



Unmasking Trauma: Exploring Risk Factors for PTSD among COVID-19 Survivors in a Cross-sectional Study

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INTRODUCTION

The COVID-19 pandemic has left an indelible mark on global health, society, and individuals' well-being. Among its many repercussions, the psychological toll on survivors has emerged as a significant concern, with Post-traumatic Stress Disorder (PTSD) being a key area of focus. "Unmasking Trauma: Exploring Risk Factors for PTSD Among COVID-19 Survivors in a Cross-Sectional Study" delves into this intricate web of trauma, shedding light on the risk factors associated with PTSD among those who have battled and survived the virus.

DESCRIPTION

The study adopts a cross-sectional approach, aiming to capture a snapshot of the psychological landscape post-COVID-19 infection. This methodology is crucial for understanding immediate reactions and identifying potential predictors of long-term PTSD. By surveying a diverse cohort of survivors, researchers can uncover patterns and nuances that contribute to our understanding of trauma's aftermath. One of the central pillars of this study is the exploration of risk factors. Trauma, particularly of such magnitude as a global pandemic, doesn't affect everyone uniformly. Certain individuals may be more vulnerable due to a confluence of factors. These risk factors can be categorized into several domains, each offering insights into the complex interplay between individual characteristics and environmental influences. Demographic variables are a natural starting point. Age, gender, socioeconomic status, and educational background all shape one's experiences and coping mechanisms. Older individuals might have faced higher mortality rates among their peers, leading to survivor's guilt and increased vulnerability to PTSD. Gender dynamics also come into play, with studies suggesting that women are more likely to develop PTSD following traumatic events. Socioeconomic disparities exacerbate stress, making access

to mental health resources a crucial consideration. The study also delves into the medical aspects of COVID-19. Disease severity, duration of hospitalization, and complications during recovery can significantly impact psychological well-being. Those who endured severe symptoms or were hospitalized in intensive care units are more likely to exhibit PTSD symptoms. The fear of death, coupled with physical suffering, creates a potent cocktail of trauma that reverberates long after the virus has been defeated. Psychological factors further shape the PTSD landscape. Pre-existing mental health conditions, such as anxiety and depression, amplify the impact of COVID-19 trauma. Coping strategies, resilience levels, and social support networks play pivotal roles in mitigating or exacerbating PTSD symptoms. Individuals with robust support systems and adaptive coping mechanisms are better equipped to navigate post-traumatic stress. Social and environmental factors add another layer of complexity. Stigma, discrimination, and societal attitudes towards COVID-19 survivors can worsen psychological distress. Financial hardships, job loss, and disruptions in daily life further strain mental health resilience. Cultural norms and beliefs about illness and recovery also influence how individuals process and cope with trauma. The interplay between these risk factors forms a dynamic tapestry of vulnerability.

CONCLUSION

In conclusion, Unmasking Trauma: Exploring Risk Factors for PTSD among COVID-19 Survivors in a Cross-Sectional Study illuminates the intricate web of factors that contribute to post-traumatic stress in the aftermath of the pandemic. By dissecting demographic, medical, psychological, and social variables, researchers gain valuable insights into vulnerability and resilience. This knowledge paves the way for targeted interventions, destigmatization efforts, and holistic approaches to post-COVID-19 mental health care.

Received:	30-August-2023	Manuscript No:	IPJTAC-24-19521
Editor assigned:	01-September-2023	PreQC No:	IPJTAC-24-19521 (PQ)
Reviewed:	15-September-2023	QC No:	IPJTAC-24-19521
Revised:	20-September-2023	Manuscript No:	IPJTAC-24-19521 (R)
Published:	27-September-2023	DOI:	10.36648/2476-2105-8.3.28

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Citation Inc O (2023) Unmasking Trauma: Exploring Risk Factors for PTSD among COVID-19 Survivors in a Cross-sectional Study. Trauma Acute Care. 8:28.

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