

The high burden of 'subthreshold' PTSD

- Those with **subthreshold PTSD** have **some PTSD symptoms** but not enough to meet the criteria for a PTSD diagnosis.
- The findings below are based on data from the **National Health and Resilience in Veterans Study**.

Subthreshold PTSD

Lifetime
(any time during life)



Past-month

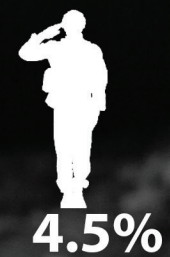


Probable PTSD (meets full diagnostic criteria)

Lifetime
(any time during life)



Past-month



- **Conclusion:** "The results of this study suggest that a **strikingly high proportion** of U.S. veterans – approximately one in three [subthreshold plus full diagnosed PTSD] – **experience clinically significant PTSD symptoms** in their lifetime."

Source: "High burden of subthreshold DSM-5 post-traumatic stress disorder in U.S. military veterans" *World Psychiatry*, June 2016. Infographic by VA Research Communications, January 2018. Photo for illustrative purposes only. Photos © iStock/MTMCOINS