



# Living with post-traumatic stress

## Seeking treatment

As reported by 697 members of PatientsLikeMe's post-traumatic stress (PTS) community

# 50%

of members are receiving treatment for PTS



### What were the most important factors in your decision to seek treatment?

TOTAL POPULATION

Problems managing emotions

90%

Problems thinking clearly

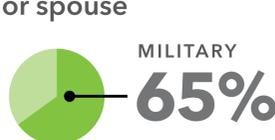
81%

Problems managing social relationships

69%

MILITARY VS. NON-MILITARY

Problems with partner or spouse



### Who helped you seek treatment?

TOTAL POPULATION

Sought treatment on their own

# 41%

MILITARY VS. NON-MILITARY

Helped by family or relatives



### What are the most commonly reported treatments?

TOTAL POPULATION

88% Anti-depressants or anti-anxiety medication



53% Cognitive behavioral therapy



### To what extent is treatment helpful?

TOTAL POPULATION

# 66%

Found it at least moderately helpful

### Reasons for not seeking treatment



Not knowing which treatment was available



Not knowing where to get treatment



Didn't want people to think they had a psychiatric problem



Military = people who indicated they have served in the military.

Non-military = people who indicated they have not served in the military and people who have not specified their military status

# Living with post-traumatic stress disorder

## Seeking treatment

As reported by 697 members of PatientsLikeMe's post-traumatic stress disorder (PTSD) community

# 50%

of members are receiving treatment for PTSD



### What were the most important factors in your decision to seek treatment?

TOTAL POPULATION

Problems managing emotions

90%

Problems thinking clearly

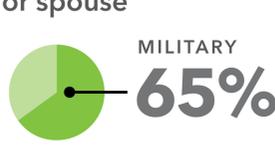
81%

Problems managing social relationships

69%

MILITARY VS. NON-MILITARY

Problems with partner or spouse



### Who helped you seek treatment?

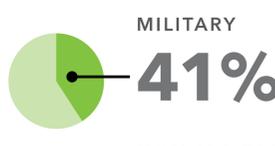
TOTAL POPULATION

Sought treatment on their own

# 41%

MILITARY VS. NON-MILITARY

Helped by family or relatives



### What are the most commonly reported treatments?

TOTAL POPULATION

88% Anti-depressants or anti-anxiety medication



53% Cognitive behavioral therapy



### To what extent is treatment helpful?

TOTAL POPULATION

# 66%

Found it at least moderately helpful

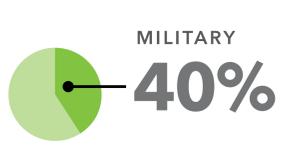
### Reasons for not seeking treatment



Not knowing which treatment was available



Not knowing where to get treatment



Didn't want people to think they had a psychiatric problem



Military = people who indicated they have served in the military.  
Non-military = people who indicated they have not served in the military and people who have not specified their military status



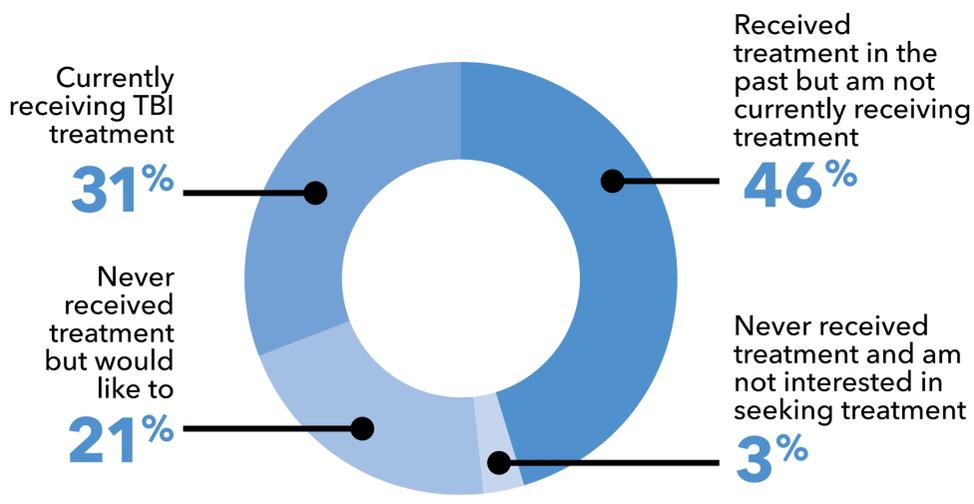
# Living with traumatic brain injury

## Seeking treatment

As reported by 235 members of PatientsLikeMe's traumatic brain injury community

### Who is being treated for their TBI?

TOTAL POPULATION



### Among those who have received treatment for their TBI...

#### What were the most important factors in the decision to seek treatment?

TOTAL POPULATION

Problems with cognitive functioning



Problems with physical functioning



Problems managing my emotions



MILITARY VS. NON-MILITARY

Problems with family relationships

MILITARY



NON-MILITARY



#### What is the most commonly reported treatment?

TOTAL POPULATION



Anti-depressants or anti-anxiety medication



#### Is treatment helpful in treating symptoms?

TOTAL POPULATION



Found it at least moderately helpful

#### What are the primary reasons for stopping treatment?

- ✓ Treatment not offered
- ✓ No longer required treatment



of members have never received TBI treatment

TOTAL POPULATION



#### What are the top reasons for not seeking treatment among those who haven't had treatment but are interested in receiving it?

Among 47 members who have not had treatment but are interested in receiving it

TOTAL POPULATION

I didn't know treatment was available



I didn't know where to get treatment



Military = people who indicated they have served in the military.  
 Non-military = people who indicated they have not served in the military and people who have not specified their military status