

# Social Determinants of Mental Health and Posttraumatic Stress Disorder

Michalla Braford, DO<sup>1</sup>, Daniel Fisher, MD<sup>2</sup>, Sofia Matta, MD<sup>3</sup>

1. Lewis Gale Medical Center, Department of Psychiatry

2. Wright State University, Wright Patterson Medical Center, Department of Psychiatry

3. Harvard Medical School, Massachusetts General Hospital Home Base

## Background

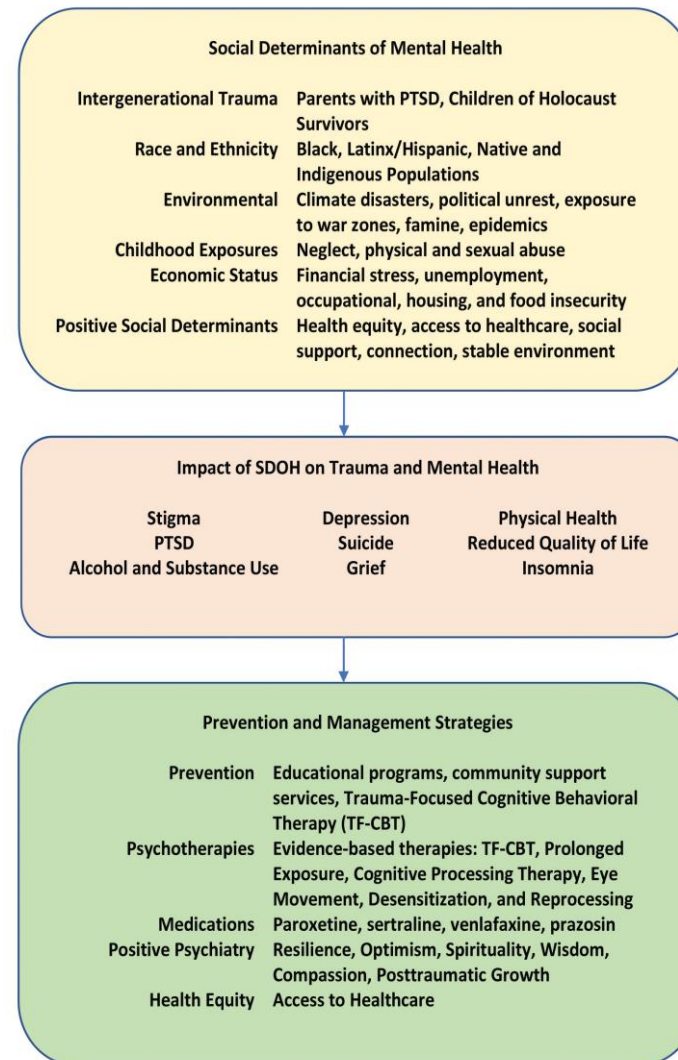
- **Social Determinants of Mental Health (SDoMH)** in Posttraumatic Stress Disorder (PTSD) include social support, race, ethnicity, early-life trauma, intergenerational trauma, environment and economic status.
- SDoMH provide a framework for understanding trauma on an individual, societal and global level.
- Positive Social Factors include **Posttraumatic Growth (PTG)** and **Resilience**
- Healthcare providers can foster PTG through listening, rebuilding, and tolerance

## Objective

- To provide a summary of recent, relevant information regarding bidirectional relationship between SDoMH and PTSD<sup>2</sup>

## Posttraumatic Stress Disorder (PTSD)

- Estimated Lifetime prevalence in US adults is 6.8%, though varies greatly across subpopulations with American Indian/Alaskan Native women showing the highest estimates around 26.9%<sup>1</sup>



## Prevention Strategies

### Primary

- Educational programs
- Support services
- Surveillance groups
- Policies

### Secondary

- Psychological support
- Social support
- Shelter

### Tertiary

- Medical care
- Psychotherapy
- Medications
- Collaborative care

## Intervention

- Trauma-focused psychotherapies
- Pharmacotherapy

## References

1. Schein J, Urganus C, Urganus A, et al. Prevalence of post-traumatic stress disorder in the United States: a systematic literature review. *Curr Med Res Opin.* 2021;37(12):2151-2161. <https://doi.org/10.1080/03007995.2021.1978417> PMID:34498953
2. Braford, M., Fisher, D. R., & Matta, S. E. (2024). Social Determinants of Mental Health for Posttraumatic Stress Disorder. *Psychiatric Annals*, 54(7), e209-e215.