

Literature Review: Types and Prospects of Post-Traumatic Stress Disorder

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Abstract: Post-traumatic stress disorder (PTSD), as a serious mental illness, has an increasing incidence in today's society. PTSD affects not only an individual's mental health, but also their social functioning and quality of life. Therefore, it is very necessary to seek effective treatment methods. Systemic treatments for PTSD have existed for hundreds of years. This article will detail pharmacotherapy, psychotherapy, individual, family, and social therapies, as well as some emerging therapies for PTSD. Each of these therapies has its own focus and characteristics. This article will focus on the discussion and focus on the prospects of each therapy. This article will also compare the advantages and disadvantages of these methods in terms of effectiveness, applicability, and safety, and provide corresponding treatment recommendations based on different types and degrees of PTSD. This article aims to provide useful reference information for PTSD patients and psychotherapists to promote early diagnosis and treatment of PTSD.

Keywords: PTSD, Mediation, Psychotherapy, Social Therapies, Emerging Therapies

1. Introduction

Post-Traumatic Stress Disorder (PTSD), which is caused by traumatic events experienced or witnessed by the patients, is a mental health condition. Someone who has been affected by PTSD is supposed to be suffered by the distressing reactions in daily life for an extended period. PTSD research has become an increasingly important topic due to its wide relevance and its high social cost, as well as its impact. Concerning the therapies of PTSD, traditionally, there are medications for PTSD, and there are also a series of psychological treatments, such as CBT and EMDR, and some emerging treatment methods, such as virtual reality therapy. In addition, the patient's own self-therapy, such as physical activity, is also an important and effective treatment. This paper delves into the realm of PTSD treatment methods, analyzing the diverse approaches employed to alleviate its symptoms and restore well-being. Besides by examining the evolution of therapeutic strategies, their underlying theoretical foundations, and their empirical effectiveness, this exploration aims to shed light on the complexities of treating PTSD. Through a comprehensive analysis of the available literature, this paper aspires to contribute to the ongoing discourse surrounding PTSD treatment, and to make PTSD patients better be treated.

2. Mediation

PTSD, in principle, is also a type of depression. The history of depression dates to ancient times. The understanding of the treatment of depression evolved from an early philosophical and religious perspective, and gradually during the 18th and 19th centuries, to its being considered a medical problem. With the emergence and rise of psychiatry and psychoanalysis, people began to study and classify depression more systematically. Antidepressants began to be used to treat depression in the mid-20th century with the development of drug therapy. Common antidepressants include tricyclics, monoamine oxidase inhibitors, and, in the late 20th century, selective serotonin reuptake inhibitors (SSRIs).

The therapeutic mechanisms of PTSD medications are varied but are essentially based on modulating the levels of neurotransmitters in the brain, thereby alleviating the symptoms of PTSD. PTSD treatment drugs commonly include SSRIs, Alpha-Adrenergic Agonists, Benzodiazepines, etc. However, only two SSRIs, sertraline and paroxetine, are currently approved by the US FDA as first-line treatment for PTSD. And these two drugs also have obvious defects, such as low efficacy and impact on sexual function and intestinal function [1]. Take the two SSRIs as example, sertraline always used as mainline drug for teenage depression[2], sertraline helps improve mood and mental state by regulating the levels of the neurotransmitter serotonin, a chemical that affects mood and emotion, in the brain. Sertraline inhibits serotonin (5-HT) reuptake and modulates neuroplasticity with fewer adverse effects [2]. Common side effects of sertraline include, but are not limited to, nausea, insomnia, headache, and sexual dysfunction. The therapeutic principle of paroxetine is similar to that of sertraline. However, the use of paroxetine is more cautious in the treatment of adolescent depression because it has more serious side effects [3]. And it is more prone to adverse reactions when used in combination [4].

Regarding the experimental research on drug therapy for PTSD, predecessors have made a lot of efforts and achieved remarkable results to support the effectiveness and feasibility of drug therapy in alleviating PTSD symptoms. In addition to studies of the effect of paroxetine and sertraline on reducing PTSD symptoms [5,6], there have also been studies of the different efficacy of other drugs. For example, Prazosin can reduce nighttime nightmares in PTSD patients [7], and beta-receptor antagonists can reduce bad mood and physiological reactions [8].

Drug therapy has both advantages and limitations. On the one hand, drug therapy has the advantages of quick onset and definite curative effect; on the other hand, drug therapy may also cause side effects or drug dependence. In addition, individual differences are also issues that need to be considered in PTSD drug treatment. Individual differences refer to the individual differences in the efficacy of drugs to treat PTSD. Some patients may develop drug resistance, and the psychological and physiological conditions of different patients will also affect the efficacy of drugs. Therefore, the need for a unique drug regimen for different patients is extremely important. When administering drug therapy, doctors need to closely monitor the patient's symptoms and drug response and adjust as needed to obtain the best therapeutic effect. At the same time, psychotherapy may also be used in combination with drug therapy to provide more comprehensive help. Medication plays an important role in alleviating PTSD symptoms, but comprehensive treatment is also important. Individualized treatment plans and comprehensive treatment strategies are important areas for future research on PTSD drug therapy. In addition, researchers should also focus on the development of new drugs and continue to explore in the fields of neuroscience and immune system related to mental health.

3. Psychotherapy Strategies

Psychotherapy is significant in addressing various mental health challenges, PTSD being one of them. The fundamental treatment tenets of psychotherapy for post-traumatic stress disorder primarily

revolve around assisting patients in progressively alleviating symptoms, fostering psychological recuperation, and bolstering their capacity to confront trauma-triggered scenarios. This is achieved through a process of engaging with traumatic memories, reshaping negative thought patterns, expressing pent-up emotions, and cultivating a secure therapeutic environment. While different therapeutic approaches may underscore specific facets of these principles, collectively they lay the foundation for efficacious PTSD management.

Common PTSD psychotherapy methods include exposure therapy, cognitive behavioral therapy (CBI), and eye movement desensitization and reprocessing (EMDR). Exposure therapy is a major form of psychotherapy for PTSD. The central concept of this therapy aims to assist patients in diminishing their fear and anxiety towards the stimulus or situations that trigger their apprehensions. This is achieved through a systematic process of gradually exposing them to these stimulus or situations. By consistently confronting these sources of fear, patients progressively develop the capacity to adapt, mitigate fear, and ultimately alleviate their symptoms of anxiety [9]. CBT is grounded in the idea that people's feelings and actions are shaped by their thoughts, offering a means to enhance emotions and behaviors through the adjustment and reshaping of cognitive patterns. It often includes mindfulness-based stress relief, mindfulness-based cognitive therapy, acceptance and commitment therapy and dialectical behavioral therapy [10]. While EMDR is to eliminate or desensitize the emotional response to traumatic images by connecting negative cognitions, emotions, and physical sensations, accompanied by some form of bilateral brain stimulation. Then through repeated bilateral brain stimulation to make memory integration and reprocessing, bad traumatic memories can be associated with the information processing system or become new memories [11].

As we can see, psychotherapy for PTSD also has a good effect on alleviating symptoms and improving mental health. Compared with drug treatment, it avoids the side effects and addiction of drugs, and at the same time gives patients better self-control, enabling patients to understand and deal with inner changes by themselves, rather than simply controlling symptoms. And after long-term psychotherapy, patients have learned coping skills to face painful memories, and at the same time changed their thinking patterns, making their thoughts develop to a positive level, thus effectively avoiding the recurrence of PTSD, and thus long-term management good mood. However, due to its strict requirements, psychotherapy also has relatively high treatment costs, including human costs and money costs. For example, effective psychotherapy can only be administered by a professionally trained psychologist or therapist. Moreover, psychotherapy is often a long-term process, and both the therapist and the patient must be patient, which is also a major test for the patient's confidence in treatment. In addition, as mentioned above, each patient has its own uniqueness, which is a more difficult task in psychological treatment than drug treatment. This requires the therapist not only to have professional skills, but also to have rich treatment experience. At the same time, the patient's willingness to cooperate with treatment is also a very important factor, which is the challenge that the therapist needs to face in the treatment process.

The future development direction of psychotherapy for PTSD mainly includes the following aspects. One is the improvement of the effect of psychotherapy itself. As mentioned above, patients are unique, so the methods of psychotherapy should also be diversified. Psychotherapy should also develop toward standardization and specialization, because wrong psychotherapy will not only fail to improve patients' symptoms but will also affect patients' confidence in treatment and cause patients' aversion to psychotherapy. The second is to combine psychotherapy with modern science and technology, such as the Internet, online consultation, digital treatment, or online self-help to enable patients and doctors, or patients and patients to communicate through the Internet, making treatment more efficient and effective. accuracy. The third is to gradually shift the focus from treatment to prevention. Regular mental health education or publicity is especially important, especially for some

special workers. For example, soldiers, policemen, firefighters, etc. are dangerous occupations that easily cause practitioners to suffer from PTSD.

4. Self, Family, and Social Therapies

This comprehensive set of therapeutic approaches can be seamlessly integrated into a patient's daily life, obviating the necessity for a dedicated professional psychotherapist. Self-therapy, family therapy, and social therapy share a common goal of nourishing a robust and enduring state of psychological well-being. These facets, when coupled with formal psychotherapy and prescribed medications, collectively contribute to a holistic treatment plan. Analogous to adhering to a doctor's prescription, these therapies represent a critical regimen for patients and their families, fostering a supportive framework for sustained recovery.

From simple deep breathing to complex mindfulness exercises [12], self-healing occupies the largest section of the three, and is the most common method in daily therapy. The simplest self-treatment for PTSD is relaxation techniques. Things like deep breathing, progressive muscle relaxation, and meditation can help reduce anxiety and tension. In addition, there are also some kinesiology therapies, such as yoga, or Wuqinxi, Baduanjin, and Tai Chi based on traditional Chinese medicine [13], so that exercise can bring you a feeling of tranquility and relaxation. Other self-treatments, such as mindfulness exercises, reduce PTSD symptoms by maintaining focus on the present moment and reducing the impact of past traumas and future worries. Maintaining a healthy and regular lifestyle can also help improve mental health. Additionally, patients can educate themselves about PTSD, including its symptoms, triggers, and treatments, which can also help to better understand their condition so they can cope better. The core of self-treatment is to divert attention. Patients pay more attention to the positive things in life, thereby inhibiting PTSD.

Both family therapy and social therapy are approaches that involve seeking assistance from others to aid the patient's recovery. Family therapy leverages the support and empathy of family members, fostering emotional solace and reinforcing a profound sense of belonging. The involvement of family members not only serves to alleviate the patient's pangs of loneliness and seclusion but also cultivates an atmosphere of closeness among them. Simultaneously, skillfully executed family therapy can fortify the emotional bonds between patients and their families, alleviating the strain on family members, as PTSD often exerts its influence on familial relationships. In tandem, family members collaboratively address issues, defuse conflicts, and refine communication, nurturing a more harmonious and constructive interaction among them.

The chief advantage of family therapy lies in its ability to unfold within the familiar environments of home, focusing on real-life problems and challenges. Such a setting imbues patients with a sense of ease and security, thereby facilitating their readiness to open about their innermost sentiments [14]. Conversely, social therapy for PTSD underscores the significance of communal support, reciprocal aid, and favorable social exchanges. For patients, sharing their experiences and emotions with individuals who have traversed similar paths can prove more efficacious than merely confiding in family members. The insight and counsel garnered from others' journeys can be enlightening and transformative. In addition, social therapy actively encourages patients to participate in social activities, to form connections with others and to gradually reintegrate into the wider social framework. This joint effort alleviates feelings of seclusion and social alienation. Interacting with peers can help patients redefine their self-perceptions, ultimately mitigating adverse effects on self-identity.

A cornerstone of family and community therapy is raising public awareness of the dangers of PTSD and the critical role that treatment plays. The effectiveness of family and community therapy depends on the recognition and attention of the individual with PTSD by the family and community. By spreading the word about PTSD and raising public awareness, we can increase collective

understanding and empathy for people with PTSD. This concerted effort removes preconceived notions, fosters social consensus, and fosters a more compassionate and supportive environment for patients.

5. Emerging Therapies

With the development of the times and the advancement of technology, the treatment of PTSD has also emerged. Compared with traditional therapies, emerging therapies often depend on high technology, have better curative effects, and are more likely to be accepted by patients. Through computer technology, emerging therapy saves human and material resources and improves the accessibility and convenience of treatment. Emerging therapy currently widely studied includes virtual reality therapy and neurofeedback therapy.

Virtual reality is used to create an environment similar to trauma scenes to help patients expose these situations and gradually reduce their fear and anxiety. This can help patients better cope with their trauma experience [15]. Neurofeedback therapy monitors patients' brainwave activities and provide them with feedback on changes in brain activity to help them learn to adjust their emotions and respond to anxiety [16]. Neurological feedback may help patients better manage emotional and physiological reactions related to PTSD. Emerging treatment methods show the advantages of comparing traditional treatment methods in the experiment. For example, virtual reality therapy can be engraved with unprecedented exposure factor (such as fear of flying, natural disasters, fear of illness), and effectively overcome the avoidance of patients in the process of participating in traditional exposure therapy, while reducing time in the exposure process cost [15]. In the future development of PTSD therapy, these emerging treatments are often the main content of research. With the continuous development of research, more therapies that depend on modern technology can be invent. At the same time, for emerging therapies that have appeared, new comprehensive therapies can also be produced. For example, it can now be able to combine virtual reality technology in the process of neural feedback treatment [17], which effectively reduces the interference in the China - Foreign and Foreign Environment in neurological feedback detection and makes the test results more accurate.

6. Discussion

Various therapies of PTSD are very different. It can be seen through comparative psychotherapy and drug therapy that psychological therapy is often better in the treatment effect, but in terms of treatment convenience, it is not as good as drug therapy. Essence For another example, although emerging therapy has both the treatment effect and the convenience of treatment, it has not yet been promoted and needs further research and development. At the same time, we can also recognize the common points between different therapies. For example, patients need personalized treatment because of individual differences, which is applicable to different therapies. Personalized therapy includes the selection of drugs and the selection of psychotherapy. At the same time, there are different physiological, psychological, and context differences between patients with PTSD, so a certain treatment method may be more applicable to some people. This means that some patients may be more suitable for psychotherapy, while some patients are more suitable for drug treatment. In addition, the relationship between psychotherapy and drug therapy is not mutually exclusive or replaced, but complementary or synergistic. Therefore, some patients can also use two therapies to achieve better curative effects. So, this also brings the problem of how to perform comprehensive treatment, including what kind of drugs and psychotherapies to match, and how to combine the two to obtain the best effect.

There are still many shortcomings for PTSD's treatment. Although there are a variety of theoretical frameworks to explain PTSD, we still face challenges to fully understand its pathogenesis. This theoretical uncertainty may restrict the development and optimization of treatment methods. The success of treatment is also influenced by the patient's psychological and social factors, including the treatment attitude, enthusiasm and social support. Inner disorders and emotional problems may affect the treatment effect. In some areas or social groups, due to the lack of medical resources, economic factors, and other social factors, there may be difficulty obtaining proper PTSD treatment. These factors jointly restrict our efforts to understand, intervene and support PTSD patients more effectively.

7. Conclusion

This article is classified by PTSD therapy and divides them into drug therapy, psychotherapy, social therapy, and new therapy. By reviewing the role, limitations of various therapies of PTSD, and the feasibility of discussing comprehensive treatment, this article aims to systematically analyze the treatment of the disease so far, so as to provide inspiration for future research and make PTSD patients better get better Salvation.

The future outlook of PTSD therapy mainly focuses on investment and development of new treatment methods. Based on continuous development of science and technology, future treatment methods may be more individualized. The treatment plan for the formulation of patients' genes, biomarkers and nervous system characteristics will help better understand the pathology and needs of each patient And provide more accurate treatment.

It can be seen that the research on PTSD pathology is also particularly important. The research on PTSD therapy often needs to combine the research on PTSD pathology. Only by extensively recognized PTSD cases with different environments, different characteristics, and causing different results can we choose the most effective treatment. In addition, there are also directions that need further research in the field of PTSD treatment methods. And changes in the treatment process. Another example is cross -disciplinary research to combine the knowledge in the fields of psychology, neuroscience, pharmacology, and genetics, to understand and cope with PTSD more comprehensively, thereby bringing more in -depth insights and innovative treatment methods. In addition, traditional treatment methods also need to continue to make new breakthroughs, such as the development of new drugs and the innovation of psychotherapy. At the social level, the prevention and care mechanism of PTSD also needs to be established. On the one hand, through educational activities, propaganda materials and media reports, convey the information about PTSD symptoms, risk factors, and how to support the affected individuals, increase the public's awareness and understanding of PTSD, and reduce the stigma and misunderstanding of the obstacles. On the other hand, relevant policies and laws are formulated to protect people affected by trauma and ensure that they can get appropriate support and resources. For example, protect patients' work rights and medical security, and prevent patients from splitting with society.

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