

PTSD

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Introduction to PTSD

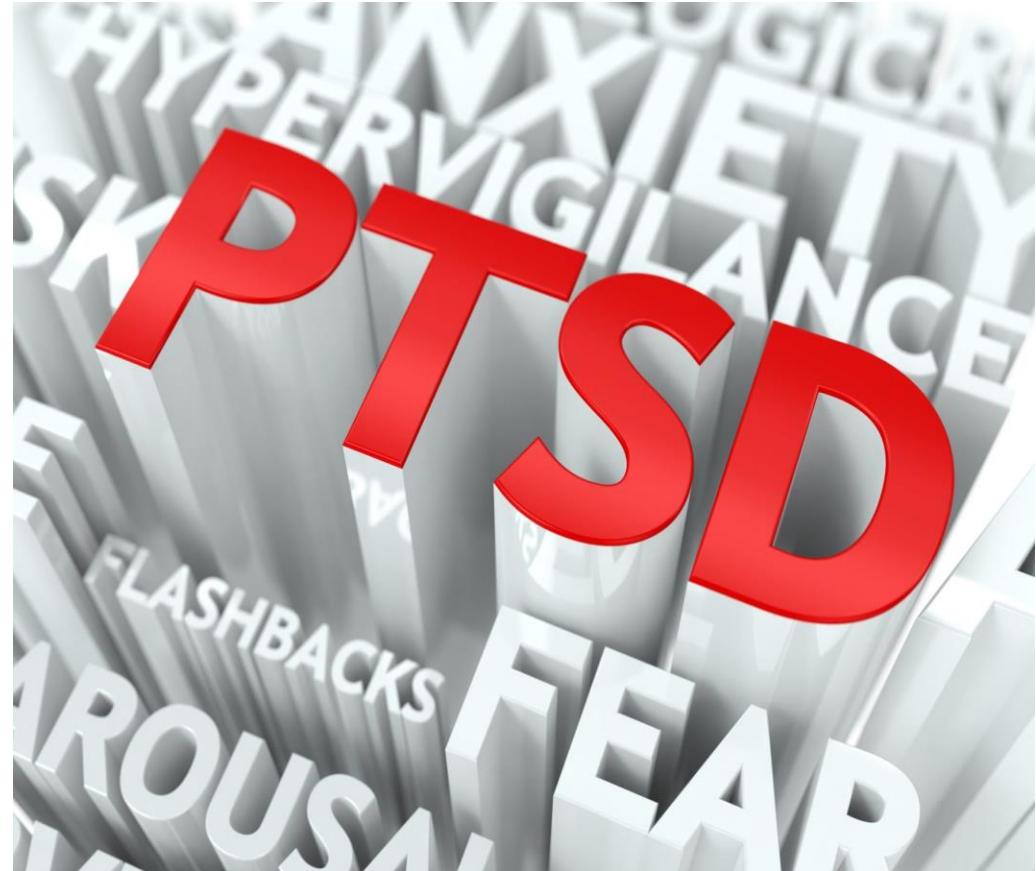
Throughout the history of time, Post Traumatic Stress Disorder has always been present but not particularly recognised. It wasn't until 1980, where the first case of PTSD was diagnosed. Today, myself, Bethan and Katie will be diving through history of time and speaking on the psychiatric focus through centuries.

As many are aware, PTSD usually occurs after a negative life event. Whether that may be from a past job to a distressing period of time.

I will be starting us off by focusing on Post Traumatic stress disorder during the 19th Century.

[Overview - Post-traumatic stress disorder - NHS](#)

[PTSD History and Overview - PTSD: National Center for PTSD](#)

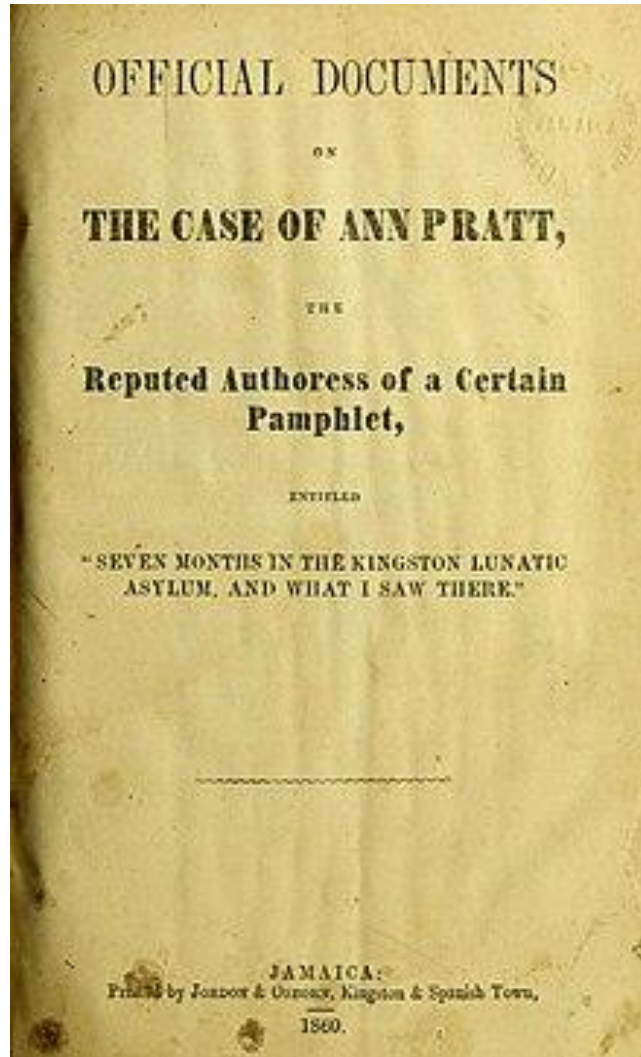


PTSD during the 19th Century



Before PTSD became recognised, it was often linked to a form of 'madness' similarly to other relating mental health issues.

Due to the lack of education within society, the fear of the unknown was well and truly popular. Often enough, people did not understand the thought process of those classed as "abnormal". The lack of understanding unfortunately resulted in becoming categorised into negative groups. Most people who experienced PTSD were labelled as "imbecile" or "idiot" and often categorised with the lower classes of society



PTSD – Ann Pratt (1859)

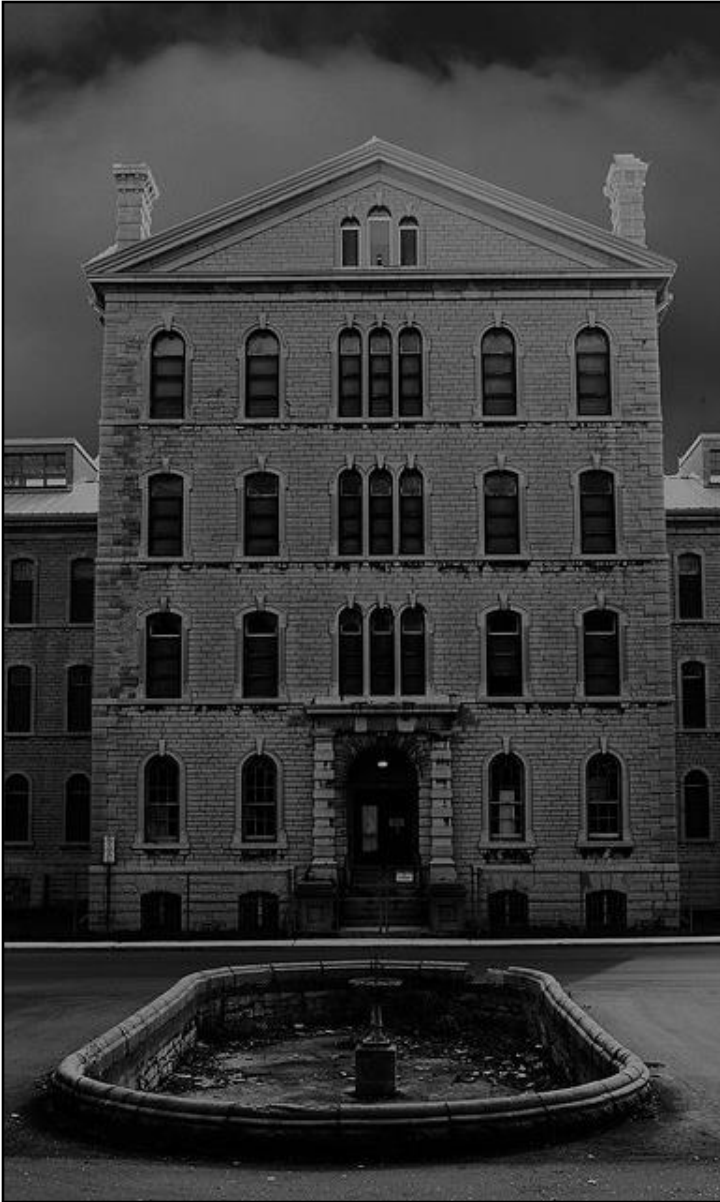
During the year 1859, a young woman named 'Ann Pratt' experienced terrible acts of abuse, resulting in her giving birth. As we study this case more, we can see how the trauma of the event altered her life and resulting in clear signs of Post Traumatic Stress Disorder. We see that due to these terrible acts of violence, she became ill relating to her poor mental health. She would often breakdown and was left with long term physical injuries.

As I mentioned previously, there was a lack of understanding as to why she would act in a 'peculiar' manner.

More on Ann Pratt..

Due to her unique manner, Ann was unfortunately contained. Pratt was initially arrested, but after some time, was eventually sent to an asylum named "Kingston Lunatic Asylum". As we dive into this case more, we discover the type of treatment that was given to her as well as other contained – we can visually see the added fear and PTSD that Ann and others endured. The inhumane treatment and the witnessing of tortured events had really put an impact on her mental health altogether.

This unfortunately happened to many young women whom experienced similar events during the 19th century. Those involved in heinous acts of abuse only subjected to witness and experience more events just like it.



Here are some images containing clear signs of PTSD during the 1800's..



Concluding the 19th Century



Thank you for your time,
now onto Bethan.

As we have learnt, the clear misunderstanding and lack of education regarding those who had experienced PTSD was definitely at a high. The role of society was to fit into the "norm" and if you did not, you were often subjected to unfair as well as inhumane treatment.

We see the suffering that Pratt had to deal with after her abuse, including anxiety meltdowns, poor health and many other long lasting marks left physically and mentally.



PTSD in WWI (1914-1918)

This period was characterised by substantial progress within the identification and treatment of PTSD. Although it was yet unknown what it was called, similar physiological conditions were arising rapidly during this period, yet unknown it was PTSD.



Interwar Period (1918-1939)

During this period, it saw limited progress in understanding, partly due to societal reluctance to address mental health issues and the focus on rebuilding the economy during the Great Depression.



PTSD in WW2 (1939-1945)

With the outbreak of WW2, the military applied psychiatrists to manage combat related psychological conditions.



Postwar Developments (1945-1950)

The end of WW2 brought much needed attention to the long-term effects of war-related trauma.

Katie Slides:

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References:

Caitlin:

[Revolting to humanity: histories of mental health | The National Archives](#)

[Overview - Post-traumatic stress disorder - NHS](#)

[PTSD History and Overview - PTSD: National Center for PTSD](#)

Beth:

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Katie: