costs**

Background: The specific value expressions ​​in different cultures are related to how post-traumatic consequences are expressed.

Objective: This presentation focuses on understanding culture-specific post-traumatic experiences of distress among Swiss trauma survivors above and beyond pan-cultural diagnoses, such as post-traumatic stress disorder (PTSD) and Complex PTSD.

Method: Five semi-structured focus group interviews were conducted with experienced trauma therapists (N = 8) and Swiss trauma survivors (N = 7). The open interview schedule focused on various domains of potential post-traumatic changes (emotions, cognitions, worldviews, relationships, body-related experiences, behavior, and growth) and their association with Swiss cultural value orientations.

Results: Qualitative content analysis led to a 57-item Swiss Cultural Scripts of Trauma Inventory, which mirrors many pan-cultural phenomena represented in the concept of complex PTSD (e.g., self-deprecation, emotion regulation difficulties). However, other post-traumatic changes (e.g., the urge to function and perform, the urge to hide and endure suffering) may be prominently related to Swiss culture with its value orientations. Swiss cultural value orientations that were perceived as related to trauma sequelae included conformity (i.e., Swiss society's tendency to perceive norm divergences as disconcerting and its emphasis on fulfilling social roles), achievement (i.e., a focus on functioning, success, and strength) and individualism (i.e., Swiss people’s tendency to primarily feel responsible for themselves and their significant others).

Conclusions: In Switzerland, value orientations related to conformity, achievement and individualism may relate to trauma sequelae, such as the urge to function and perform or to hide and endure suffering, and ultimately, to delayed help-seeking.