



# CECT L!brary

## Reader's Digest

Greetings cadre,

Between climate change, increasing globalization of illnesses (such as COVID-19), and skirmishes between and within countries, people around the world have been experiencing disasters and crises more frequently than they previously had. This increases people's risk of developing mental health issues such as PTSD and complex PTSD (otherwise referred to as cPTSD).

This month, we want to highlight research that is being conducted on PTSD and complex PTSD around the world. We are still learning about both these conditions, with cPTSD being a recent off-shoot to better explain and understand people who have experienced ongoing trauma, whether that be multiple disasters, adverse childhood experiences, military-related trauma, or other experiences.

Hopefully, the resources outlined below will provide you a basic understanding of these conditions and how multiple disasters and crises can contribute to people developing them.

With care,

Crisis Emotional Care Team

### **Latest Additions**

Kairyte, A., Kvedaraitė, M., Kazlauskas, E., & Gelezelyte, O. (2022). [Exploring the links between various traumatic experiences and ICD-11 PTSD and Complex PTSD: A cross-sectional study](#). *Frontiers in Psychology*, 13.

This article, coming out of a collaboration between American and Chinese researchers, looks at how clinicians can use the International Classification of Diseases (ICD-11) to better understand PTSD and cPTSD development due to things like sexual assault, childhood abuse, or disasters.

Maercker, A., Cloitre, M., Bachem, R., Schlumpf, Y. R., Khoury, B., Hitchcock, C., & Bohus, M. (2022). [Complex post-traumatic stress disorder](#). *The Lancet*,

The authors provide a broad overview of what complex PTSD is, how to differentiate it from PTSD, and the suggested prevalence rates of both in various communities around the world.

Rossi, R., Socci, V., Pacitti, F., Carmassi, C., Rossi, A., Di Lorenzo, G., & Hyland, P. (2022). [The Italian version of the International Trauma Questionnaire: Symptom and network structure of Post-Traumatic Stress Disorder and Complex Post-Traumatic Stress Disorder in a sample of late adolescents exposed to a natural disaster](https://doi.org/10.3389/fpsy.2022.859877). *Frontiers in Psychiatry*, 13, 859877. <https://doi.org/10.3389/fpsy.2022.859877>

In a study coming out of Italy, this research looks at the country's latest International Trauma Questionnaire and how researchers and clinicians can use it to understand and diagnose PTSD and cPTSD in adolescents who have experienced a disaster.

#### **Open Access Reads**

Chandra, A., Acosta, J., Howard, S., Uscher-Pines, L., Williams, M., Yeung, D., ... & Meredith, L. S. (2011). [Building community resilience to disasters: A way forward to enhance national health security](#). *RAND Health Quarterly*, 1(1).

Chen, A.C.-C., Keith, V.M., Leong, K.J., Airriess, C., Li, W., Chung, K.-Y., & Lee, C.-C. (2007) [Hurricane Katrina: Prior trauma, poverty and health among Vietnamese-American survivors](#). *International Nursing Review*, 54, 324–331.

de Silva, U., Glover, N., & Katona, C. (2021). [Prevalence of complex post-traumatic stress disorder in refugees and asylum seekers: systematic review](#). *BJPsych Open*, 7(6), e194.

Guidi, J., Lucente, M., Sonino, N., & Fava, G. A. (2021). [Allostatic load and its impact on health: a systematic review](#). *Psychotherapy and Psychosomatics*, 90(1), 11-27.

#### **Paywalled Articles**

Alessi, E. J., Hutchison, C., & Kahn, S. (2022). Understanding covid-19 through a complex trauma lens: implications for effective psychosocial responses. *Social Work*, 67(1), 79-87. <https://doi.org/10.1093/sw/swab045>

Beckie, T. M. (2012). A systematic review of allostatic load, health, and health disparities. *Biological Research for Nursing*, 14(4), 311-346. <https://doi.org/10.1177/109980041245568>

Casas, J. B., & Benuto, L. T. (2022). Breaking the silence: A qualitative analysis of trauma narratives submitted online by first responders. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 190. <https://doi.org/10.1037/tra0001072>

Krzemieniecki, A., & Gabriel, K. I. (2021). Stigmatization of posttraumatic stress disorder is altered by PTSD Knowledge and the precipitating trauma of the

sufferer. *Journal of Mental Health*, 30(4), 447-453.

<https://doi.org/10.1080/09638237.2019.1677870>

Roscoe, R. A. (2021). The battle against mental health stigma: Examining how veterans with PTSD communicatively manage stigma. *Health Communication*, 36(11), 1378-1387.

<https://doi.org/10.1080/10410236.2020.1754587>

Visit our [Digital Library](#) with passcode “vibrant” for more resources on COVID-19 and trauma.

Have an article you think would fit in our digital library? Submit it through our [CECT Resource Library Submission Form](#) to get it included. We accept links to news articles, opinion pieces, and journal articles.

If you haven't yet, don't forget to check out Vibrant's 2023 Symposium! You can find information on it, including how to register, at <https://vibrantsymposium.info/>.



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