



POSTTRAUMATIC STRESS DISORDER AND SUICIDAL BEHAVIOR IN PROBATION - POSSIBLE CAUSES AND PSYCHOLOGICAL SUPPORT

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What is PTSD?

Diagnostic and Statistical Manual of Mental Disorders

DSM-I (1952):

„gross stress reaction“

DSM III-R, (1980):

Post-traumatic stress disorder (PTSD)

DSM-IV (1994):

classified PTSD as *Anxiety Disorders*

DSM V (1994)

- new category:

Trauma- and Stressor-Related Disorders

Traumatic stressors

(DSM V, 2013.)

Exposure to death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence..

- Direct exposure
- Witnessing the trauma
- Learning that a relative or close friend was exposed to a trauma
- Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics, firefighters, policemen)

“an inescapable stressful event that overwhelms one’s existing coping mechanisms”

(van der Kolk and Fislser, 1995, 506)

PTSD: „psychic millstone”

Avoidance

(of distressing memories, thoughts, or feelings and/or of external reminders about the traumatic event...)

Altered mood and reactivity

(irritability or aggression, risky or destructive behavior, hypervigilance, heightened startle reaction, difficulty concentrating and sleeping, exaggerated blame of self or others for causing the trauma, negative affect, decreased interest in activities, feeling isolated...)

Intrusion

(unwanted upsetting memories, nightmares, flashbacks, emotional distress after exposure to traumatic reminders, Physical reactivity after exposure to traumatic reminders...)

In peace..

Traffic accidents

Physical violence



Disasters

Sexual violence

Direct death threats

In war..

15 -25%
(Kulka et al., 1988)

POW: up to 85%
(Ursano and Rundell, 1995)

In prison settings..

„...the lifetime prevalence estimates of PTSD were 18% in male and 40% in female prison populations...

*Compared with the general population... our results suggest an approximately 5-fold higher point prevalence of PTSD in male prisoners and an 8-fold higher point prevalence of PTSD in female prisoners”
Baranyi et al. (2017)*

PTSD on probation?

27% with mental disorder symptoms (psychosis, mania, and posttraumatic stress disorder)

(Crilly, Caine et al., 2007)

39% with mental health diagnosis

27,2% with anxiety disorder

(Brooker & Glyn2012)

Up to 50% with clinically diagnosable PTSD!?

(Givens and Cuddeback 2021)

Comorbidity

Alcoholism

Drugs

Depression

Anxiety

Personality disorders

Diabetes

Fatness

Blood pressure

Stomach ulcer

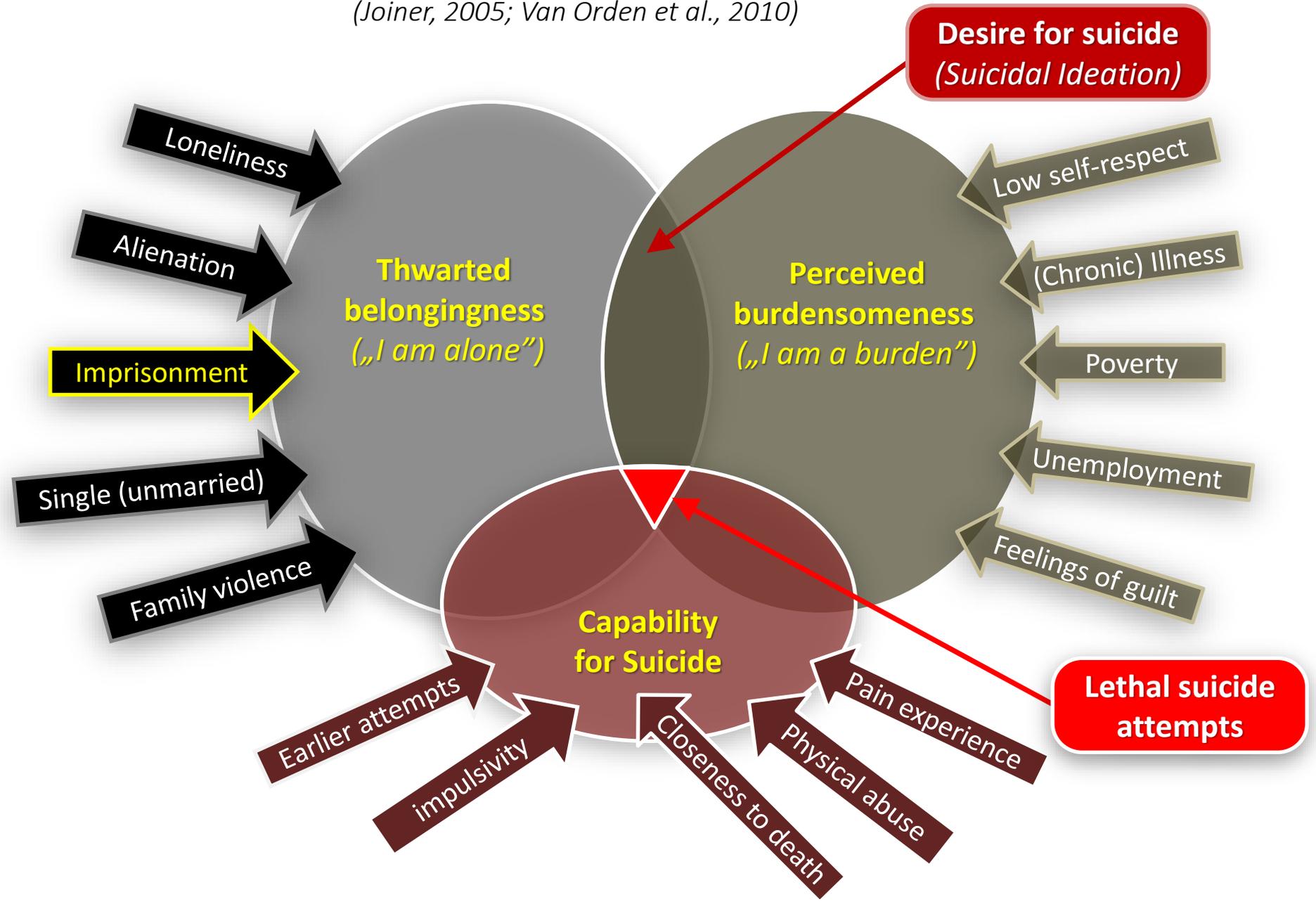
Cancer...

80%

Suicidality?

The Interpersonal Theory of Suicide

(Joiner, 2005; Van Orden et al., 2010)



Risk for suicide in probation

In released prisoners:

6.76 times more

than the general population!

(more likely 4-12 month after release)

In probationers:

9 to 13 times more

(Sirdifield, Brooker and Marples, 2020))

Risk factors:

- substance abuse
- mental health problems
(depression, anxiety, bipolar disorder)
- poor physical health
- serious psychological distress...

Psychological support activities

Trauma-informed practice (TIP)

(Petrillo & Bradley, 2022)

Awareness

Information

Training & Education

Sustainable organizational culture

Connection with mental-health services

Caution: *Vicarious trauma!*

Thank you for your attention!

Questions?

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