

REACTION TO STRESSFUL EXPERIENCE

Stress : unjustified reaction for various event .

Component of stress response :- مهم

1- emotional response

To threat ----- fear

To loss ----- depression .

2- somatic response :-

To threat ----- autonomic arousal : 1- palpitation.

2- respiration.

3- sweating .

To loss ----- reduce physical activity .

3- coping strategies :-

استراتيجية المواجهة

☒ Potentially adapted :

المواجهة المكيفة

- avoidance .
- Working through problem .
- coming to term with situation .

☒ Mal adaptive:

المواجهة غير المكيفة

- excessive use of alcohol .
- Histrionic behavior .
- Aggression .
- DSH .

4- Defense mechanism :

☒ common :

- regression .
- repression .
- denial .
- projection .
- displacement .

☒ long term:

- react form
- rationalize
- _____ تسامح

CLASSIFICATION OF REACTION TO STRESSFUL EXPERIENCE :-

It can be classify under 3 heading :

1 –acute stress reaction :

which are immediate and brief response (lasting for few hours to few days).

Clinical picture :

Emotional response (anxiety , fear , depression)

Example Of such event is (road accident , sudden trauma) .

Coping strategy (avoidance behavior , denial to remember , mal adaptive behavior)

Etiology :

1. Special kind of stress (accident , fire , breakage of intimate relation ship).
2. no longer reaction more than few days , when last more it will be called PTSD .
3. usually exacerbation of pre-existing personality .

Treatment :-

- 1-Reduce emotional symptom by supportive thought .
- 2-encouraging re-call .
- 3-effective coping .

2 – post traumatic stressful disease (PTSD) :-

- It is intense , prolong and often delayed reaction to stressful event .
- Usually the event is intense so that the person can not complete the normal sequence of psychological change that follow the exposure.

Examples Of such event :

- 1-natural disaster.
- 2-flood.
- 3-earth quick .
- 4-rape.
- 5-car accident.
- 6-serious transport.
- 7-war effect.

- **Most vulnerable group are children and old age group.**

Clinical picture :

PTSD has 3 group of features

- 1- persistant anxiety (irritability , insomnia , poor concentration) .
 - 2- avoidance of reminder of event (difficulty in recall event , flash back , distress dream).
 - 3-detachment
- inability to feel (emotion numbness) .
 - diminish interest in activity .
- PTSD has 3 symptoms :

A –

the first is the combination of the symptom of anxiety , irritability , insomnia and poor concentration .

some times attack of panic or episode aggression .

B –

2nd group

- Avoidance defense mechanism (difficulty in remind)
- flash back and distressing dreams.

C –

3rd group is inability to feel emotion (numbness).

- less activity .
- anxiety increase in reminding the pat. due to mal adaptive coping.
- PTSD may be direct continuation of acute response stress .

or follow days or occasionally months (rarely more than 6 months).

Assessment :-

1-nature and duration of symptoms.

2-the previous personality.

3-past psychological history.

4-neurological examination of traumatic event .

Treatment :-

1-If the condition is recent >>> the patient need no more treatment like mention for acute stress reaction .

2 - Opportunity to recall stressful event .

3-Few dose of anxiolytic drugs for few nights to restore sleep.

4-Working through (talking about the event).

5 - Counseling and nursing .-

6-When disorder long standing , it is more difficult to treat and often require special help .

7 - Crisis intervention :- toward psychological support then to encourage .

3 –adjustment disorder :-

Psychological reaction involved in adapting to new circumstance .

Example :-

1-life change commonly provoke adjustment disorder.

2-divorce and separation.

3-major change in work (transition).

4-from school to university.

Psychological symptom similar to that of acute response , but time course is different

- disorder is more gradual.
- last longer.
- anxiety.
- poor concentration.
- Autonomic hyper arousal .
- Poor coping and denial .

- dx. Of adj. disorder is made only when anxiety and depression are so sever to met dx.

Treatment :-

1-coping.

2-problem solving .

3-anxiolytics.

4-crisis intervention.