



Applications of Acute Stress Disorder

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DESCRIPTION

Acute stress disorder (ASD) is a strong and unpleasant reaction that occurs in the days and weeks after a traumatic experience. The symptoms usually last a month or less. Affected individuals are diagnosed with posttraumatic stress disorder if symptoms last more than a month (PTSD).

After a major traumatic event, almost everyone experiences certain symptoms. Only a small percentage of people have enough symptoms to be diagnosed with ASD or posttraumatic stress disorder (PTSD).

Acute stress disorder (ASD) is a strong and unpleasant reaction that occurs in the days and weeks after a traumatic experience. The symptoms usually last a month or less. Affected individuals are diagnosed with posttraumatic stress disorder if symptoms last longer than one month.

You may develop an anxiety illness called acute stress disorder in the weeks following a severe event (ASD). ASD usually appears one month after a severe experience. It lasts at least three days and can last as long as a month. Symptoms of ASD are comparable to those of post-traumatic stress disorder (PTSD) (PTSD).

ASD can be caused by experiencing, witnessing, or being confronted with one or more traumatic incidents. The incidents elicit strong feelings of terror, horror, or helplessness.

ASD can be caused by a variety of traumatic circumstances.

- Death
- Threat of death to oneself or others
- Threat of serious injury to oneself or others
- Threat to the physical integrity of oneself or others

According to the US Department of Veterans Affairs, 6 to 33 percent of those who encounter a traumatic event acquire ASD. This rate fluctuates depending on the severity of the traumatic event.

After a severe occurrence, anyone can get ASD.

If you have any of the following, you may be at a higher risk of having ASD:

- Experienced, witnessed, or been confronted with a traumatic event in the past
- A history of ASD or PTSD
- A history of certain types of mental problems
- A history of dissociative symptoms during traumatic events
- If you have ASD, you'll have three or more of the following dissociative symptoms:
 - Feeling numb, detached, or being emotionally unresponsive
 - A reduced awareness of your surroundings
 - Derealization, which occurs when your environment seems strange or unreal to you
 - Depersonalization, which occurs when your thoughts or emotions don't seem real or don't seem like they belong to you
 - Dissociative amnesia, which occurs when you cannot remember one or more important aspects of the traumatic event.

If you have ASD, you will repeatedly relive the traumatic incident in one or more of the following ways:

- Having recurring images, thoughts, nightmares, illusions, or flashback episodes of the traumatic event
- Feeling like you're reliving the traumatic event
- Feeling distressed when something reminds you of the traumatic event

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