

# **Posttraumatic Stress in Whiplash Associated Disorders: Why Diagnostics Are Difficult in Comorbid Cases**

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# Outline for this presentation

- Brief background of the rationale for co-thinking posttraumatic stress symptomatology and WAD
- Definition(s) of posttraumatic stress symptomatology
- Underlining assessment difficulties

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- One way to address this is to increase knowledge on relevant factors and subgroups
- As WAD is a posttraumatic condition, some people may also experience a more psychological posttraumatic response to their accident – e.g. posttraumatic stress
- While many know posttraumatic stress symptomatology from other traumatic populations such as veteran and sexual assaults victims, it is highly common after MVC's too (e.g., Heron-Delane et al., 2013; Lin et al., 2018)

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- Theoretically, mutual maintenance between pain and PTSD has been proposed in comorbid cases (Sharp & Harvey, 2001)
- This idea has also been discussed in relation to treatment, where PTSD symptomatology may complicate treatment and reduce effects (e.g., Jaspers, 1998; Campbell et al., 2015)

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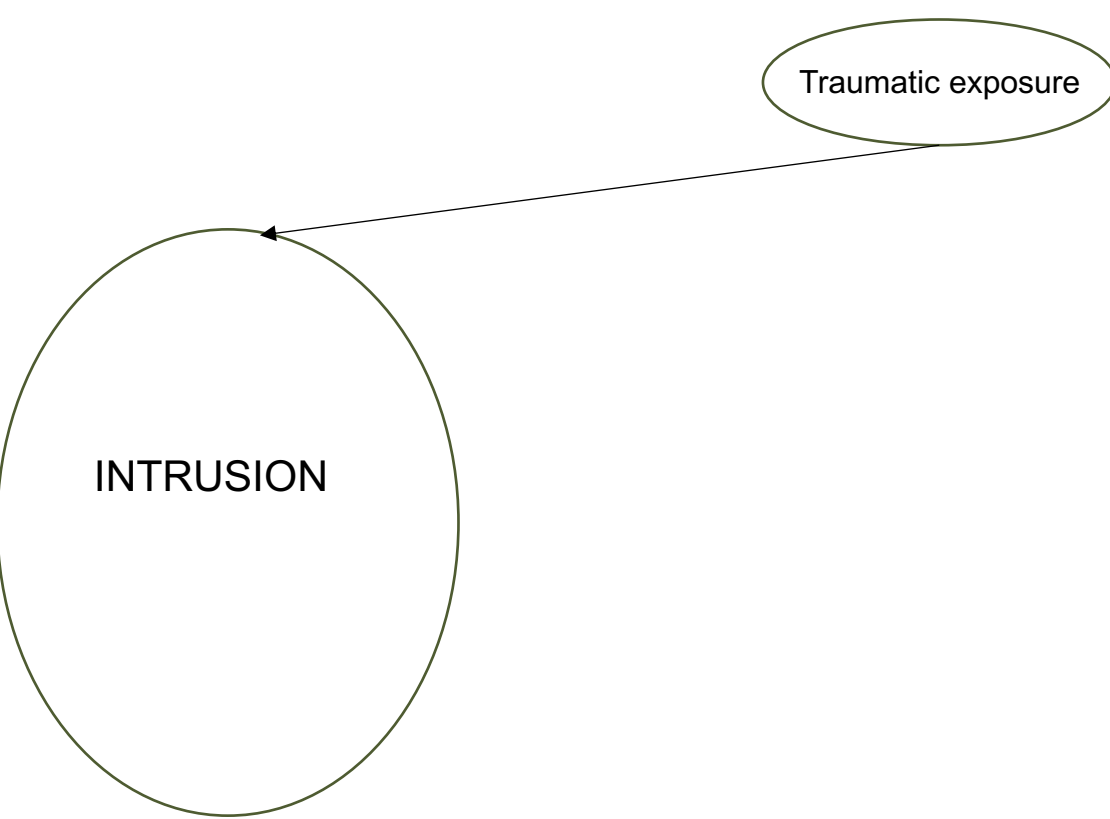
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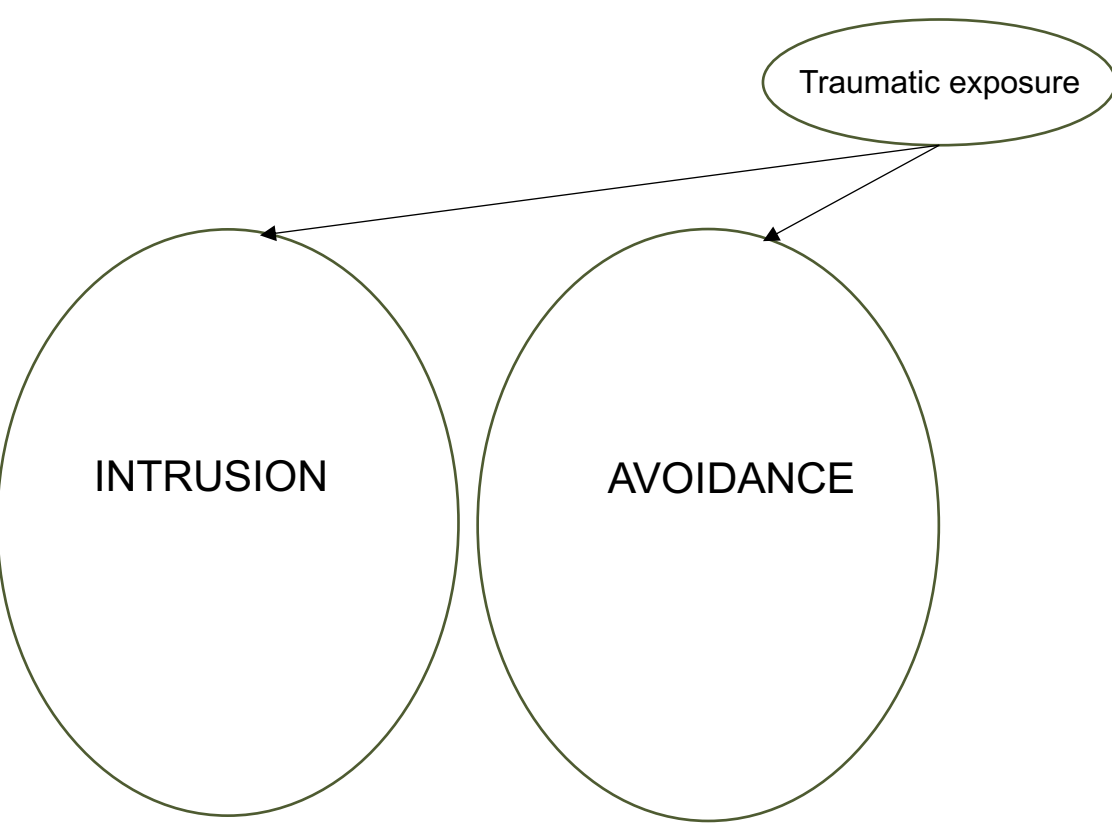
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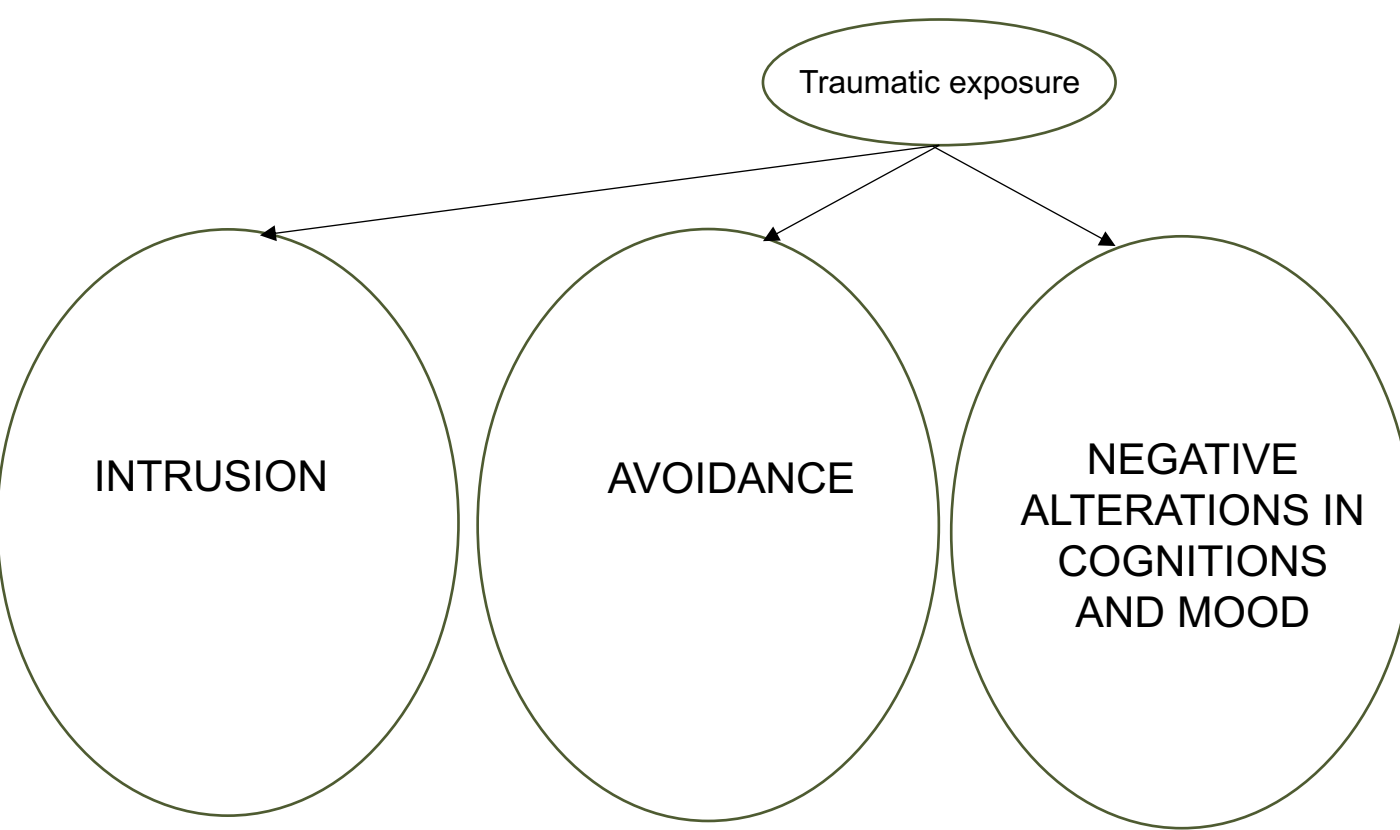
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- In research at the moment, we see primarily three of these: DSM-IV-TR, DSM-5, and ICD-11

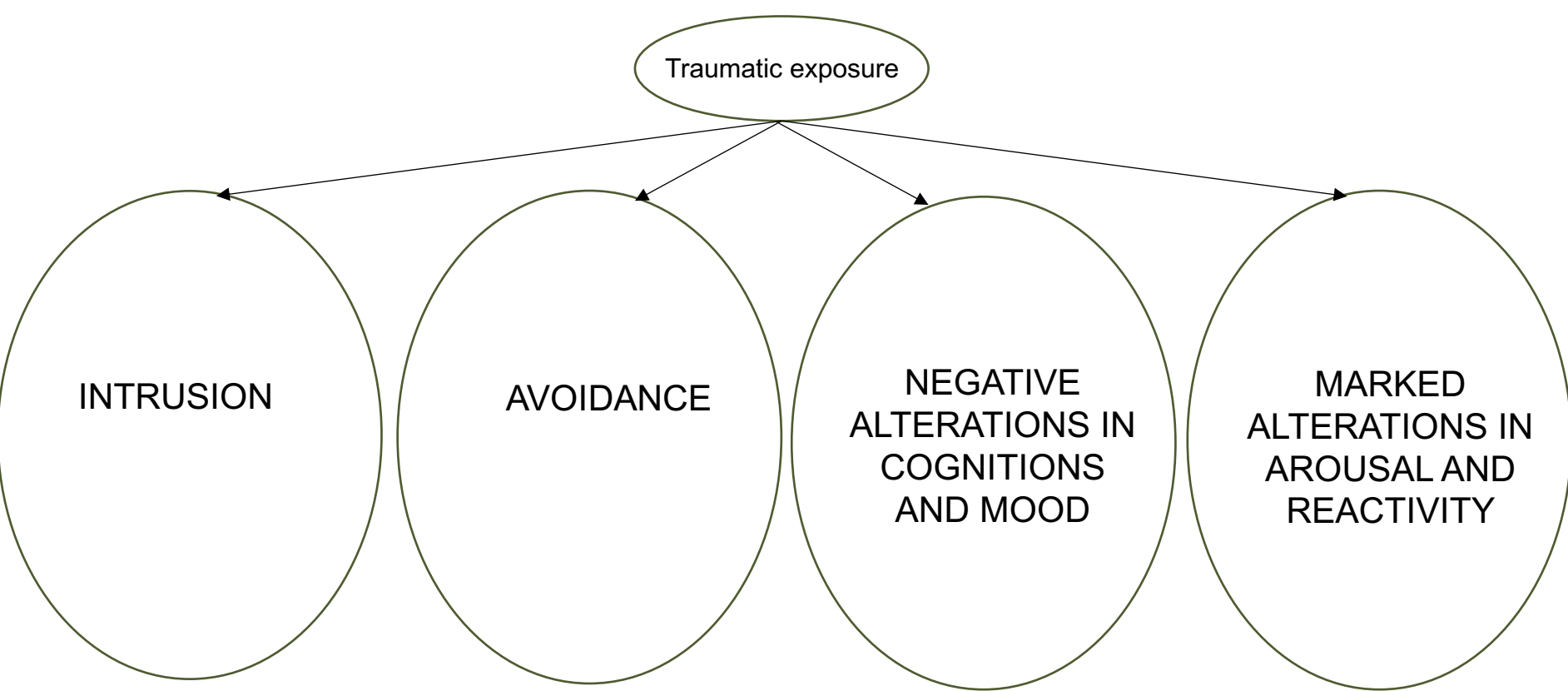
Traumatic exposure

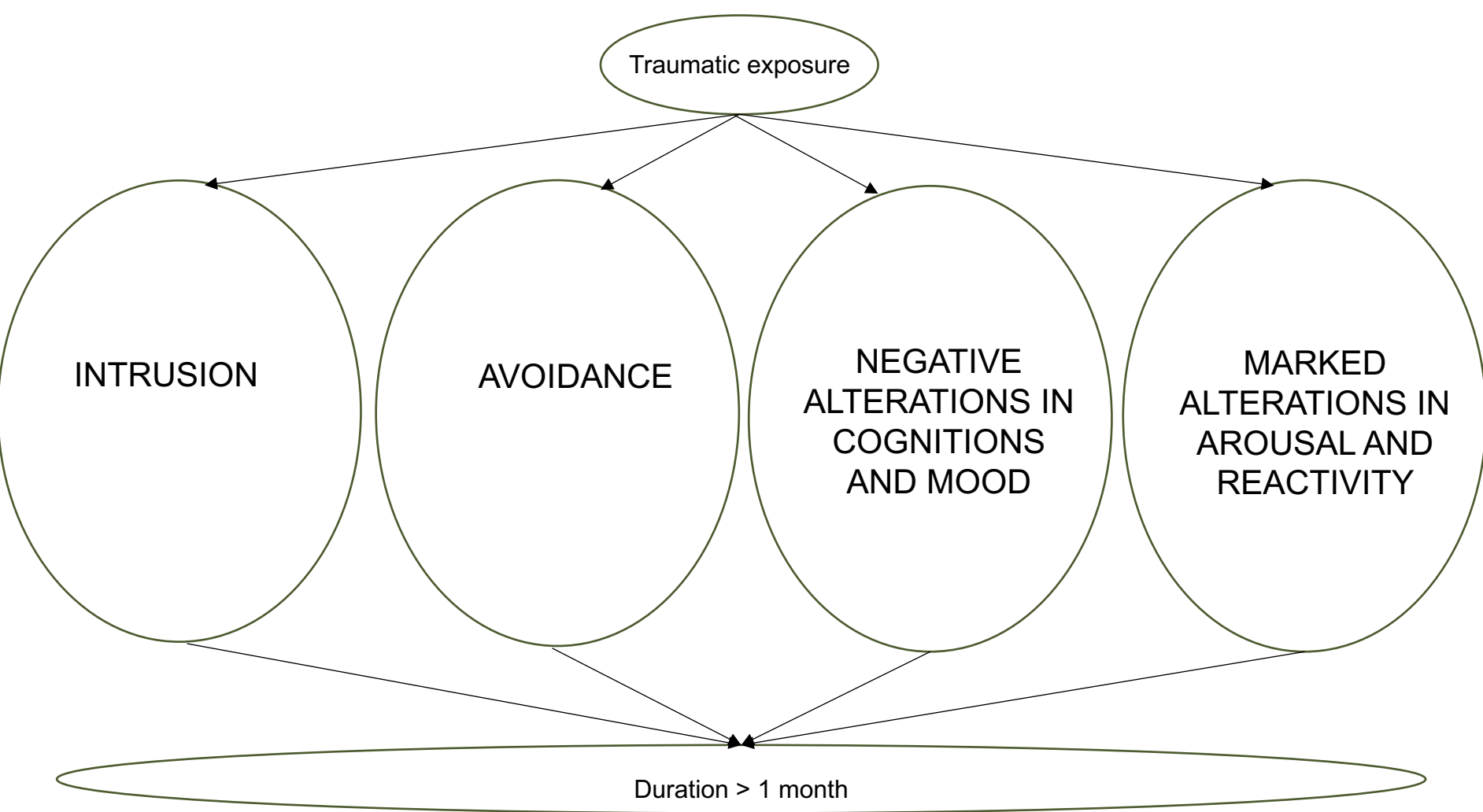


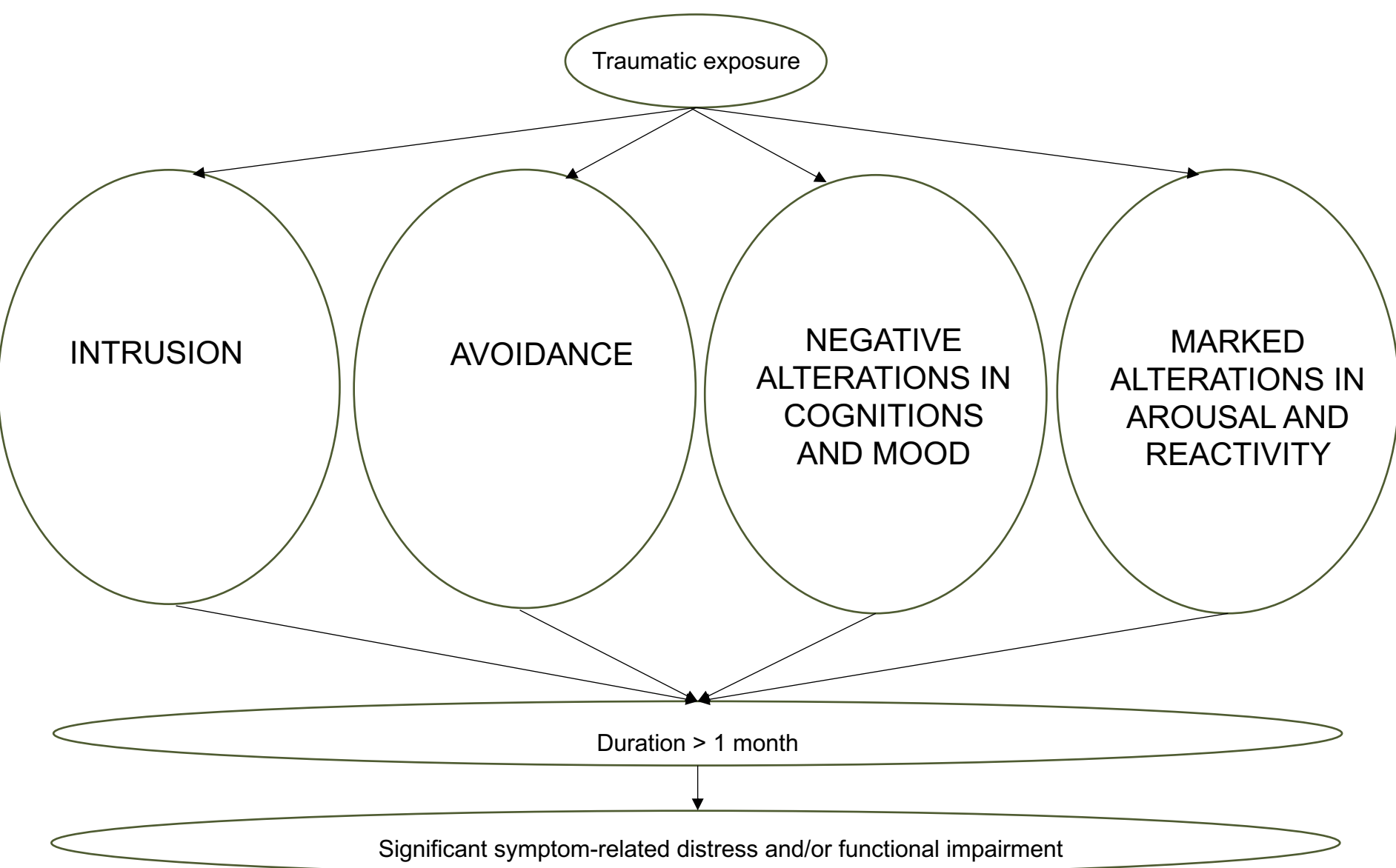


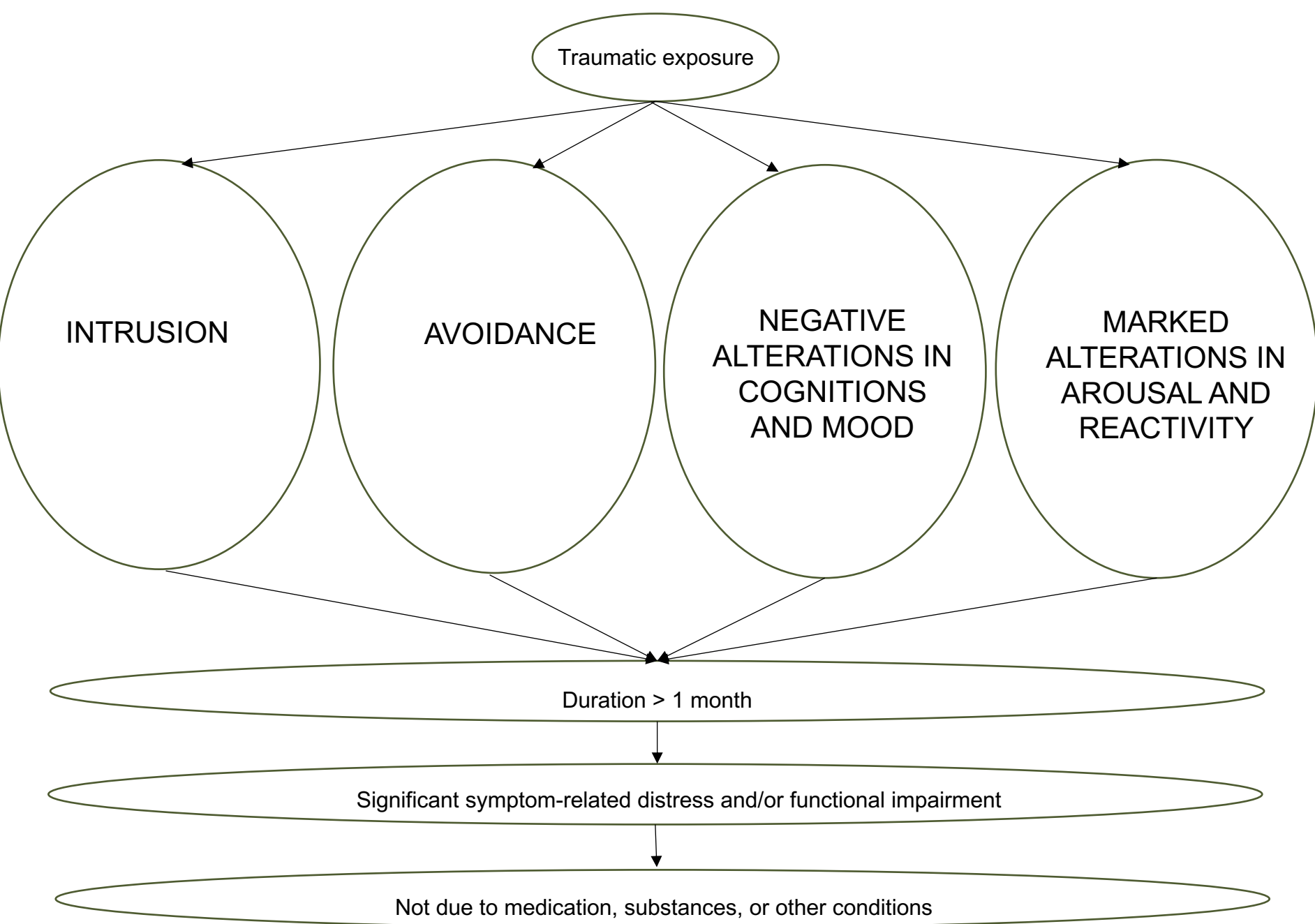


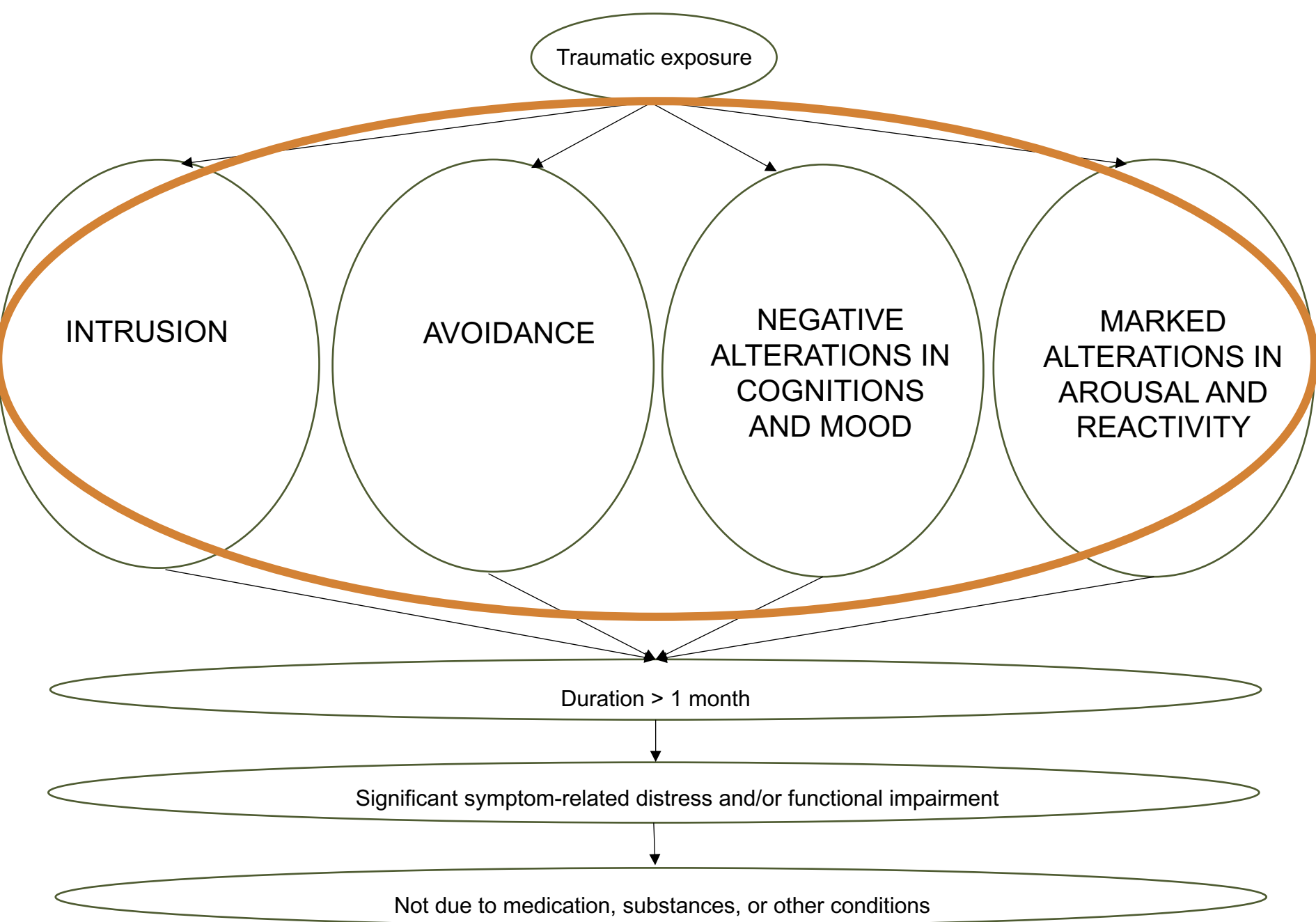


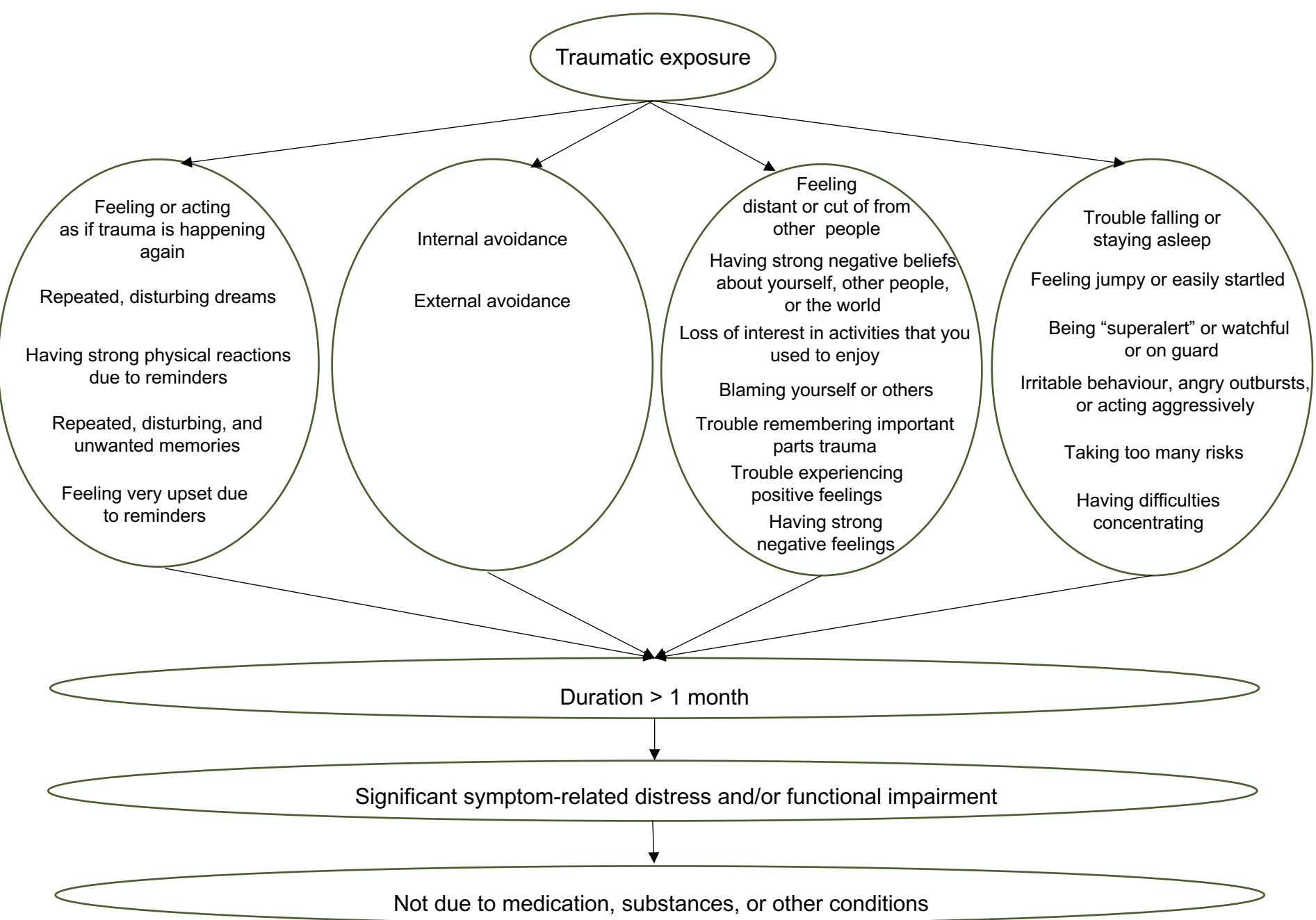


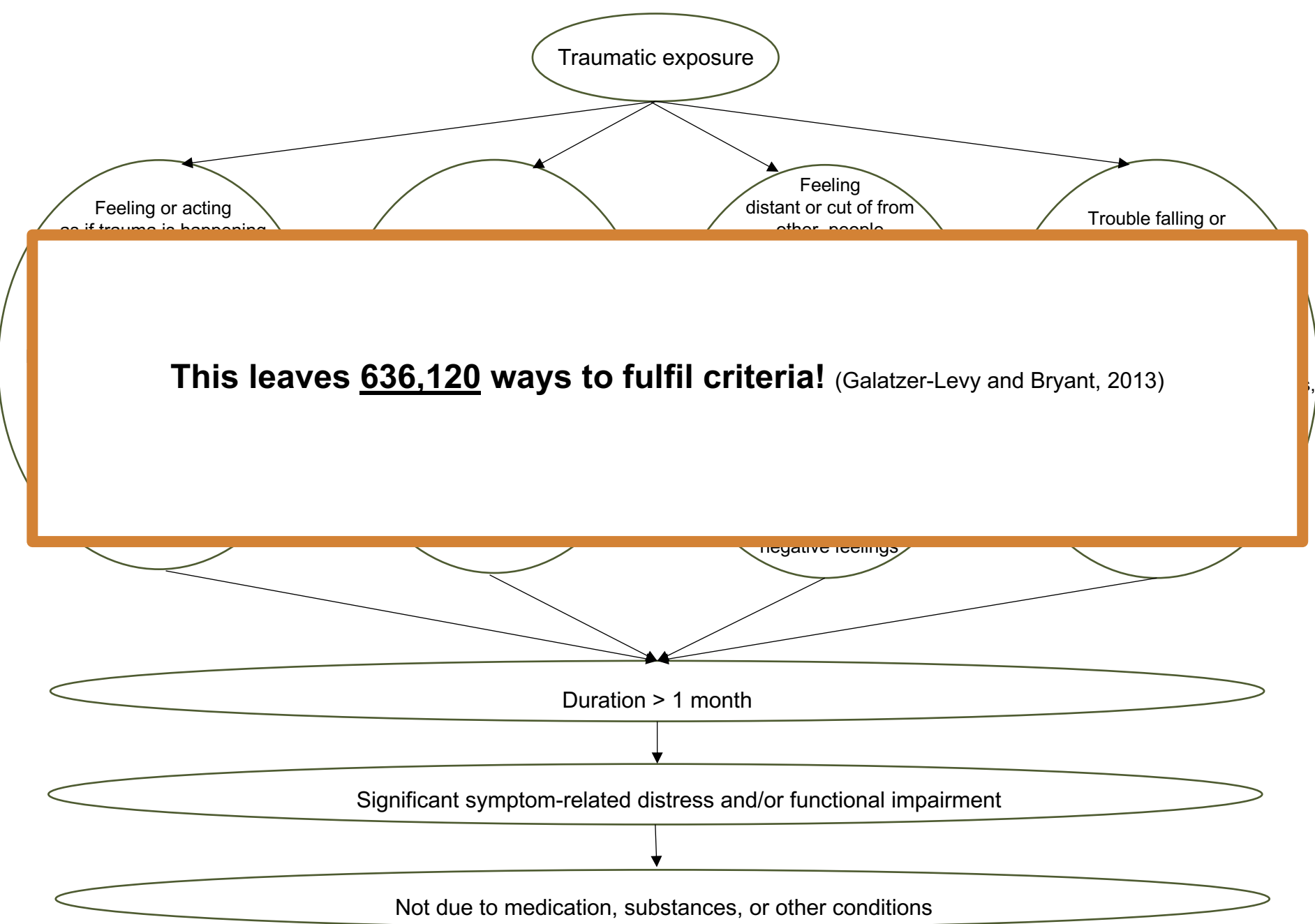


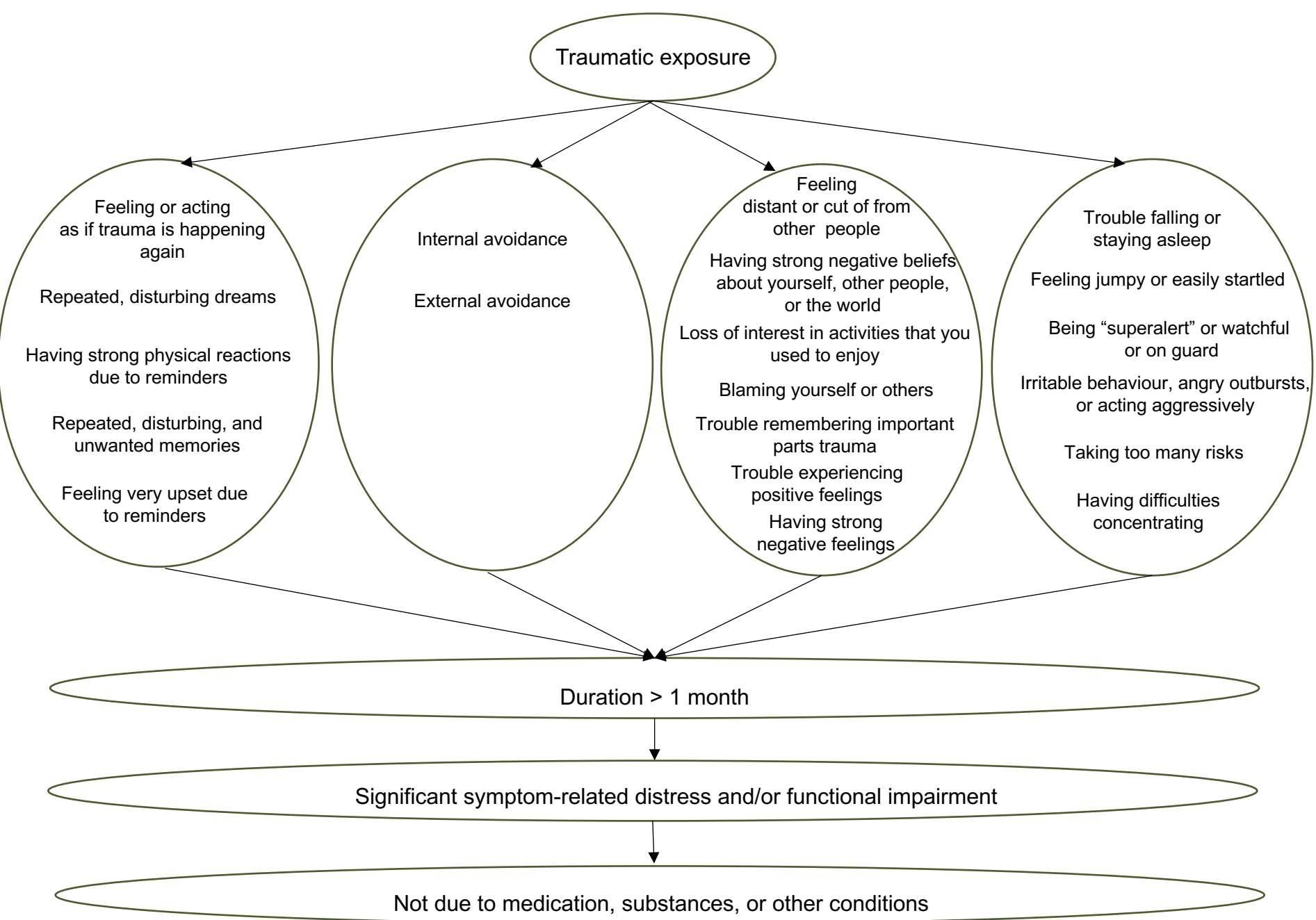




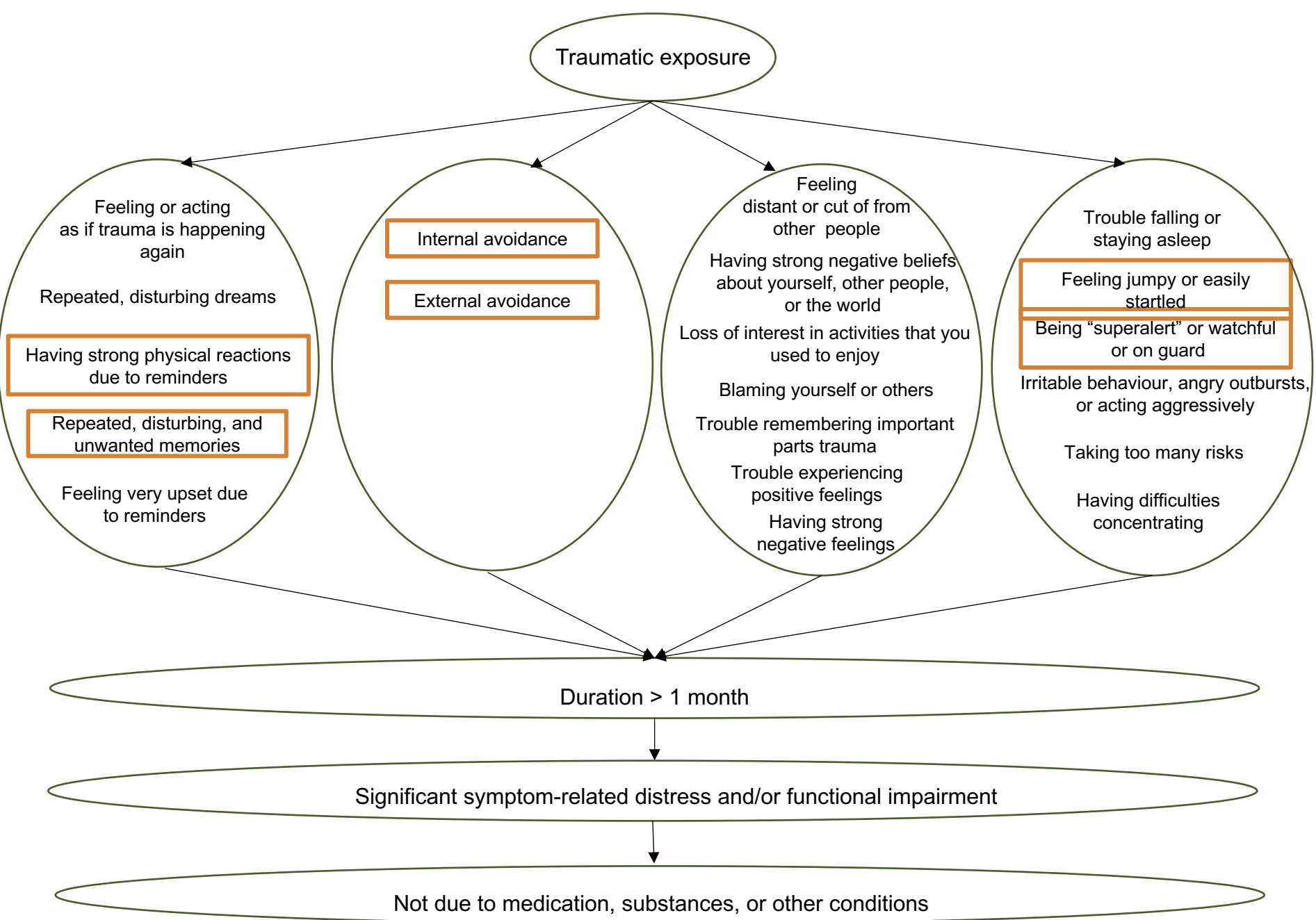


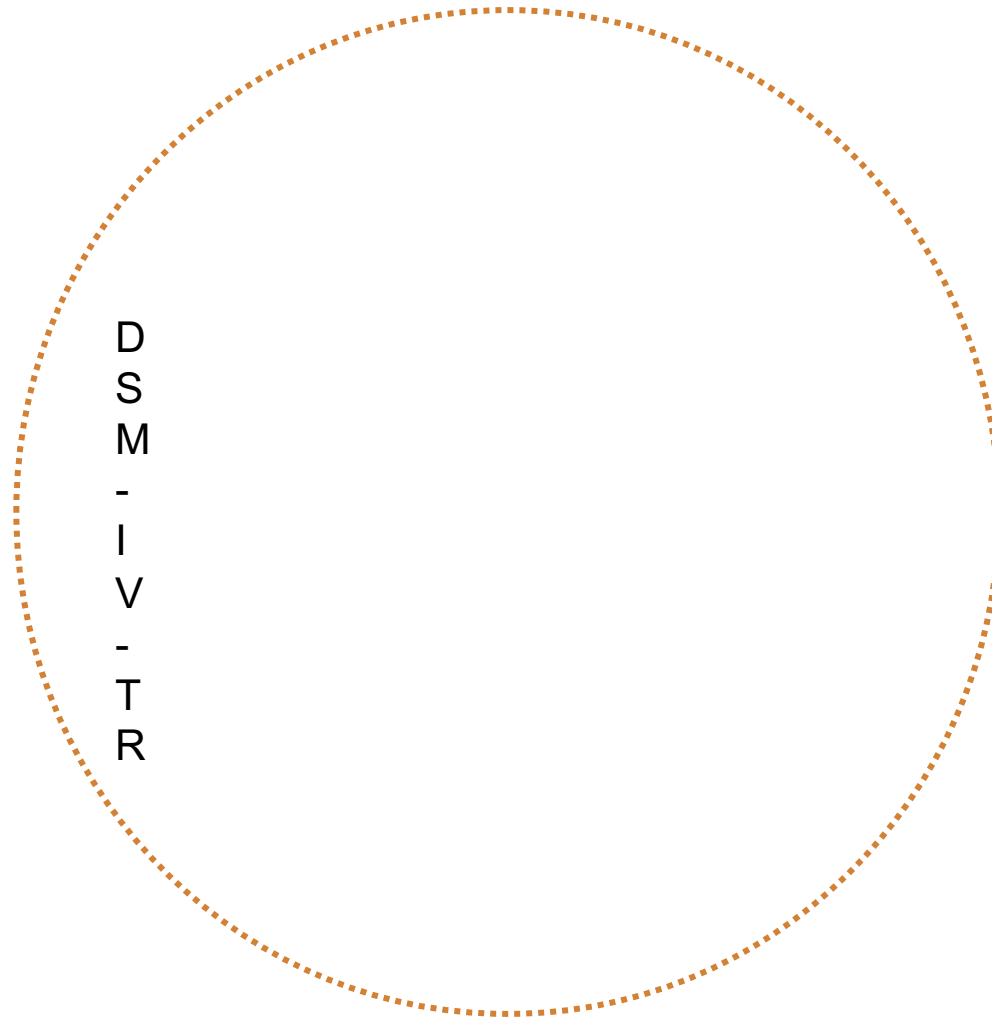


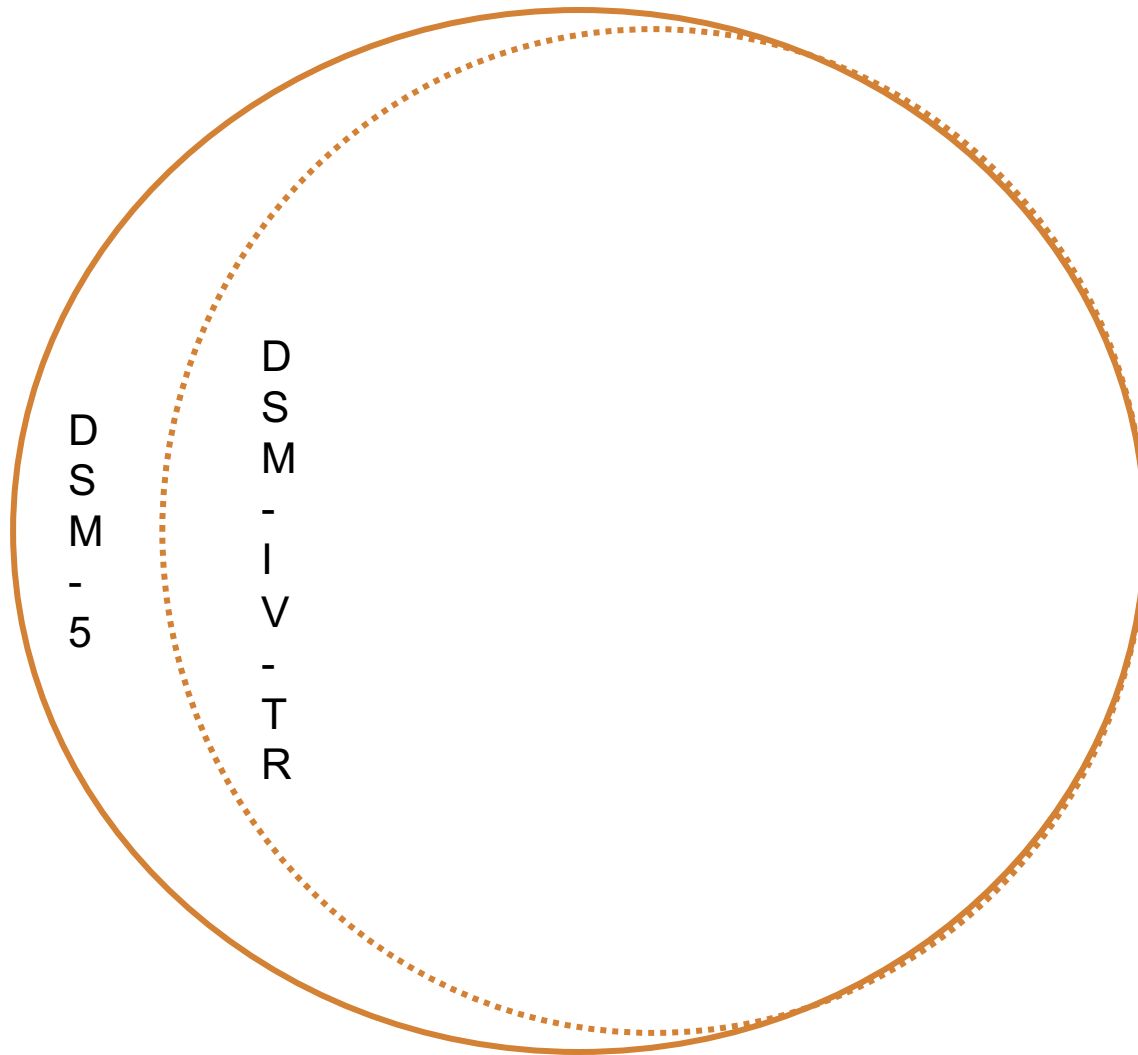


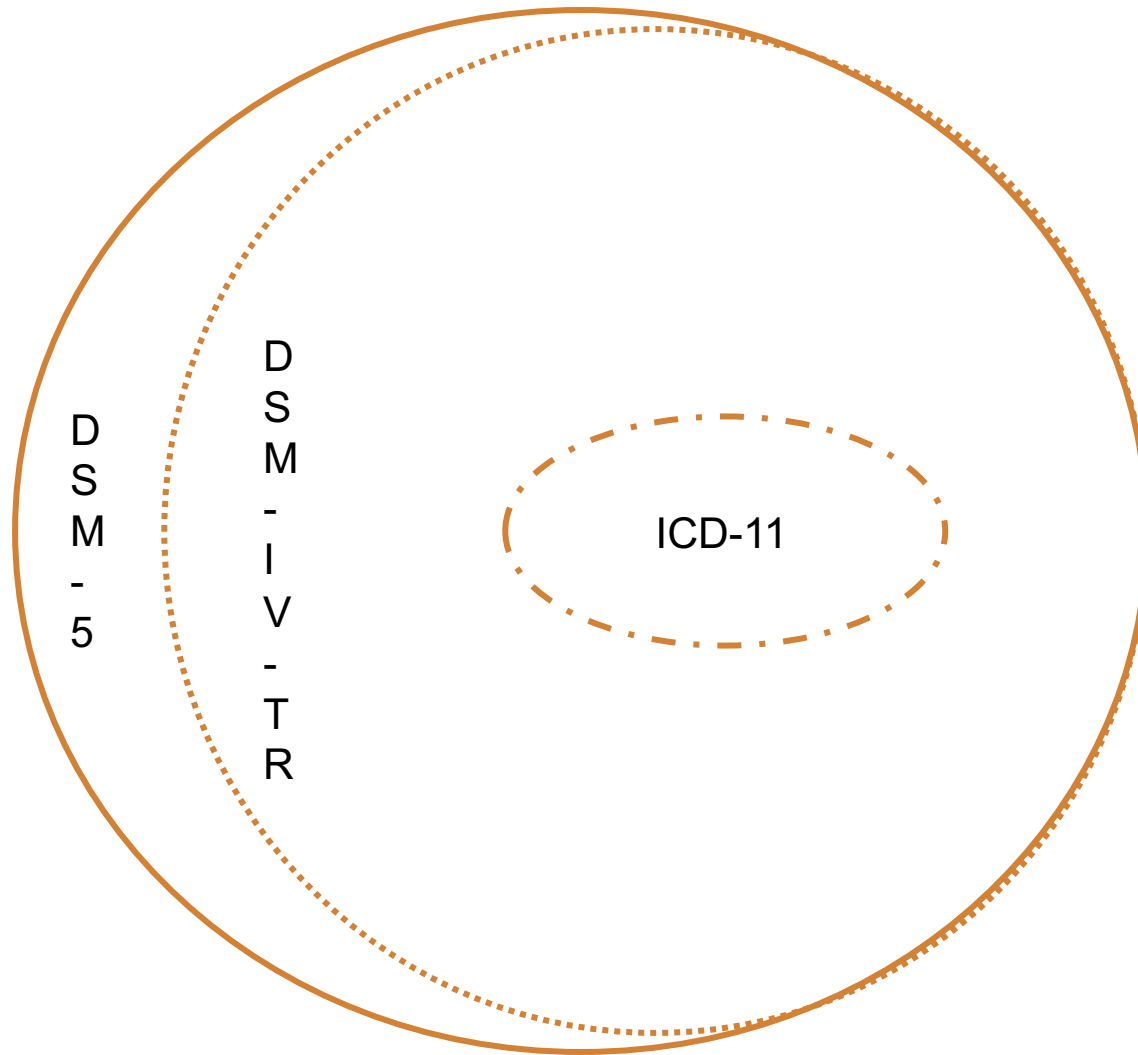












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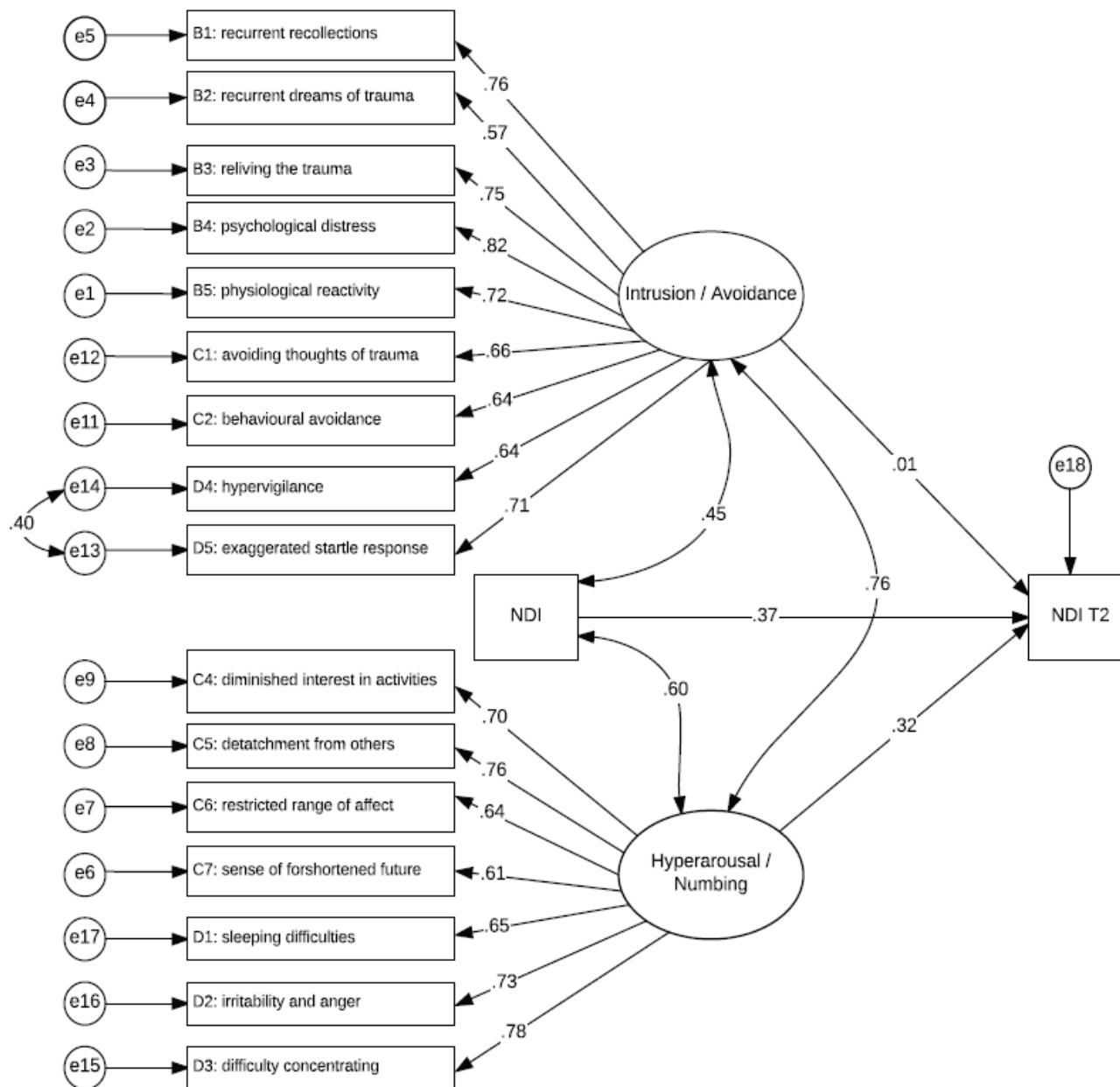
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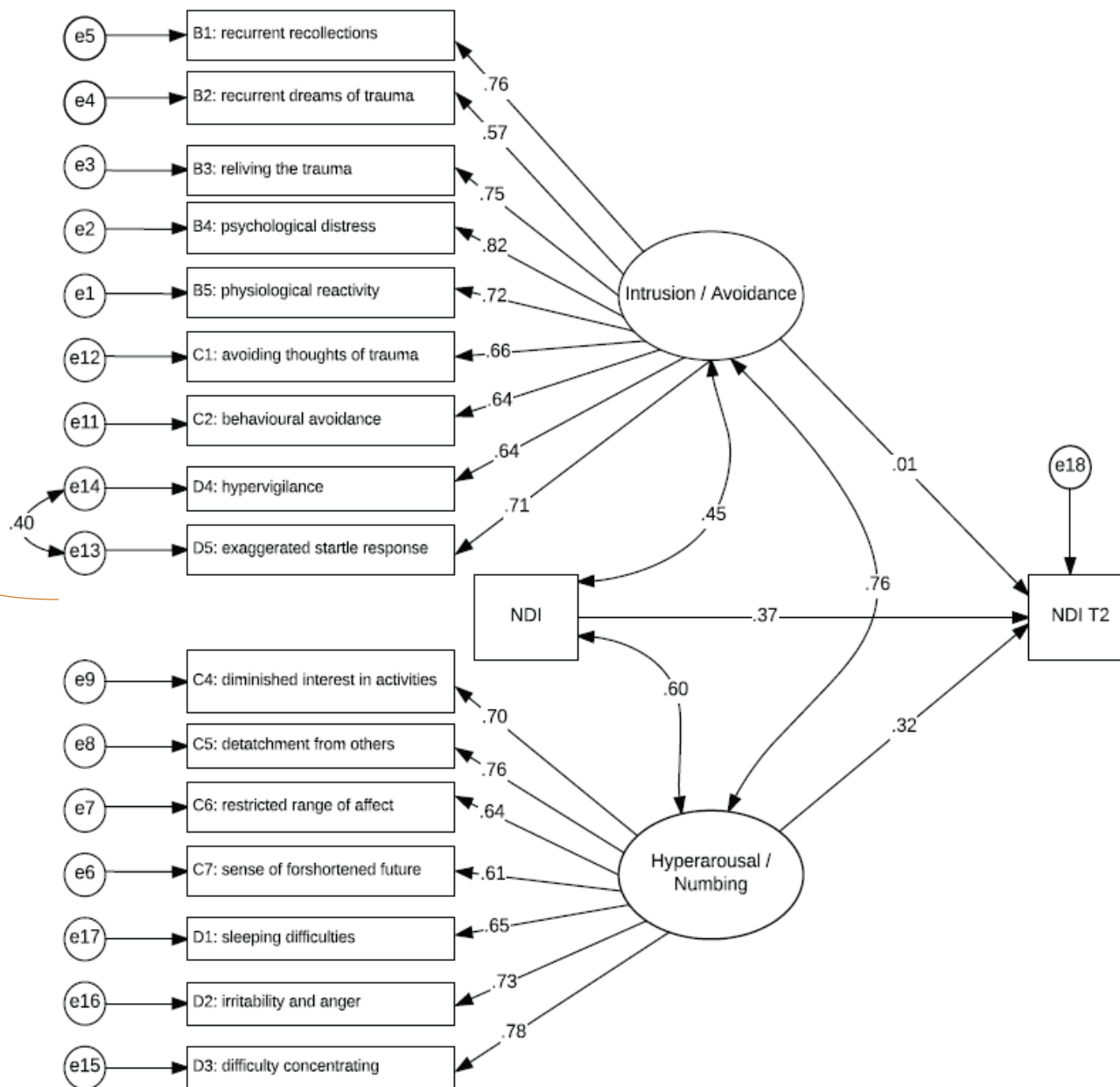
→ A final example:

- Loss of interest in activities that you used to enjoy?



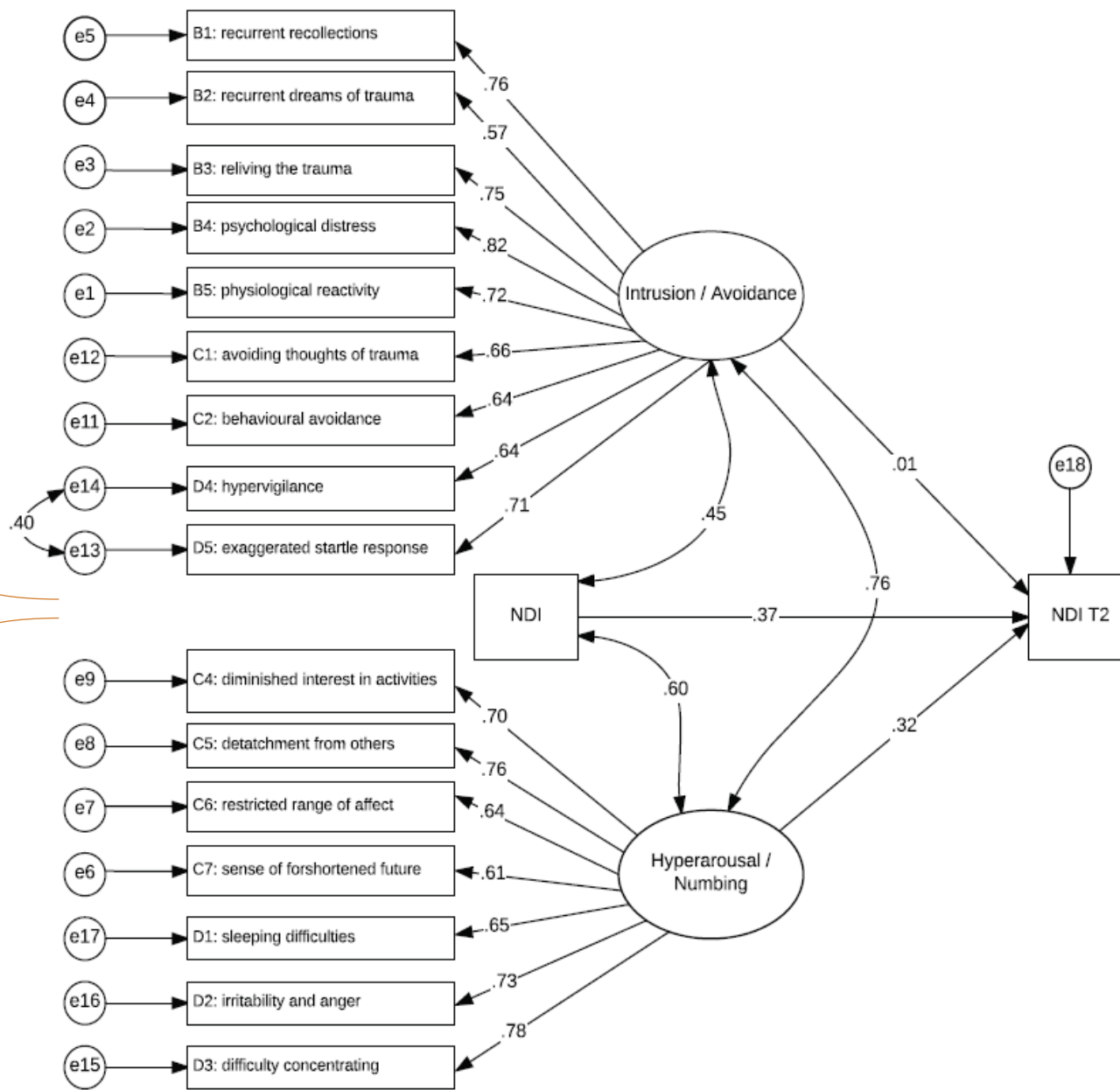


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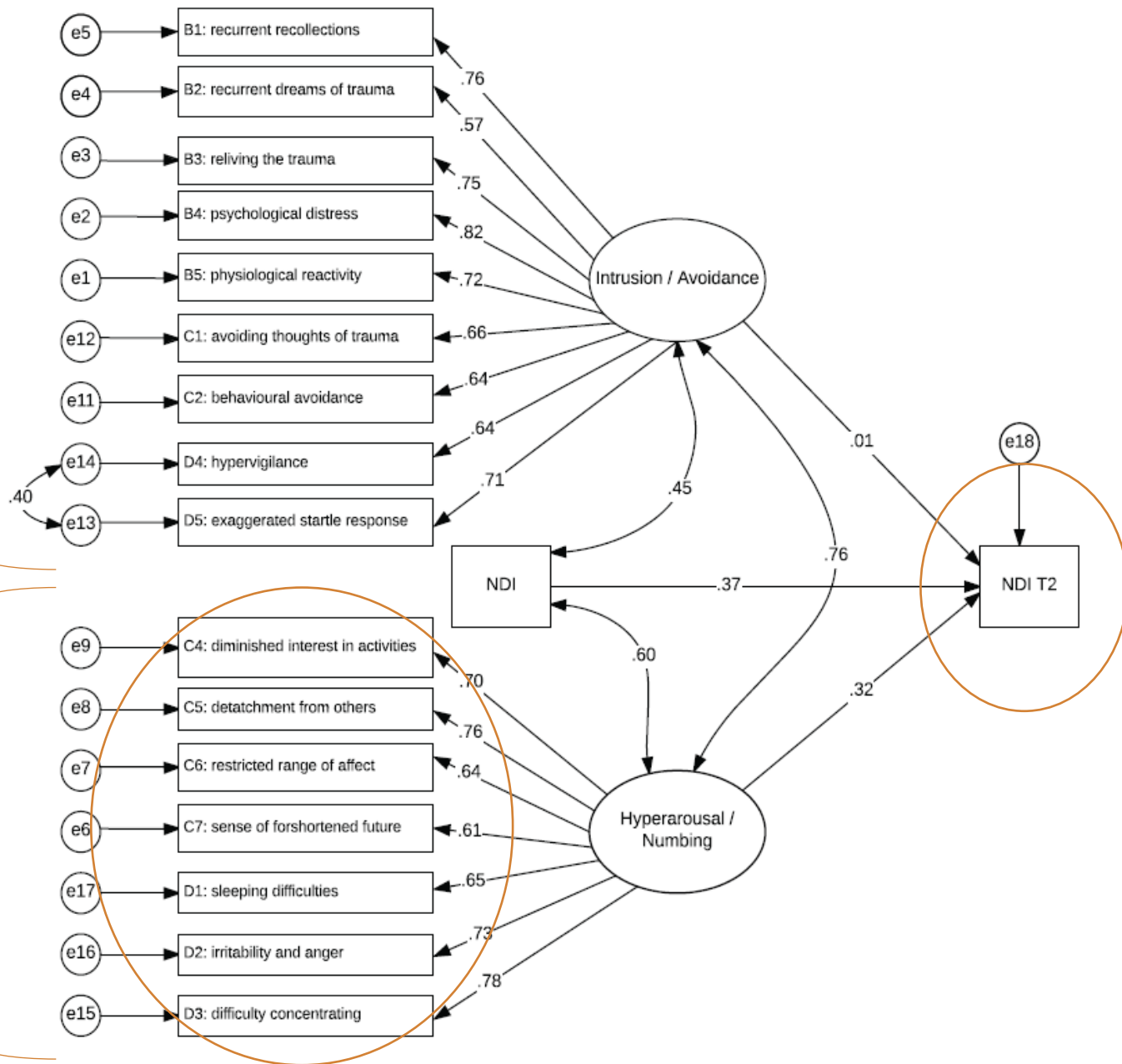


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- Some of the identified issues can be targeted by applying measures that focus on the core symptoms and are actually validated in chronic pain populations (and maybe also interviews)
- But all in all, this is no easy task, but it may also be OK to accept it to be a proxy of more general and pain-related distress – we just then need to talk and think differently about it and what is needed in terms of interventions

# THANK YOU!





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