

# The impact of long-term PTSD 12-15 years post-trauma



## BACKGROUND & AIM

### The long-term prevalence and impact of trauma is largely uninvestigated

Previous longitudinal studies: measured within a year, at most within a decade post-trauma.

At 12-15 years post-trauma we investigated the long-term:

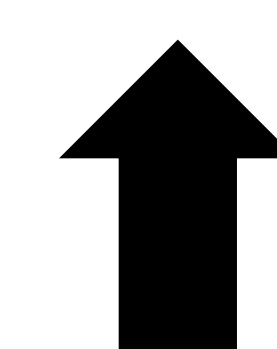
- 1) Prevalence of PTSD
- 2) Psychological and functional impact of PTSD

## CONCLUSION

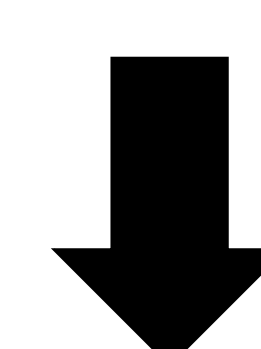
### 5% long-term PTSD

12-15 years post-trauma

More PTSD symptom severity =



Depression  
Anxiety



Well-being  
Quality of life

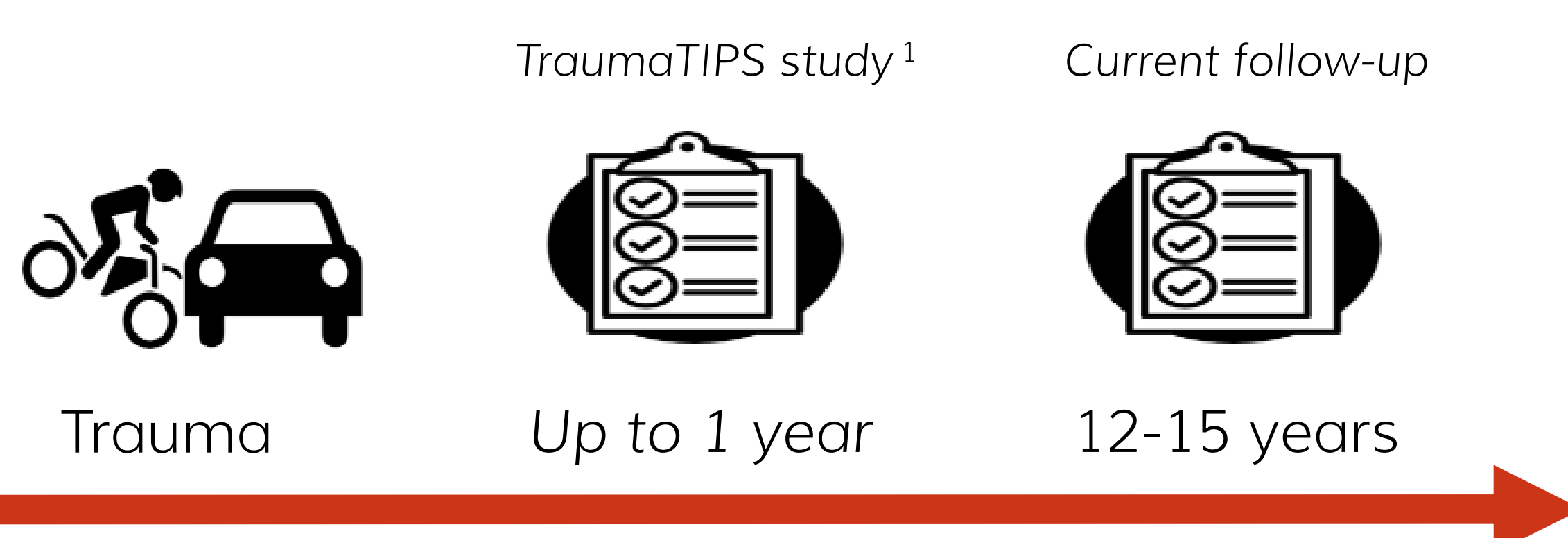


” *We need to prevent long-term PTSD  
and its great impact!*

## METHODS

### First 12-15 years follow-up study

N = 194 (34% female) adults admitted to an emergency department following suspected serious injury



Linear regression analyses

#### Predictors:

- PTSD symptom severity (CAPS-5 total score<sup>2</sup>)
- PTSD symptom severity x sex

#### Outcomes:

Depression (qIDS<sup>3</sup>); anxiety (HADS<sup>4</sup>); alcohol use (AUDIT<sup>5</sup>); well being (WHO-5<sup>6</sup>); (health-related) quality of life (WHOQoL<sup>7</sup>; EQ-5D-5L<sup>8</sup>)

#### Covariate:

- Trauma exposure since index trauma (initial injury; LEC-5<sup>9</sup>)

## RESULTS

### Long-term prevalence of PTSD

According to DSM-5 criteria:

n = 9 PTSD (5%); n = 176 without PTSD

### Psychological and functional impact

Depression:	$\beta = .578$	$p = .006$
Anxiety:	$\beta = .515$	$p = .011$
Alcohol use:	$\beta = .038$	$p = .613$
Well being:	$\beta = -.402$	$p = .028$
Quality of life		
Physical	$\beta = -.460$	$p = .017$
Psychological	$\beta = -.466$	$p = .022$
Social	$\beta = -.235$	$p = .044$
Environmental	$\beta = -.218$	$p = .05$
Health-related	$\beta = -.391$	$p = .033$

There are no significant interaction effects of PTSD symptom severity and sex ( $p > .05$ ).

1) Mouthaan et al., 2014 (PLoS One); 2) Weathers et al., 2014 (Western Psychological Services Torrance); 3) Rush et al., 2003 (Biol Psychiatry); 4) Spinhoven et al., 1997 (Psychological medicine); 5) Bush et al., 1998 (Archives of internal medicine); 6) Topp et al., 2015 (Psychotherapy and psychosomatics); 7) Skevington et al., 2004 (Quality of life Research); 8) Brooks et al., 1996 (Health policy); 9) Gray et al., 2004 (Assessment).



GET IN TOUCH!



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