HOW COMMON IS PTSD?

PTSD (posttraumatic stress disorder) can occur after you experience a traumatic event, like an accident, natural disaster, physical or sexual assault, or combat.



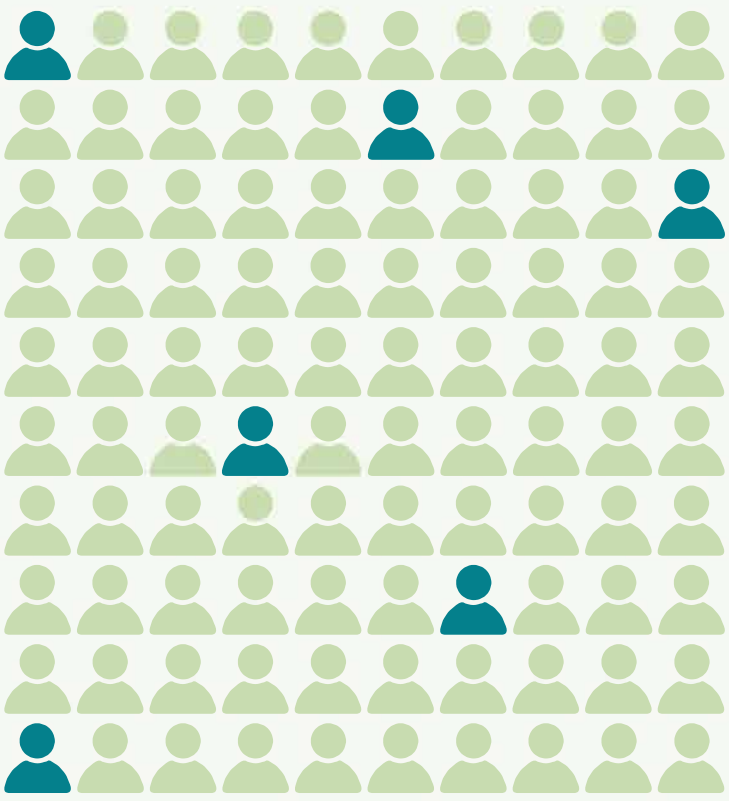


About **70%** of people **(7 out of 10)** worldwide will experience at least one traumatic event in their lifetime.

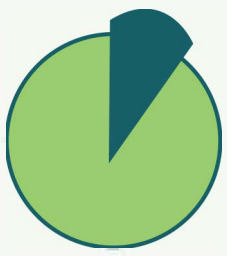
Most people who experience a traumatic event will not develop PTSD...

PTSD IN THE UNITED STATES

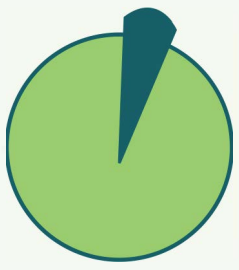
About 6% of adults will have PTSD at some point in their lives.



PTSD is more common in women than men, in part because of the types of traumatic events women are more likely to experience, like sexual assault.



About 8% of women will have PTSD at some point in their life.



About 4% of men will have PTSD at some point in their life.

PTSD IN VETERANS



Veterans are more likely to have PTSD than civilians.



Veterans who deployed to a war zone are slightly more likely to have PTSD than those who did not.



Hispanic and Black Veterans are more likely to have PTSD at some point in their lives relative to white Veterans.



Veterans who identify as LGBQ are more likely to have PTSD and risk increases with time in the military.

PTSD treatment works. If you or a loved one has been diagnosed with PTSD, you are not alone. Learn about treatment options: **www.ptsd.va.gov**



If you've experienced a traumatic event, a 5 question self-screen can help you decide if your feelings and behaviors may be related to PTSD. Get started at **ptsd.va.gov/screen**

DATA USED FOR THIS INFOGRAPHIC ARE BASED UPON THE FOLLOWING SOURCES:

- Kessler, R. C. et al. (2017). https://doi.org/10.1080/200008198.2017.1353383
- Goldstein, R. B. et al. (2016). https://doi.org/10.1007/s00127-016-1208-5
- Merians et al. (2023). https://doi.org/10.1016/j.jpsychires.2023.03.005
- Chang et al. (2023). https://doi.org/10.1016/j.jpsychires.2023.03.042

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POSTTRAUMATIC STRESS DISORDER