

## Prevalence and Severity of Post-Traumatic Stress Disorder (PTSD) in Burn Patients

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### Abstract

**Introduction/Background:** Cosmetic disfigurement after burns is not uncommon. Such suffering can be traumatic with physical, social and psychological consequences. These patients are at a significant risk of developing PTSD (Post Traumatic Stress Disorder). These patients are often otherwise healthy and productive, and such injuries may have profound effect on their lives. The resulting disability makes life challenging in a world where physical ability is the 'norm'. This study aims at finding prevalence and severity of PTSD in such patients as per various components of cosmetic disfigurement post burns.

**Methodology/materials and methods:** This cross-sectional study was conducted over 6 months in which sample collection of every consenting follow-up patient across three tertiary care hospitals in Central India was taken. 84 burn patients were assessed using Clinician-administered PTSD Scale (CAPS) for (Diagnostic and Statistical Manual-5) DSM-5, American Psychiatric Association (APA) DSM-5 Severity of PTSD scale, DSM-5 criteria for substance use disorders, semi-structured socio-demographic proforma and brief information questionnaire for details of burns.

**Results:** Out of 93 patients of burns who were interviewed, 9 dropped out. In the final 84 assessed, there were 26 females (30.95%) and 58 males (69.05%). 7 females (23.07%) and 24 males (41.37%) had PTSD. Overall prevalence was 36.90%. Prevalence and severity of PTSD was found to be higher in those with facial burns and disfigurement, those without any pre- or post-psychiatric consultations, higher percentage of surface area burns and being non-functional post-burns. Substance use had considerably decreased post-burns.

**Conclusion:** In these patients a proper protocol is needed to detect PTSD at its earliest stage, so that it can be effectively treated to avoid its undesirable consequences.

**Keywords:** PTSD, burn



### Biography:

Surabhi Mitra is from Department of Psychiatry; NKP Salve Institute of Medical Sciences, Lata Mangeshkar Hospital, Nagpur-440019, Maharashtra, India and research interest includes burn, Stress. Her recent study is on entitled Prevalence and Severity of Post-Traumatic Stress Disorder (PTSD) in Burn Patients

[20<sup>th</sup> International Conference on Applied Psychology and Psychiatry](#), October 12-13, 2020 Zurich, Switzerland

### Abstract Citation:

Surabhi Mitra, Prevalence and severity of Post-Traumatic Stress Disorder (PTSD) in burn patients, Applied Psychology 2020, 20<sup>th</sup> International Conference on Applied Psychology and Psychiatry, October 12-13, 2020 at Zurich, Switzerland

<https://appliedpsychology.psychiatryconferences.com/abstract/2020/prevalence-and-severity-of-post-traumatic-stress-disorder-ptsd-in-burn-patients>