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methods a total of 5 195 wenchuan earthquake adolescent survivors aged 11 18 years from nine high schools in southwest china completed questionnaires that assessed their ptsd and depression symptoms due to childhood maltreatment stressful life events and childhood earthquake exposure results this article summarizes the cellular and animal experimental mechanisms of cm treatment on ptsd suggesting that traditional chinese herbs and acupuncture can protect brain functional areas and adjust hypothalamus pituitary adrenal axis currently commonly used ssris class antidepressants and venlafaxine are not recommended as first line drugs 12 acupuncture as a classic traditional chinese medicine therapy has played a full advantage in mental diseases such as depression anxiety and insomnia this article summarizes the cellular and animal experimental mechanisms of cm treatment on ptsd suggesting that traditional chinese herbs and acupuncture can protect brain functional areas and adjust hypothalamus pituitary adrenal axis studies on post traumatic stress symptoms ptsd among mental health professionals mhps are limited particularly since restrictions due to coronavirus disease covid 19 have been to boost ptsd study in china the following suggestions might be helpful 1 establishing a national psychological trauma recover project and 2 exploring the mechanisms of ptsd with joint effort and strengthening the indigenized treatment of ptsd in the present study we investigated concurrent and longitudinal associations between coping and ptsd symptoms in response to the outbreak of covid 19 among chinese adolescents overall most student did not show elevated ptsd symptom levels from the initial outbreak to three and six months later a case study demonstrating the diagnosis and treatment of emotional trauma is provided in this article along with the necessary background of chinese and conventional medical approaches this study revealed that cptsd is a distinct disorder from ptsd in chinese adolescents exposed to childhood trauma it provides evidence that emotional abuse might be an important risk factor for cptsd and demonstrates that cptsd is accompanied by serious psychological and physical consequences in adolescents the management of ptsd the psyche in western and chinese medicine as well as the parallels between the jungian human psyche and the chinese concepts of shen how the brain functions according to tcm the concepts manifestations and treatment of gui ghosts how we organize our defence mechanisms against external aggressions distinction between ptsd and cptsd as icd 11 proposed was supported in a chinese young adult sample dso symptoms might inhibit healing and recovery process and subsequent intervention could consider treat cptsd based on addressing dso symptoms introduction these guidelines will be used to form the basis of a mental health first aid mhfa training course for china aimed at educating the public in providing support and advice to a person who is experiencing a potentially traumatic event to boost ptsd study in china the following suggestions might be helpful 1 establishing a national psychological trauma recover project and 2 exploring the mechanisms of ptsd with joint effort and strengthening the indigenized treatment of ptsd keywords posttraumatic stress disorder epidemiology mechanism treatment review below is a chinese translation of our information resource on post traumatic stress disorder ptsd you can also view our other chinese translations to boost ptsd study in china the following suggestions might be helpful 1 establishing a national psychological trauma recover project and 2 exploring the mechanisms of ptsd with joint effort and strengthening the indigenized treatment of ptsd introduction description details post traumatic stress disorder is discussed from a western medical perspective and psychology and also through the eyes of chinese medicine the book features case studies and research treatment protocols from the us army ptsd treatment program for returning soldiers from the iraq and afghanistan conflicts from a chinese medical perspective the primary diagnostic patterns for ptsd are heart shen spirit disturbance liver qi energy stagnation kidney deficiency the following secondary patterns are liver qi stagnation wood earth disharmony liver fire phlegm fire phlegm damp this first meta analysis of ptsd among chinese shidu parents showed that nearly half of the shidu parents experienced ptsd female lower income and losing a daughter were significantly associated with a higher ptsd prevalence among shidu parents the cellular and animal experimental mechanisms of cm treatment on ptsd suggesting that traditional chinese herbs and acupuncture can protect brain functional areas and adjust hypothalamus pituitary adrenal axis this longitudinal study in mainland china 2021 2022 explored the impact of adverse childhood experiences aces on complex posttraumatic stress disorder cptsd symptoms with a focus on the role of self compassion among 18 933 surveyed university students 21 2 reported experiencing at least one ace results revealed a clear

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