

Travma Sonrası Stres Bozukluğu ve Karmaşık Travma Sonrası Stres Bozukluğunu Tanımak

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GİRİŞ

Bireyin başa çıkma mekanizmalarının sınırlarını aşan, uyum sağlama sürecini etkileyen, olağan yaşamın dengesini bozan ve ruhsal yapı üzerinde özel etkiler bırakan gerçek veya algılanan olağandışı olumsuz yaşam olayları ruhsal travma olarak tanımlanabilir(1-4). Bir olayın travmatik olarak değerlendirilebilmesi öznel bir yoruma bağlıdır ve net bir kriteri yoktur(5). Olayın oluş biçimi, zamanı, şiddeti, kaynağı ve olay hakkındaki yorumlar travma olarak değerlendirilme riski üzerinde etkilidir(6, 7). Herhangi bir olayın, sıradan olmaktan ayıran en önemli özelliğinin bireyin geçmiş, gelecek ve mevcut dünya bağlamında temel düşünce, duygu, yargı ve kabullerini etkileyen olaylar olduğu söylenebilir. Ruhsal travma olarak kabul edilen olaylara süregelen yaşam sırasında çok fazla insanın maruz kalması ve bu olayların bireylerin ruhsal şikayetlerini artırması nedeniyle bu konu ile ilgili çok sayıda araştırma yapılmıştır(8-10). Bu konuda ilişkin çalışmalar kadınların %51-64 ve erkeklerin %60-73 oranında yaşamlarının herhangi bir döneminde travmatik olarak nitelendirilebilecek bir olaya maruz kaldıklarını göstermektedir(10-13). Bu oranların %80-100 olarak ortaya koyulduğu çalışmalarda bulunmaktadır(14). Bu ruhsal travmaların günlük tıp pratiğinde çok sayıda olumsuz sonucuyla karşılamanız kaçınılmazdır. Bu bağlamda travmalar oluşturdukları özel ruhsal bozukluklar ve psikosomatik sorunlarla karşımıza çıkmaktadır. Ruhsal travmaların irritable

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Sonuç

Ruhsal travma genel popülasyonda çok sık görülmekte olup çok sayıda psikiyatrik ve psikosomatik durumla ilişkilidir. TSSB ve Karmaşık TSSB temelinde ruhsal travmaların olduğu karmaşık psikiyatrik durumlardır. Tüm hekimlerin bu durumların farkında olması hem işgücü kaybının önüne geçmeyi sağlayacak hem de hastaların bir an önce tedavilerinin planlanmasını yolunu açacaktır. Bu nedenle hekimlerin hastalarda travma geçmişini sorgulaması önem arz etmektedir. TSSB ve Karmaşık TSSB hastalarının tedavilerinin bir psikiyatri hekimi ile birlikte planlanması faydalı olacaktır.

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