



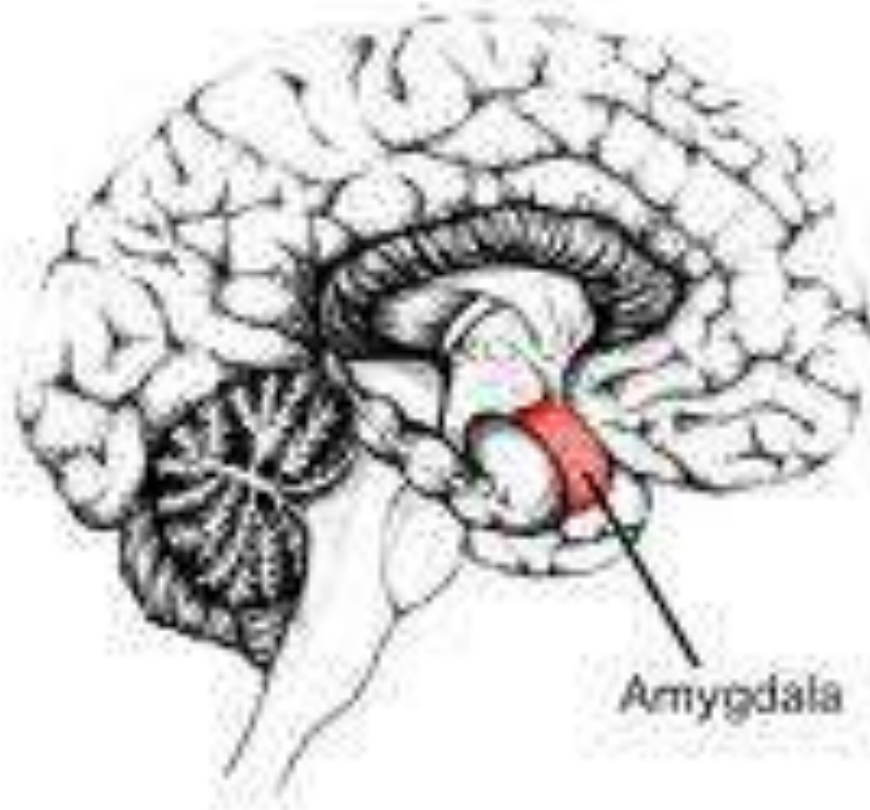
Posttraumatisk Strongd

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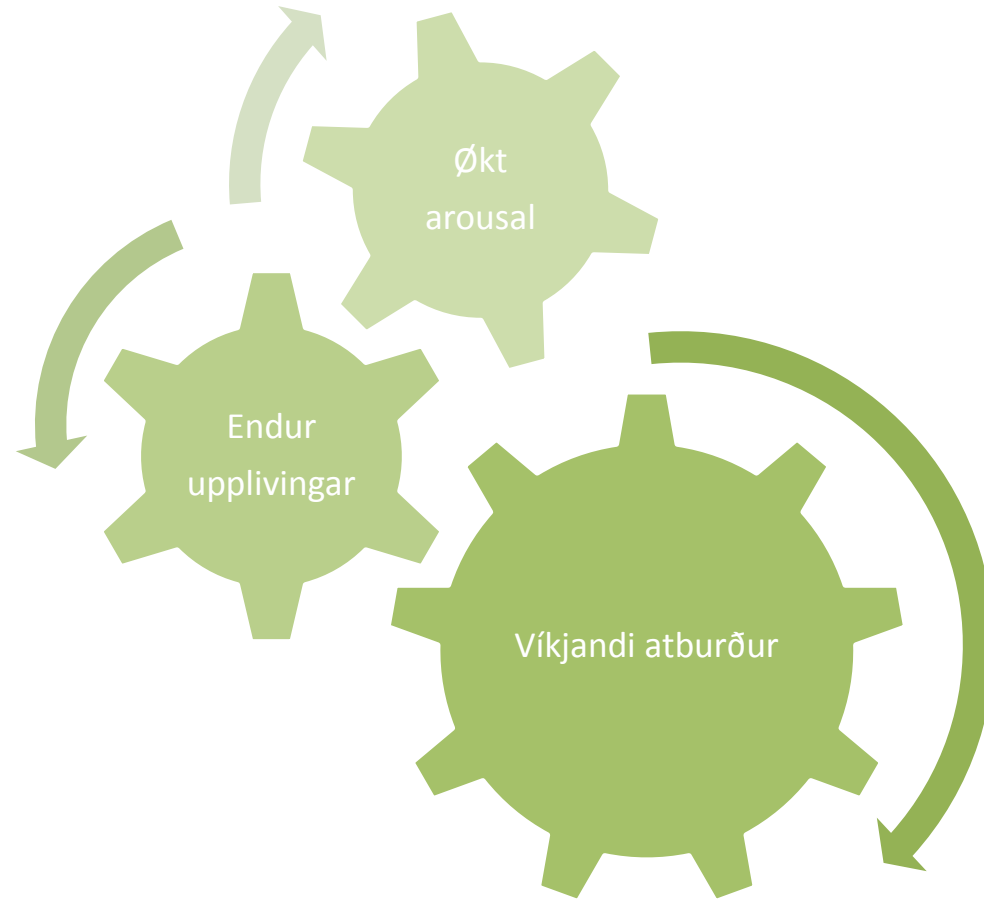
Natúrligt Instinkt at tryggja yvirlivilsí



Ptsd og heilin



Kjarnin í PTSD



Endurupplivingar

1. Myndir, tankar ella perceptiúnir – børn: spæl
2. Dreymar – børn: marra
3. Handla sum um - ella kenna at hendingin endurtekur seg. Flash back, hallucinatiúnir
4. Intenst psykologisk óbehag tá útsettur fyri áminning – uttaru ella innaru
5. Fysiologisk reaktivering tá útsettur fyri áminning – uttaru ella innaru

Víkjandi atburður ella kenluloysi

1. Víkja frá tonkum, kenlum ella práti tengd at hendingini
2. Halda seg undan støðum, fólki ella virksemi sum minna um hendingina
3. Megnar ikki at minnast hendingina ella partar av henni
4. Minkaður áhugi ella luttøka í virksemi
5. Kenlu av at vera øðrvísi, megnar ikki at elska, kenlu av at framtíðin er stytt

Meira árvakin (arousal)

1. Trupult at sovna ella sova ígjøgnum
2. Erkvisni ella aggressiv herðindi
3. Trupult at miðsavna seg
4. Kenslu av at vera á varðhaldi
5. Kløkkast lætt

PTSD / Sub PTSD

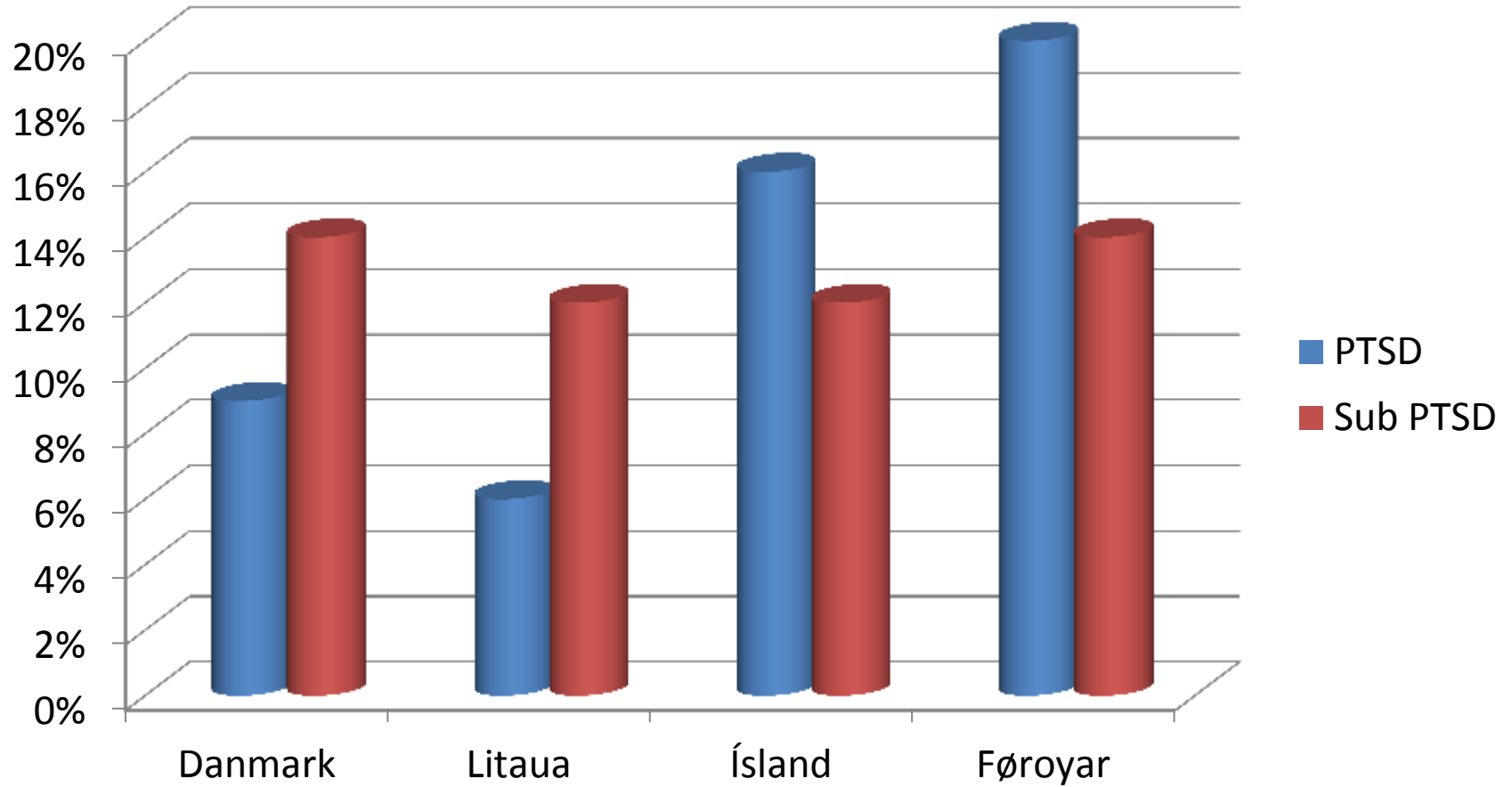
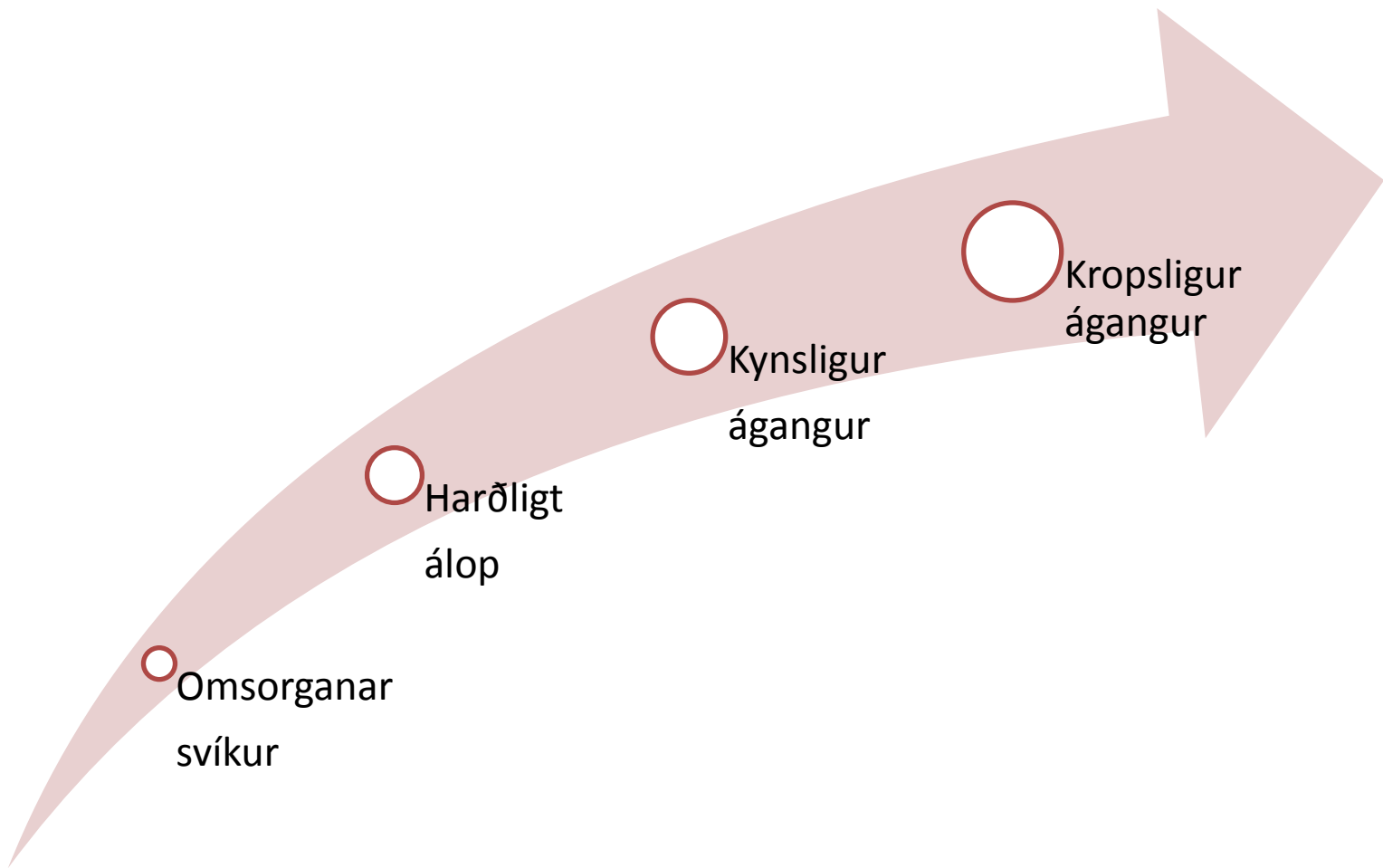


Table 1. Trauma events and life events according to direct exposure and nation in % (N = 1466).

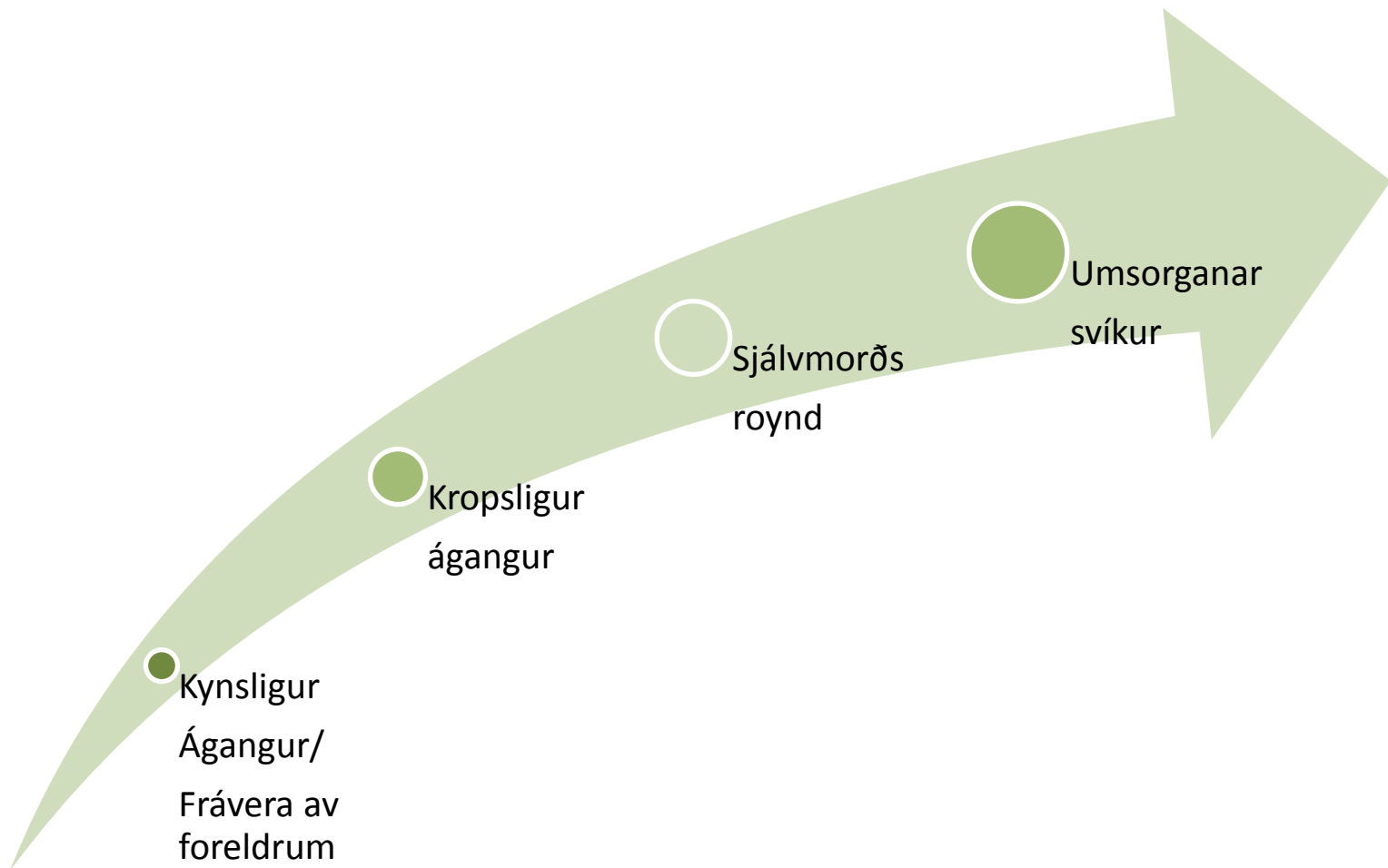
Event	N	1: Denmark (n=390)	2: Iceland (n=206)	3: Lithuania (n=183)	4: Faeroe Is. (n=687)	F-ratio (Tukey's b)	Gender diff. in exposure F-ratio
1. Traffic accident	264	15.9	27.1	16.9	16.9	4.64 ³ (2>1,3,4)	4.46 ¹
2. Other serious accidents	158	11.5	11.1	5.5	11.9	2.06	0.76
3. Physical assault	108	4.6	7.8	4.4	9.7	3.96 ²	2.80
4. Rape	45	1.8	3.3	1.6	4.2	1.94	2.06
5. Witnessed other people injured or killed	119	9.0	5.8	3.3	9.7	3.22 ¹ (4,1>3)	3.35
6. Came close to being injured or killed	157	10.5	8.7	6	12.6	2.61	11.80 ⁴
7. Threatened to be beaten	433	26.9	27.6	29.7	31.9	1.00	44.81 ⁵
8. Near-drowning	314	18.7	20.9	26.4	21.1	1.44	8.17 ³
9. Attempted suicide	125	6.2	10.2	6.6	10.1	2.04	35.33 ⁵
10. Robbery/theft	214	11.8	18.4	19.8	13.8	3.06 ¹ (3>1)	7.68 ²
11. Pregnancy/abortion	33	1.8	2.5	–	3.1	2.22	3.03
12. Serious illness	161	12.6	4.8	7.7	13.1	4.47 ³ (4,1>2)	0.22
13. Death of someone close	696	51.8	42.7	24.2	53.3	18.13 ⁵ (4,2,1>3)	13.96 ⁵
14. Divorce	227	19.0	20.4	11.5	13.2	4.24 ³ (2>3)	0.10
15. Sexual abuse	57	1.5	3.9	4.4	5.2	2.86 ¹	11.57 ⁴
16. Physical abuse	77	3.6	2.9	3.8	7.4	3.63 ¹	0.80
17. Severe childhood ineglect	54	3.1	2.9	1.1	5.1	2.44	0.06
18. Humiliation or persecu- tion by others (mobbing)	361	22.6	23.3	9.8	30.5	11.53 ⁵ (4,2,1>3)	1.33
19. Absence of a parent	146	7.4	5.8	4.4	14.7	12.36 ⁵ (4>1,2,3)	11.90 ⁴

1) p < .05; 2) p < .01; 3) p < .005; 4) p < .001; 5) p < .0005

Hvørji trauma eru "ringast" hjá føroyskum gentum?



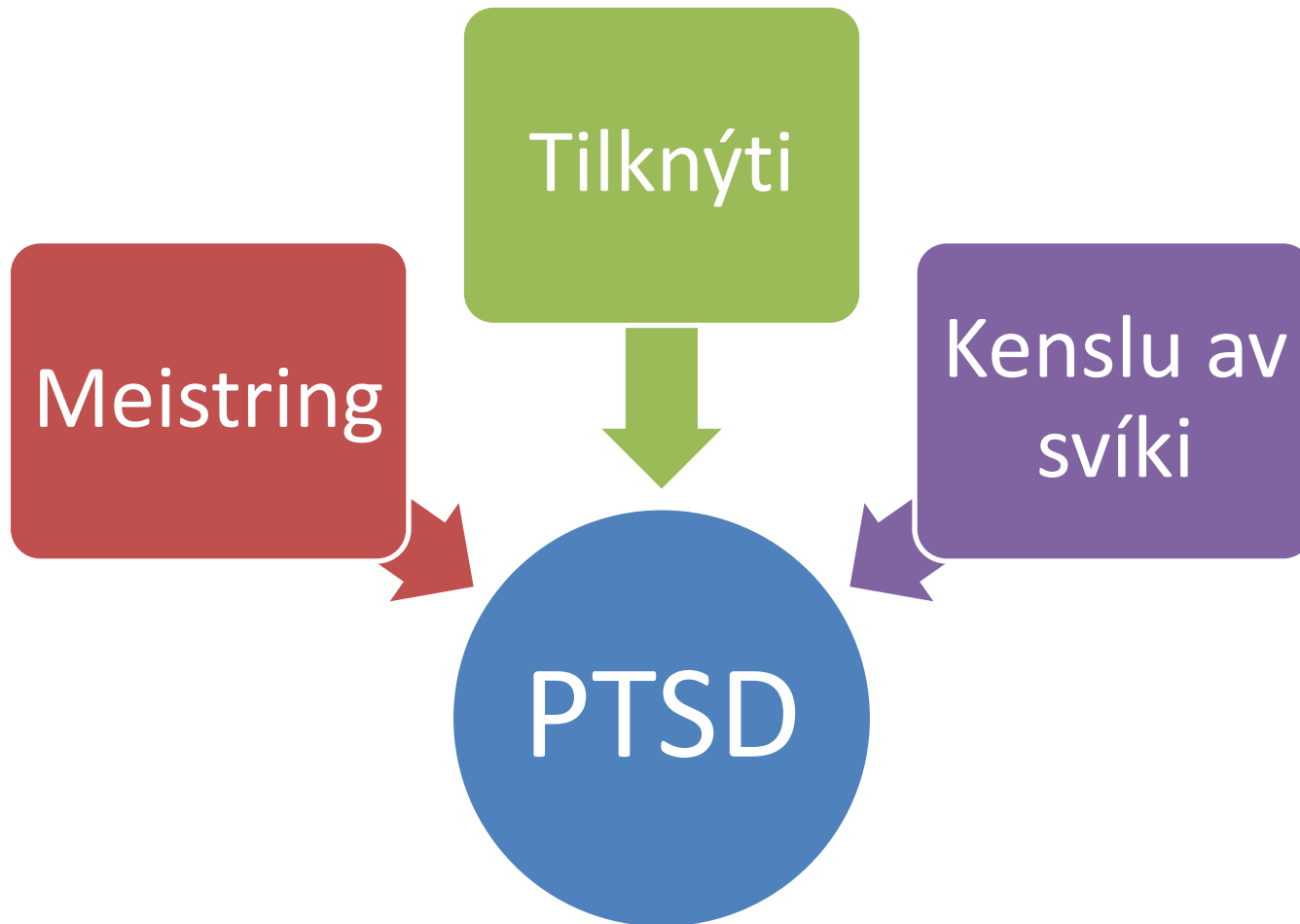
Hvørji trauma eru "ringast" hjá føroyskum dreingjum?



Uttaru faktorar



Innaru faktorar



Hvussu meistra tey ungu?

Kenslulig meistring

- Kenni meg máttleysa
- Gerist tunglynt
- Ongin skilur meg
- Hjálparloysi
- Kenni meg ódugnaliga
- Hugsí bert um støðuna

Rationel meistring

- Finni ein logiskan hátt at loysa trupulleikan uppá
- Brúki mínar royndir
- Veruleika kendan hátt at skilja støðuna
- Geri eina ætlan fyri at loysa trupulleikan
- Royni at savna upplýsingar
- Royni at síggja støðuna frá ymiskum sjónarhornum
- Hugsí hvussu ein eg virðismetí hevði gjørt