

POST-TRAUMATIC STRESS DISORDER: UNDERSTANDING, IMPACTS, AND COPING STRATEGIES FROM ACADEMIC AND COMMUNITY PERSPECTIVES

TRANSTORNO DO ESTRESSE PÓS-TRAUMÁTICO: COMPREENSÃO, IMPACTOS E ESTRATÉGIAS DE ENFRENTAMENTO EM PERSPECTIVA ACADÊMICA E COMUNITÁRIA

TRASTORNO DE ESTRÉS POSTRAUMÁTICO: COMPRESIÓN, IMPACTOS Y ESTRATEGIAS DE AFRONTAMIENTO DESDE UNA PERSPECTIVA ACADÉMICA Y COMUNITARIA



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ABSTRACT

Post-Traumatic Stress Disorder (PTSD) is a psychological condition resulting from exposure to traumatic events that leads to persistent cognitive, emotional, and behavioral changes, compromising the individual's quality of life. Although trauma has been studied since Ancient Greece, the current understanding, focused on emotional and memory aspects, was consolidated in the 20th century, culminating in its current classification in the DSM-5-TR within trauma- and stressor-related disorders. The disorder shows a high prevalence among women, survivors of sexual violence, and rescue professionals, presenting neurobiological alterations that impair memory consolidation and functions such as attention. This study, linked to the Academic League of Psychology and Health (LAPS) at the Catholic University of Pelotas, aimed to analyze PTSD through a bibliographic and cultural review, combining theoretical foundations with extension practices. The methodology included the study of theoretical and audiovisual references, as well as a community action in the Laranjal neighborhood, in Pelotas, consisting of mapping service areas and distributing informational materials. The results indicate that the activity allowed for a deeper understanding of diagnostic criteria and promoted community support, bringing academic knowledge closer to society. It is concluded that the increase in global tragedies raises the risk of developing the disorder, making interdisciplinary initiatives essential for disseminating qualified information and strengthening coping strategies.

Keywords: Post-Traumatic Stress Disorder. DSM-5-TR. Mental Health. University Extension. Psychology.

RESUMO

O Transtorno de Estresse Pós-Traumático (TEPT) é uma condição psicológica decorrente da exposição a eventos traumáticos que gera alterações cognitivas, emocionais e comportamentais persistentes, comprometendo a qualidade de vida do indivíduo. Embora o trauma seja estudado desde a Grécia Antiga, a compreensão atual, focada em aspectos

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emocionais e de memória, consolidou-se no século XX, culminando na classificação atual do DSM-5-TR dentro dos transtornos relacionados a trauma e estressores. O transtorno apresenta prevalência elevada em mulheres, sobreviventes de violência sexual e profissionais de resgate, manifestando alterações neurobiológicas que prejudicam a consolidação da memória e funções como a atenção. Este trabalho, vinculado à Liga Acadêmica de Psicologia e Saúde (LAPS) da Universidade Católica de Pelotas, objetivou analisar o TEPT por meio de uma revisão bibliográfica e cultural, unindo fundamentos teóricos à prática extensionista. A metodologia incluiu o estudo de referenciais teóricos e audiovisuais, além de uma ação comunitária no bairro Laranjal, em Pelotas, que consistiu no mapeamento de zonas de atendimento e distribuição de materiais informativos. Os resultados indicam que a atividade permitiu a compreensão aprofundada dos critérios diagnósticos e promoveu o acolhimento da população, aproximando o conhecimento acadêmico da sociedade. Conclui-se que o aumento de tragédias globais eleva o risco de desenvolvimento da doença, tornando iniciativas interdisciplinares essenciais para a disseminação de informações qualificadas e o fortalecimento de estratégias de enfrentamento.

Palavras-chave: Transtorno de Estresse Pós-Traumático. DSM-5-TR. Saúde Mental. Extensão Universitária. Psicologia.

RESUMEN

El Trastorno de Estrés Postraumático (TEPT) es una condición psicológica derivada de la exposición a eventos traumáticos que genera alteraciones cognitivas, emocionales y conductuales persistentes, comprometiendo la calidad de vida del individuo. Aunque el trauma ha sido estudiado desde la Antigua Grecia, la comprensión actual, centrada en aspectos emocionales y de memoria, se consolidó en el siglo XX, culminando en su clasificación actual en el DSM-5-TR dentro de los trastornos relacionados con trauma y factores de estrés. El trastorno presenta una alta prevalencia en mujeres, sobrevivientes de violencia sexual y profesionales de rescate, manifestando alteraciones neurobiológicas que afectan la consolidación de la memoria y funciones como la atención. Este trabajo, vinculado a la Liga Académica de Psicología y Salud (LAPS) de la Universidad Católica de Pelotas, tuvo como objetivo analizar el TEPT a través de una revisión bibliográfica y cultural, integrando fundamentos teóricos con la práctica extensionista. La metodología incluyó el estudio de referencias teóricas y audiovisuales, además de una acción comunitaria en el barrio Laranjal, en Pelotas, que consistió en el mapeo de zonas de atención y la distribución de materiales informativos. Los resultados indican que la actividad permitió una comprensión más profunda de los criterios diagnósticos y promovió la acogida de la población, acercando el conocimiento académico a la sociedad. Se concluye que el aumento de las tragedias globales incrementa el riesgo de desarrollar el trastorno, haciendo que las iniciativas interdisciplinarias sean esenciales para la difusión de información cualificada y el fortalecimiento de estrategias de afrontamiento.

Palabras clave: Trastorno de Estrés Postraumático. DSM-5-TR. Salud Mental. Extensión Universitaria. Psicología.

1 INTRODUCTION

Post-Traumatic Stress Disorder (PTSD) is a psychological condition related to exposure to traumatic events that causes persistent cognitive, emotional, and behavioral changes, compromising the quality of life of individuals. Trauma has been studied since the times of Ancient Greece and, over the centuries, several explanations and epistemologies have been suggested. The current concept, mainly linked to emotional and memory, only began to be considered by thinkers of the twentieth century. Officially recognized in the DSM-III in 1980 and updated in subsequent editions, PTSD is currently classified among trauma-related disorders and stressors (APA, 2022). Over the years, it has undergone significant revisions in its diagnostic criteria, reflecting advances in the understanding of the disease and its clinical manifestations.

Studies indicate higher prevalence in women, survivors of sexual violence, war and rescue professionals (SBARDELLOTO; SCHAEFER; FAIR; KRISTENSEN, 2011). Research in neuropsychology highlights that PTSD not only alters emotional responses, but also interferes with memory consolidation processes, enhancing the intrusive recollection of traumatic events and compromising cognitive functions such as attention and working memory. These neurobiological alterations have direct implications for rehabilitation and the development of more effective therapeutic interventions (SBARDELLOTO; SCHAEFER; FAIR; KRISTENSEN, 2011).

The discussion on the topic is fundamental not only for clinical practice, but also for the development of public policies and mental health care strategies. This study aimed to investigate PTSD based on a literature and cultural review, to explore the evolution of diagnostic criteria throughout the editions of the DSM, to analyze its prevalence in different contexts and to discuss the implications of these changes for clinical practice and mental health policies, uniting theoretical foundations, artistic productions and extension practices, aiming to disseminate knowledge about the disorder inside and outside the university.

2 METHODOLOGY

The study was developed within the scope of the Academic League of Psychology and Health (LAPS) of the Catholic University of Pelotas. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR), national and international scientific articles, audiovisual materials (films and online videos) and the book "The body keeps the marks (VAN DER KOLK, 2021)" were used as a theoretical basis. The process involved: (1) preliminary study of the references; (2) holding an oral seminar for the members of the league; (3) dialogical discussion among the participants; and (4) extension action with the production of a mapping

of appropriate service zones in the city of Pelotas and distribution of informative posters to the community of the Laranjal neighborhood, at the local Basic Health Unit.

3 REPORTS AND IMPACTS GENERATED

The activity allowed for an in-depth understanding of the diagnostic criteria, symptoms, prevalence, and therapeutic interventions for PTSD. The use of cinematographic works made it possible to exemplify in an accessible way the impacts of trauma on daily life, while the collective discussion generated critical reflections among the participants of the league. The community action in the Laranjal neighborhood demonstrated social impact by bringing academic knowledge closer to the population, promoting awareness about mental health, welcoming, and care possibilities. For the students involved, the experience contributed significantly to their academic training, strengthening research skills, oral exposition, teamwork and demystifying previously established concepts about the disorder.

4 CONSIDERATIONS

Post-Traumatic Stress Disorder is deeply marked in the psyche of those who experience it. The number of tragedies on a global scale that occur frequently increases the risk of developing the disease both for those who are affected by them and for the emergency professionals who work in the affected places. The work achieved its objective of articulating theory, practice and university extension in the study of PTSD. The experience proved to be relevant both for the training of students and for the community, highlighting the importance of disseminating qualified information about mental health in urban spaces and with accessible language. It is evident, therefore, that interdisciplinary and extension initiatives favor the construction of bridges between the university and society, in addition to expanding the collective understanding of the impact of traumas, their manifestations and the available coping strategies.

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