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Traumatic Stress In South Africa

Abstract. Background: South Africa's unique history, characterised by apartheid, a form of constitutional racial segregation and exploitation, and a long period of political violence and state-sponsored oppression ending only in 1994, suggests a high level of trauma exposure in the general population. The aim of this study was to document the epidemiology of trauma and posttraumatic stress disorder (PTSD) in the South African general population.

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topic of traumatic stress in South Africa. Given the high levels of exposure to trauma and violence of various kinds in this country, there is naturally serious concern about the mental health impact and implications of this exposure. South African citizens are widely and commonly confronted with

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PTSD and its associated sequelae are, therefore, a major public health concern in South Africa, (16) particularly for youth who are understood to be experiencing high levels of trauma stemming from discrimination, abuse, interpersonal violence and traumatic events, often against a backdrop of socioeconomic disproportion, reflecting the widening gap between the rich minority and the large proportion of poor in South Africa. (16,17)

Traumatic stress and psychological functioning in a South ...

PTSD and its associated sequelae are, therefore, a major public health concern in South Africa,16particularly for youth who are understood to be experiencing high levels of trauma stemming from discrimination, abuse, interpersonal violence and traumatic events, often against a backdrop of socioeconomic disproportion, reflecting the widening gap between the rich minority and the large proportion of poor in 16,17South Africa.

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Post-Traumatic Stress Disorder (PTSD) is often misunderstood and misdiagnosed. However, the condition has very specific symptoms that are part of a definite psychiatric disorder. A person has PTSD when the symptoms of the disorder cause distress and interference in daily life. Often, people with PTSD are plagued by persistent frightening memories of the traumatic event called flashbacks; and

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Straker & The Sanctuaries Counselling Team (1987) assert that the term post traumatic stress disorder is a misnomer in the South African context. In particular, they were referring to individuals living in South Africa's black townships, who were subject to continuous stress.

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Traumatic stress in South Africa (Book, 2010) [WorldCat.org]

Thepresentstudyreportsontheprevalenceof trauma exposure and risk of PTSD associated with potentially traumatic events (PTEs) in the South African Stress and Health Survey (SASH), the first nationally representative study of mental disorders in Africa.

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The South African Stress and Health Study is a nationally representative survey of South African adults using the WHO’s Composite International Diagnostic Interview (CIDI) to assess exposure to trauma and presence of DSM-IV mental disorders.