Introduction: Post-traumatic stress disorder (PTSD) is a mental health condition that violates everyday functioning, and it is a result of a traumatic event or life-threatening event. Symptoms of PTSD are nightmares, flashbacks, symptoms of negative emotions and perception, avoidance behavior, and social avoidance and it can affect children. Dissociative symptoms are a part of dissociative disorder in the form of anxiety disorder, but these symptoms can occur in dissociative form of PTSD.
Objectives: The goal of this paper is to present a patient who is under neurological treatment, diagnosed with spastic paraplegia, and under psychiatric treatment diagnosed with PTSD, depression, and possible dissociative disorder.
Methods: This is a case report paper. A male patient, 57 years old, participated in Homeland War in Croatia for a duration of 18 months. He experienced many traumatic events and life-threatening events, such as the death of his friends. The first psychiatric symptoms occurred after war experiences, and the symptoms manifested as headache, insomnia, grumpiness, and paralyzing fear which led to the feeling that his legs were "taken away". Similar symptoms persisted even after the war ended and in other stressful situations along with difficulty walking. He went under neurological testing and it turns out that it might be spastic paraplegia. He was diagnosed with prolactinoma, and since 2019 he has been in psychiatric ambulance treatment in the Daily Hospital of Clinical Hospital Split, diagnosed with PTSD, depression, and dissociative disorder.
Results: We used psychotherapy methods such as socio-therapeutic and group psychotherapy, along with pharmacology therapy (sertraline, diazepam, olanzapine).
Conclusions: Pharmacology interventions might affect PTSD patients in a positive way and help them to function in everyday activities.

Disclosure of Interest: None Declared

EPV1414

Post-traumatic stress disorder: a need for alternative approaches

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Introduction: Post-traumatic stress disorder (PTSD) is a mental health statue that arises from traumatic events featuring by intrusive memories of the incident, difficulty in interpersonal relationships, recurrent distress, avoidance of similar situations and flashbacks. Although conventional treatments such as cognitive behavioral therapy (CBT), exposure therapy, selective serotonin reuptake inhibitors (SSRIs), and medications like prazosin are widely used and supported by scientific evidence, an increasing number of individuals are turning to alternative treatments. For instance, mind-body practices have demonstrated therapeutic benefits for stress reduction, including decreased anxiety, depression, and anger, as well as improved pain tolerance, self-esteem, relaxation, and coping abilities. Practices such as yoga, tai chi, and meditation, which involve physical postures, stretching, and deep breathing, are gaining popularity for managing PTSD symptoms. Additionally, lifestyle changes, diet, mindful breathing, Ayurvedic medicine, and somatic therapies like dance therapy are increasingly recognized as valuable tools for improving quality of life in trauma survivors Clinicians should discuss mind-body interventions with their patients and educate them about the potential benefits of them to maximize the diversity of treatment options.
Objectives: This review aims to explore both conventional and alternative approaches for PTSD treatment, including psychotherapy, psychopharmacology, and complementary practices such as exercise, diet, meditation, yoga, deep breathing, and dance therapy.
Methods: The study is a literature review conducted through PubMed.
Results: The studies included in this review exhibited considerable heterogeneity, with varying designs, intervention methods, and study durations, as well as differing use of control groups. As a result, conducting a true meta-analysis was not feasible.
Conclusions: "Mind-body practices" incorporate numerous therapeutic effects on stress responses, including reductions in anxiety, depression, and anger, and increases in pain-tolerance, self-esteem, energy levels, ability to relax, and ability to cope with stressful situations.
Given the limitations in the current evidence for conventional treatments and the growing use of complementary and alternative approaches, there is a pressing need for more comprehensive re-search into these alternative therapies. Future studies should aim to evaluate the effectiveness of mind-body interventions and other complementary practices as potential treatments for PTSD.

Disclosure of Interest: None Declared

EPV1415

Post traumatic stress disorder in postpartum: when guilt delays recovery. A case report

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Introduction: PTSD is a mental disorder that may develop after exposure to threatening or horrifying events. PTSD is characterized by the following: 1) re-experiencing the traumatic event or events in the present in the form of vivid intrusive memories, flashbacks, or nightmares. Re-experiencing may occur via one or multiple sensory modalities and is typically accompanied by strong or overwhelming emotions, particularly fear or horror, and strong physical sensations; 2) avoidance of thoughts and memories of the event or events, activities, situations, or people reminiscent of the event(s); and 3) persistent perceptions of heightened current threat. The symptoms persist for at least several weeks and cause significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.
Some reviewes found that PTSD is prevalent during pregnancy and after birth and may increase during postpartum if not identified and treated. It can affect women, their relationship and birth outcomes aswell as infant emotion regulation and development. The findings indicate that there are links between psychological, traumatic and birth-related risk factors as well as the perceived social support and the possible PTSD following childbirth in mothers and partners.
Objectives: A case report is presented alongside a review of the relevant literature regarding the prevention, diagnosis, and treatment of PTSD.

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