

# **PTSD Definition**

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder that's triggered by a traumatic event. You can develop post-traumatic stress disorder when you experience or witness an event that causes intense fear, helplessness or horror. In some cases the symptoms can get worse or last for months or even years. Sometimes they may completely disrupt your life. In these cases, you may have post-traumatic stress disorder.