

## Public Health Aspects of Post-Traumatic Stress Disorder in Patients Who Have Experienced a Car Accident

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### Abstract

The main aim of this research was to show the public health aspects of the emergence of post-traumatic stress disorder patients (PTSD) following a traffic accident.

**Keywords:** anxiety disorder, injury, pain, event, trauma, memory

### Introduction

Posttraumatic stress disorder is an anxiety disorder that occurs in some individuals after witnessing or experiencing a dangerous event. Primary this disorder has been observed in war veterans, but it can also occur as a result of some other traumatic events. One of the causes of posttraumatic stress disorder are traffic accidents. Traffic accidents can be terrifying accidents. Quite often during accidents some people are physically injured, sometimes with serious injuries, and the vehicles are damaged too. Hence, traffic accidents represent a traumatic experience for the survivors, especially if there is chronic pain for several months after the event, which can induce the presence of post-traumatic stress disorder. Early detection of these patients is essential for intervention and prevention of major damage.

### Material and methods

The study was conducted as observational cross-sectional study. It was conducted in n O.E. Emergency Center - Skopje (part of the clinic TOARILUC). The data required for the research were provided by specialist reports from patients who have received bodily injuries following traffic accident, data from the history of the patient, data from PTSD test (Diagnostic and Statistical Manual of Mental Disorders, American Psychiatric Association, 4th Ed., 2004), data from PTSD Check list - Civilian Version (PCL-C), as well as data obtained from a questionnaire designed for the survey. Statistical processing was done in the statistical program SPSS for Windows 17,0, where we used the following methods or tests:

-In series with numerical marks and homogeneous distribution descriptive parameters were use, i.e. measures of central tendency (mean, standard deviation, minimum and maximum values of the parameters analyzed).

-In the series with attribute marks are calculated percentages (i.e., ratio and proportions).

-For testing the significance of the differences between certain variables, depending on the distribution of the data, we used tests for independent samples (Chi-square test with Yates correction and no, t- test for independent samples, Mann-Whitney U test, Kruskal-Wallis test, Analysis of Variance, Linear Regression Analysis).

-For determination of correlation between two variables was used Pearson's coefficient of linear correlation ( $r$ ).

For statistically significant p values were taken.

### Results

The study presents the results obtained with the analysis and evaluation of data from 86 respondents, patients from the Emergency Center in Skopje, who responded to the review or were brought after experienced car accident. The gender structure of respondents comprised 54 (62.79%) men and 32 (37.21%) of respondents were female. Descriptive analysis