
ABSTRACT

Examination of mental health and posttraumatic stress reactions using the lethality of traumatic experience and a clinical index

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This study's purpose was to examine the effect of posttraumatic stress reactions and mental health by way of differences in trauma experiences and reveal an outline of non-lethal trauma. Participants were classified into seven groups according to their trauma experience's nature and present posttraumatic stress reactions. The Event Check List, the Non-lethal Trauma experience check list, the Traumatic Experiences Schedule, the General Health Questionnaire-12, the Impact of Event Scale Revised, and four question items from the PTSD diagnostic criteria A were completed by 302 university students. It was found that participants who experienced a non-lethal trauma showed a lower degree of mental health regardless of the level of their present posttraumatic stress reactions, and this suggested stress vulnerability. Moreover, no differences were found in the degree of posttraumatic stress reactions' between the lethal trauma and non-lethal trauma groups with strong posttraumatic stress reactions, indicating that psychological intervention for non-lethal trauma groups is also necessary.

Key Words: trauma, lethality, posttraumatic stress reactions, mental health
