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Examining the Diagnostic Construct of Complex PTSD Among a Sample of PTSD Patients in Iraq

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Abstract: This paper aims to Examining the presence of the diagnostic construct of complex PTSD among the Iraqi sample of PTSD and Describe the frequency of occurrence of symptom categories of complex PTSD and the relationship of these symptoms with the demographic characteristics.

A descriptive cross-sectional study was conducted at Ibn-Rushid Psychiatric Hospital, Baghdad Medical City, and Ibn-Sena Teaching Hospital, involving 52 patients with post-traumatic stress disorder, collected over ten months and analyzed through direct interviews.

The interview formed of the following:

1.Sociodemographic data (age, gender, education, occupation, marital status).

2.Self-rating questionnaire derived from diagnostic criteria of complex PTSD.

The prevalence of complex PTSD in Iraqi Patients who had already been diagnosed with PTSD were (28.8%), explained by the high resilience of people in our society.

Complex PTSD were more common in males (60%) while (40%) in females, and this is explained by the fact that males in our country are more exposed to traumatic events.

(80%) of complex PTSD sample were between 25 and 45 yrs. of age, (33.3%) of complex PTSD Patients were employed, the military represent (26.6%) of the complex PTSD Patients, others were freelancers or unemployed, and more than half of complex PTSD Patients were married (60%).

Complex PTSD affects 28.8% of patients, predominantly young, male, married, highly educated, with previous psychiatric visits and employed. Common complaints include altered affect, impulses, and meaning systems.

Key words: diagnostic construct, PTSD, Complex PTSD, demographic characteristics.

Introduction. PTSD is a condition characterized by increased stress and anxiety following exposure to a traumatic event, such as a violent accident, military combat, or abuse. The person experiences fear, helplessness, and reluctance to be reminded of the event. These stressors can be overwhelming and can lead to depression, anxiety, and cognitive difficulties. Symptoms include numbing of responsiveness, hyperarousal, and difficulty concentrating[1,2].

C-PTSD is a psychological disorder resulting from repeated and cumulative trauma, with research indicating that some forms of trauma are more pervasive and complicated. However, a history of chronic traumatization doesn't always lead to C-PTSD symptomatology, as research shows that up to a quarter of individuals experience at least one traumatic event[3].

Over the past century, medical doctors have identified PTSD-like illnesses in soldiers who experienced combat. The term "nostalgia" was coined in the late 1600s by Swiss physician Dr. Johannes Hofer, describing despair, homesickness, sleeplessness, and anxiety. This phenomenon spread throughout Europe and reached

American soil during the U.S. Civil War. Some military doctors viewed nostalgia as a sign of weakness, while others studied veterans' physical issues, such as "soldier's heart" or "irritable heart," due to overstimulation of the heart's nervous system[4].

Railway accidents during World War I led to the development of post-traumatic stress disorder, known as "shell shock." This disorder, initially referred to as "battle fatigue," was later referred to as "combat fatigue" and "combat stress reaction" in World War II. The term was first used in 1915 by Captain Charles Myers of the Royal Army Medical Corps, who documented soldiers experiencing severe symptoms after being exposed to exploding shells. By the end of the war, around 80,000 cases of shell shock were documented in the British army. The American Psychiatric Association added "gross stress reaction" to the DSM-I in 1952. [5]

The American Psychological Association (APA) revised the DSM-II and DSM-III to better capture PTSD symptoms, allowing veterans to receive proper psychological help. The DSM-IV, DSM-IV-TR, and DSM-5 revised the diagnostic criteria for PTSD, renaming it as Trauma- and Stressor-Related Disorders and removing it from the anxiety disorder category. This has improved the understanding of PTSD symptoms[6,7].

The American Psychiatric Association conducted a field trial for PTSD during the development of the DSM-IV, investigating the impact of proposed changes in the diagnosis and the psychopathology of chronic developmental trauma, labeled Disorders of Extreme Stress, [8,9,10]Not Otherwise Specified (DESNOS). The DSM-IV field trial supported the existence of a complex adaptation to chronic interpersonal violence in both children and adults, but DESNOS was listed under "Associated and Descriptive Features" of PTSD [11,12,13], which this article aims to Examining the presence of the diagnostic construct of complex PTSD among Iraqi sample of PTSD and Describe the frequency of occurrence of symptom categories of complex PTSD and the relationship of these symptoms with the demographic characteristics. [14]

Material and method

Methodology:

Study type and design: A cross-sectional study (descriptive and analytical).

Place and duration of data collection: The study was carried out at Ibn-rushed Psychiatric Hospital, the psychiatric department at Medical City in Baghdad, and Ibn-sena Teaching Hospital in Mosul. The data was collected from those hospitals randomly from patients who had already been diagnosed with PTSD. The data collection period extended for ten months (from the first of June 2019 to the end of January 2020).

Participants: from those hospitals, a random sample of 52 Patients who were already diagnosed with PTSD were picked up and interviewed. The study was explained to them in full & after their verbal consent was taken, they filled the questionnaires themselves.

Inclusion criteria:

Patients who are already diagnosed with PTSD.

Exclusion criteria

Patients with psychiatric disorders other than PTSD.

Data collection tools: The questionnaires included two main parts:

Part one: It was concerned with demographic data (age, sex, educational level, occupation, and marital status), whether the Patient has any physical illness or previous psychiatric visit, and if he received any psychiatric treatment.

Part two: Self-rating questionnaire derived from diagnostic criteria of complex PTSD as formulated by Van Der Kolk, a psychiatric professor at Boston University in the United States of America. A new Arabic questionnaire was formulated according to the criteria, and its validity & reliability was approved on an Iraqi sample. **(9)**

Statistical analysis:

This study is a cross-sectional study. Data were presented in frequency and percentage, and comparison was done between frequencies using the Fisher exact test and Yates's chi-square test. P value less than 0.05 was considered as significant. Microsoft Excel 2019 and SPSS (Statistical Package for Social Sciences) version 23 were used as software to do the statistics.

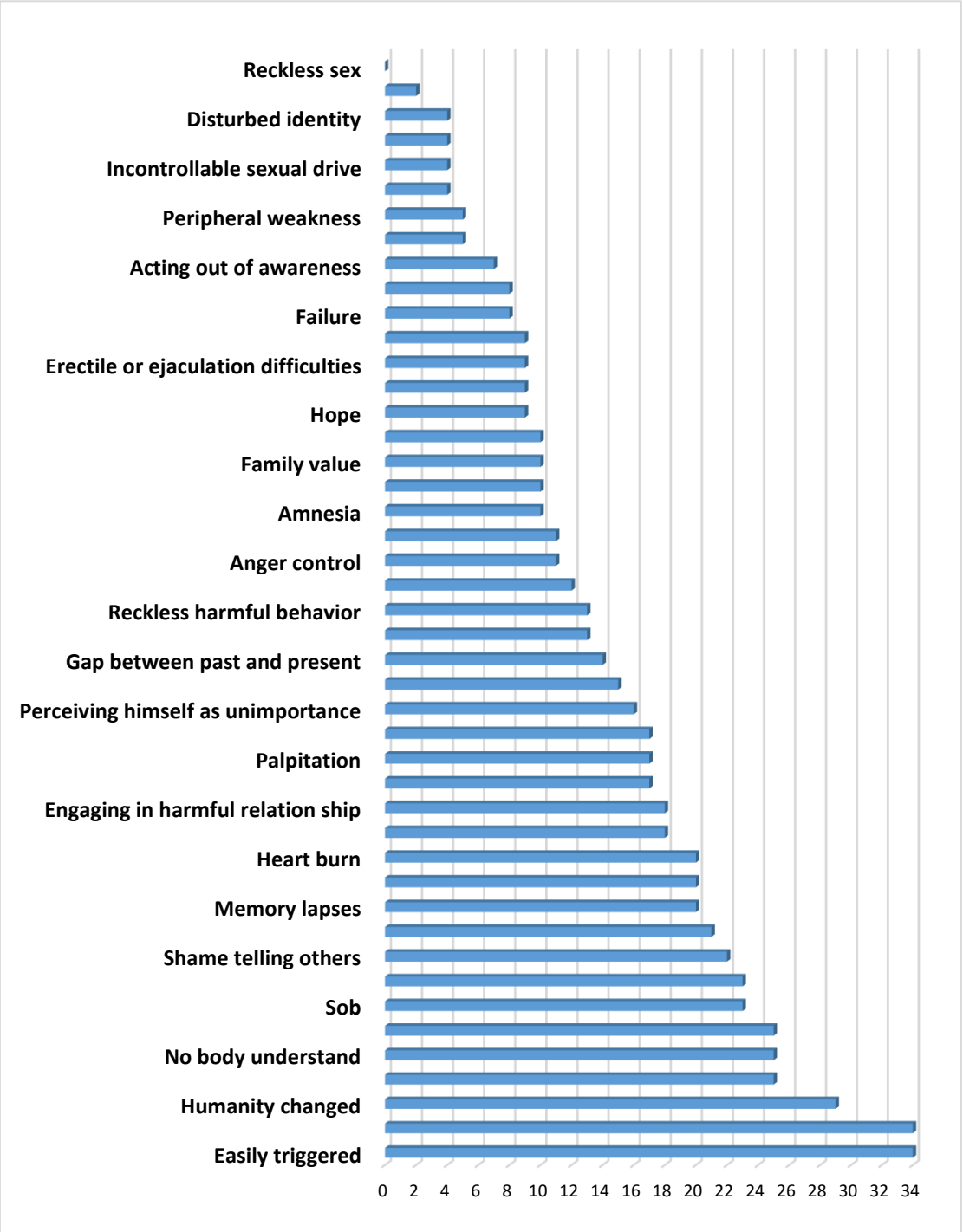
Results:

Table (1): Parameters score percentage

Parameter	N (%)

Easily triggered	34 (65.4)
Total community destruction	34 (65.4)
Humanity changed	29 (55.8)
Somatic pain	25 (48.1)
No body understand	25 (48.1)
Country Value	25 (48.1)
Sob	23 (44.2)
Irreversible damage	23 (44.2)
Shame telling others	22 (42.3)
Abd. Distension	21 (40.4)
Memory lapses	20 (38.5)
Difficulty trusting others	20 (38.5)
Heartburn	20 (38.5)
No sexual pleasure	18 (34.6)
Engaging in a harmful relationship	18 (34.6)
Guilt	17 (32.7)
Palpitation	17 (32.7)
Peripheral numbness	17 (32.7)
Perceiving himself as unimportance	16 (30.8)
Mood swing	15 (28.8)
Gap between past and present	14 (26.9)
Incompetent	13 (25.0)
Reckless, harmful behavior	13 (25.0)
Self-mutilation	12 (23.1)
Anger control	11 (21.2)
Derealization	11 (21.2)
Amnesia	10 (19.2)
Suicidal thought	10 (19.2)
Family value	10 (19.2)
Blaming self	10 (19.2)
Hope	9 (17.3)
Falling attack	9 (17.3)
Erectile or ejaculation difficulties	9 (17.3)
Chest pain	9 (17.3)
Failure	8 (15.4)
Depersonalization	8 (15.4)
Acting out of awareness	7 (13.5)
Harm other	5 (9.6)
Peripheral weakness	5 (9.6)
Losing faith in god	4 (7.7)
Incontrollable sexual drive	4 (7.7)
Deserve what happens	4 (7.7)
Disturbed identity	4 (7.7)
Possibility to change the reality	2 (3.8)
Reckless sex	0 (0.0)

Figure (1): Parameters score percentage



In relation to the alteration in self-perception, the Patients whose age is less than 25yrs. Were more likely to perceive themselves as incompetent (62%), feeling that nobody can understand their sufferings (75%) and feeling ashamed to tell others (75%).

Patients with age group between 36 and 45 years. Of age were more to found themselves guilty (43.8%), describing themselves as a failure (25%), with a feeling of unimportance (43.8%), with a sense of permanent self-damage (62.5%), believing that they deserve what happening to them (18.8%) and always blaming themselves for what happened (37.5%) and in relation to the alteration in relationships with other:

Patients with age group between 36 and 45 years. Of age we are having more difficulty in trusting others (50%).

Patients whose aged between 26 and 45 years were more likely to have thoughts to harm others (15.8%)

continuously engaging in harmful relationships (37.5%) and. In relation to somatization, Patients who is less than 25 years of age were more to have falling attacks (37.5%), shortness of breath (87.5%), chronic somatic pain (62.5%), and peripheral numbness (50%).

Patients whose ages are between 26 and 35 years. Of age were more to complain from erectile or ejaculation problems (26.3%).

Table (2): Comparison of parameters according to age groups by Yates chi-square test

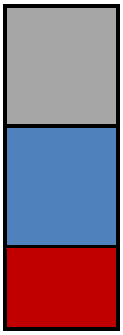
Parameter		≤25 yr N=8 N (%)	26-35 yr N=19 N (%)	36-45 yr N=16 N (%)	>45 yr N=9 N (%)	P value
Easily triggered	**-ve**	1 (12.5)	8 (42.1)	5 (31.3)	4 (44.4)	**0.762**
	+ve	7 (87.5)	11 (57.9)	11 (68.8)	5 (55.6)	
No anger control	**-ve**	5 (62.5)	16 (84.2)	11 (68.8)	9 (100)	**0.502**
	+ve	3 (37.5)	3 (15.8)	5 (31.3)	0 (0)	
Mood swing	**-ve**	5 (62.5)	15 (78.9)	10 (62.5)	7 (77.8)	**0.916**
	+ve	3 (37.5)	4 (21.1)	6 (37.5)	2 (22.2)	
Suicidal thought	**-ve**	6 (75)	16 (84.2)	11 (68.8)	9 (100)	**0.592**
	+ve	2 (25)	3 (15.8)	5 (31.3)	0 (0)	
Incontrollable sexual drive	**-ve**	6 (75)	17 (89.5)	16 (100)	9 (100)	**0.592**
	+ve	2 (25)	2 (10.5)	0 (0)	0 (0)	
Reckless sex	**-ve**	8 (100)	19 (100)	16 (100)	9 (100)	**1.000**
	+ve	0 (0)	0 (0)	0 (0)	0 (0)	
Self-mutilation	**-ve**	6 (75)	15 (78.9)	10 (62.5)	9 (100)	**0.424**
	+ve	2 (25)	4 (21.1)	6 (37.5)	0 (0)	
Reckless harmful behaviour	**-ve**	6 (75)	13 (68.4)	13 (81.3)	7 (77.8)	**0.931**
	+ve	2 (25)	6 (31.6)	3 (18.8)	2 (22.2)	
Memory lapses	**-ve**	3 (37.5)	14 (73.7)	9 (56.3)	6 (66.7)	**0.609**
	+ve	5 (62.5)	5 (26.3)	7 (43.8)	3 (33.3)	
Gap between past	**-ve**	5	16	8 (50)	9	**0.107**

and present		(62.5)	(84.2)		(100)	
	+ve	3 (37.5)	3 (15.8)	8 (50)	0 (0)	
Amnesia	**-ve**	6 (75)	18 (94.7)	9 (56.3)	9 (100)	**0.061**
	+ve	2 (25)	1 (5.3)	7 (43.8)	0 (0)	
Depersonalization	**-ve**	5 (62.5)	17 (89.5)	13 (81.3)	9 (100)	**0.515**
	+ve	3 (37.5)	2 (10.5)	3 (18.8)	0 (0)	
Derealisation	**-ve**	7 (87.5)	14 (73.7)	11 (68.8)	9 (100)	**0.598**
	+ve	1 (12.5)	5 (26.3)	5 (31.3)	0 (0)	
Acting out of awareness	**-ve**	7 (87.5)	16 (84.2)	13 (81.3)	9 (100)	**0.863**
	+ve	1 (12.5)	3 (15.8)	3 (18.8)	0 (0)	
Disturbed identity	**-ve**	6 (75)	18 (94.7)	15 (93.8)	9 (100)	**0.682**
	+ve	2 (25)	1 (5.3)	1 (6.3)	0 (0)	
Incompetent	**-ve**	3 (37.5)	17 (89.5)	10 (62.5)	9 (100)	**0.043**
	+ve	5 (62.5)	2 (10.5)	6 (37.5)	0 (0)	
Guilt	**-ve**	5 (62.5)	14 (73.7)	9 (56.3)	7 (77.8)	**0.877**
	+ve	3 (37.5)	5 (26.3)	7 (43.8)	2 (22.2)	
Failure	**-ve**	7 (87.5)	16 (84.2)	12 (75)	9 (100)	**0.722**
	+ve	1 (12.5)	3 (15.8)	4 (25)	0 (0)	
Perceiving himself as unimportant	**-ve**	5 (62.5)	14 (73.7)	9 (56.3)	8 (88.9)	**0.659**
	+ve	3 (37.5)	5 (26.3)	7 (43.8)	1 (11.1)	
Permanent damage	**-ve**	4 (50)	14 (73.7)	6 (37.5)	5 (55.6)	**0.335**
	+ve	4 (50)	5 (26.3)	10 (62.5)	4 (44.4)	
No body understand	**-ve**	2 (25)	13 (68.4)	6 (37.5)	6 (66.7)	**0.266**
	+ve	6 (75)	6 (31.6)	10 (62.5)	3 (33.3)	

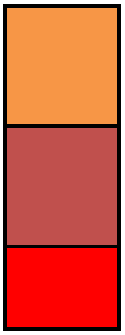
Deserve what happens	**-ve**	8 (100)	18 (94.7)	13 (81.3)	9 (100)	**0.682**
	+ve	0 (0)	1 (5.3)	3 (18.8)	0 (0)	
Shame telling others	**-ve**	2 (25)	15 (78.9)	10 (62.5)	3 (33.3)	**0.097**
	+ve	6 (75)	4 (21.1)	6 (37.5)	6 (66.7)	
Blaming self	**-ve**	6 (75)	17 (89.5)	10 (62.5)	9 (100)	**0.273**
	+ve	2 (25)	2 (10.5)	6 (37.5)	0 (0)	
Ddifficulty trusting others	**-ve**	5 (62.5)	12 (63.2)	8 (50)	7 (77.8)	**0.798**
	+ve	3 (37.5)	7 (36.8)	8 (50)	2 (22.2)	
Harm other	**-ve**	7 (87.5)	16 (84.2)	15 (93.8)	9 (100)	**0.908**
	+ve	1 (12.5)	3 (15.8)	1 (6.3)	0 (0)	
Engaging in a harmful relationship	**-ve**	7 (87.5)	14 (73.7)	8 (50)	5 (55.6)	**0.513**
	+ve	1 (12.5)	5 (26.3)	8 (50)	4 (44.4)	
Heartburn	**-ve**	5 (62.5)	13 (68.4)	9 (56.3)	5 (55.6)	**0.965**
	+ve	3 (37.5)	6 (31.6)	7 (43.8)	4 (44.4)	
Falling attack	**-ve**	5 (62.5)	15 (78.9)	14 (87.5)	9 (100)	**0.572**
	+ve	3 (37.5)	4 (21.1)	2 (12.5)	0 (0)	
SOB	**-ve**	1 (12.5)	16 (84.2)	6 (37.5)	6 (66.7)	**0.011**
	+ve	7 (87.5)	3 (15.8)	10 (62.5)	3 (33.3)	
No sexual pleasure	**-ve**	6 (75)	12 (63.2)	10 (62.5)	6 (66.7)	**0.990**
	+ve	2 (25)	7 (36.8)	6 (37.5)	3 (33.3)	
Abd. Distension	**-ve**	5 (62.5)	13 (68.4)	8 (50)	5 (55.6)	**0.890**
	+ve	3 (37.5)	6 (31.6)	8 (50)	4 (44.4)	
Erectile or ejaculation	**-ve**	8 (100)	14 (73.7)	13 (81.3)	8 (88.9)	**0.739**

difficulties	**+ve**	0 (0)	5 (26.3)	3 (18.8)	1 (11.1)	
Somatic pain	**-ve**	3 (37.5)	11 (57.9)	7 (43.8)	6 (66.7)	**0.857**
	+ve	5 (62.5)	8 (42.1)	9 (56.3)	3 (33.3)	
Palpitation	**-ve**	5 (62.5)	14 (73.7)	11 (68.8)	5 (55.6)	**0.959**
	+ve	3 (37.5)	5 (26.3)	5 (31.3)	4 (44.4)	
Chest pain	**-ve**	8 (100)	17 (89.5)	11 (68.8)	7 (77.8)	**0.527**
	+ve	0 (0)	2 (10.5)	5 (31.3)	2 (22.2)	
Peripheral numbness	**-ve**	4 (50)	12 (63.2)	11 (68.8)	8 (88.9)	**0.674**
	+ve	4 (50)	7 (36.8)	5 (31.3)	1 (11.1)	
Peripheral weakness	**-ve**	7 (87.5)	18 (94.7)	13 (81.3)	9 (100)	**0.800**
	+ve	1 (12.5)	1 (5.3)	3 (18.8)	0 (0)	
Hope	**-ve**	8 (100)	13 (68.4)	14 (87.5)	8 (88.9)	**0.472**
	+ve	0 (0)	6 (31.6)	2 (12.5)	1 (11.1)	
Possibility to change the reality	**-ve**	8 (100)	19 (100)	15 (93.8)	8 (88.9)	**0.961**
	+ve	0 (0)	0 (0)	1 (6.3)	1 (11.1)	
Losing faith in God	**-ve**	8 (100)	16 (84.2)	15 (93.8)	9 (100)	**0.815**
	+ve	0 (0)	3 (15.8)	1 (6.3)	0 (0)	
Humanity changed	**-ve**	2 (25)	9 (47.4)	8 (50)	4 (44.4)	**0.874**
	+ve	6 (75)	10 (52.6)	8 (50)	5 (55.6)	
Family value	**-ve**	6 (75)	14 (73.7)	13 (81.3)	9 (100)	**0.706**
	+ve	2 (25)	5 (26.3)	3 (18.8)	0 (0)	
Total community destruction	**-ve**	3 (37.5)	9 (47.4)	5 (31.3)	1 (11.1)	**0.536**
	+ve	5 (62.5)	10 (52.6)	11 (68.8)	8 (88.9)	
Country	**-ve**	5	12	7	3	**0.706**

Value		(62.5)	(63.2)	(43.8)	(33.3)	
	+ve	3 (37.5)	7 (36.8)	9 (56.3)	6 (66.7)	



Alteration in the regulation of affect and impulses
Alteration in attention or consciousness
Alteration in self-perception



Alteration in relationship with other
somatization
Alteration in the system of meaning

Table (3): Comparison of parameters according to sex by Fisher exact test

Parameter		**Females N=20 N (%)**	**Males N=32 N (%)**	**P value**
Easily triggered	**-ve**	6 (30)	12 (37.5)	**0.766**
	+ve	14 (70)	20 (62.5)	
No Anger control	**-ve**	16 (80)	25 (78.1)	**1.000**
	+ve	4 (20)	7 (21.9)	
Mood swing	**-ve**	15 (75)	22 (68.8)	**0.757**
	+ve	5 (25)	10 (31.3)	
Suicidal thought	**-ve**	19 (95)	23 (71.9)	**0.068**
	+ve	1 (5)	9 (28.1)	
Incontrollable sexual drive	**-ve**	18 (90)	30 (93.8)	**0.634**
	+ve	2 (10)	2 (6.3)	
Reckless sex	**-ve**	20 (100)	32 (100)	**1.000**
	+ve	0 (0)	0 (0)	
Self-mutilation	**-ve**	18 (90)	22 (68.8)	**0.099**
	+ve	2 (10)	10 (31.3)	
Reckless harmful behaviour	**-ve**	16 (80)	23 (71.9)	**0.743**
	+ve	4 (20)	9 (28.1)	
Memory lapses	**-ve**	12 (60)	20 (62.5)	**1.000**
	+ve	8 (40)	12 (37.5)	
Gap between past and present	**-ve**	13 (65)	25 (78.1)	**0.347**
	+ve	7 (35)	7 (21.9)	
Amnesia	**-ve**	16 (80)	26 (81.3)	**1.000**
	+ve	4 (20)	6 (18.8)	
Depersonalization	**-ve**	18 (90)	25 (78.1)	**0.456**
	+ve	2 (10)	6 (18.8)	
Derealization	**-ve**	16 (80)	25 (78.1)	**1.000**
	+ve	4 (20)	7 (21.9)	

Acting out of awareness	**-ve**	17 (85)	28 (87.5)	**1.000**
	+ve	3 (15)	4 (12.5)	
Disturbed identity	**-ve**	16 (80)	32 (100)	**0.018**
	+ve	4 (20)	0 (0)	
Incompetent	**-ve**	13 (65)	26 (81.3)	**0.208**
	+ve	7 (35)	6 (18.8)	
Guilt	**-ve**	12 (60)	23 (71.9)	**0.544**
	+ve	8 (40)	9 (28.1)	
Failure	**-ve**	16 (80)	28 (87.5)	**0.695**
	+ve	4 (20)	4 (12.5)	
Perceiving himself as unimportant	**-ve**	15 (75)	21 (65.6)	**0.549**
	+ve	5 (25)	11 (34.4)	
Permanent self-damage	**-ve**	13 (65)	16 (50)	**0.392**
	+ve	7 (35)	16 (50)	
No body understand	**-ve**	9 (45)	18 (56.3)	**0.570**
	+ve	11 (55)	14 (43.8)	
Deserve what happens	**-ve**	17 (85)	31 (96.9)	**0.285**
	+ve	3 (15)	1 (3.1)	
Shame telling others	**-ve**	10 (50)	20 (62.5)	**0.403**
	+ve	10 (50)	12 (37.5)	
Blaming self	**-ve**	17 (85)	25 (78.1)	**0.722**
	+ve	3 (15)	7 (21.9)	
Difficulty trusting others	**-ve**	11 (55)	21 (65.6)	**0.561**
	+ve	9 (45)	11 (34.4)	
Harm other	**-ve**	19 (95)	28 (87.5)	**0.637**
	+ve	1 (5)	4 (12.5)	
Engaging in a harmful relationship	**-ve**	15 (75)	19 (59.4)	**0.370**
	+ve	5 (25)	13 (40.6)	
Heartburn	**-ve**	11 (55)	21 (65.6)	**0.561**
	+ve	9 (45)	11 (34.4)	
Falling attack	**-ve**	15 (75)	28 (87.5)	**0.280**
	+ve	5 (25)	4 (12.5)	
SOB	**-ve**	10 (50)	19 (59.4)	**0.574**
	+ve	10 (50)	13 (40.6)	
No sexual pleasure	**-ve**	12 (60)	22 (68.8)	**0.561**
	+ve	8 (40)	10 (31.3)	
Abd. Distension	**-ve**	12 (60)	19 (59.4)	**1.000**
	+ve	8 (40)	13 (40.6)	
Somatic pain	**-ve**	9 (45)	18 (56.3)	**0.570**
	+ve	11 (55)	14 (43.8)	
Palpitation	**-ve**	12 (60)	23 (71.9)	**0.544**
	+ve	8 (40)	9 (28.1)	
Chest pain	**-ve**	17 (85)	26 (81.3)	**1.000**
	+ve	3 (15)	6 (18.8)	
Peripheral numbness	**-ve**	14 (70)	21 (65.6)	**1.000**
	+ve	6 (30)	11 (34.4)	

Peripheral weakness	**-ve**	17 (85)	30 (93.8)	**0.361**
	+ve	3 (15)	2 (6.3)	
Hope	**-ve**	18 (90)	25 (78.1)	**0.454**
	+ve	2 (10)	7 (21.9)	
Possibility to change the reality	**-ve**	19 (95)	31 (96.9)	**1.000**
	+ve	1 (5)	1 (3.1)	
Losing faith in God	**-ve**	20 (100)	28 (87.5)	
	+ve	0 (0)	4 (12.5)	**0.151**
Humanity changed	**-ve**	9 (45)	14 (43.8)	**1.000**
	+ve	11 (55)	18 (56.3)	
Family value	**-ve**	17 (85)	25 (78.1)	**0.722**
	+ve	3 (15)	7 (21.9)	
Total community destruction	**-ve**	9 (45)	9 (28.1)	**0.244**
	+ve	11 (55)	23 (71.9)	
Country Value	**-ve**	14 (70)	13 (40.6)	**0.050**
	+ve	6 (30)	19 (59.4)	

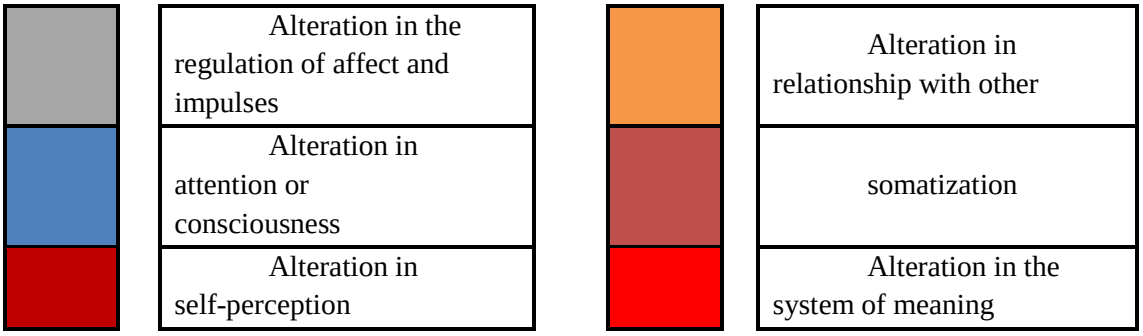


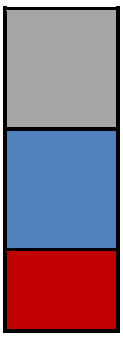
Table (4): Comparison of parameters according to education by Yates's chi-square test

Parameter		Primary N=16 N (%)	Intermediate or Secondary N=15 N (%)	Institute or College N=19 N (%)	P value
Easily triggered	**-ve**	5 (31.3)	5 (33.3)	8 (42.1)	**0.775***
	+ve	11 (68.8)	10 (66.7)	11 (57.9)	
Anger control	**-ve**	12 (75)	11 (73.3)	17 (89.5)	**0.706**
	+ve	4 (25)	4 (26.7)	2 (10.5)	
Mood swing	**-ve**	8 (50)	13 (86.7)	15 (78.9)	**0.138**
	+ve	8 (50)	2 (13.3)	4 (21.1)	
Suicidal thought	**-ve**	10 (62.5)	13 (86.7)	19 (100)	**0.038**
	+ve	6 (37.5)	2 (13.3)	0 (0)	
Incontrollable sexual drive	**-ve**	15 (93.8)	12 (80)	19 (100)	**0.314**
	+ve	1 (6.3)	3 (20)	0 (0)	
Reckless sex	**-ve**	16 (100)	15 (100)	19 (100)	**1.000**
	+ve	0 (0)	0 (0)	0 (0)	
Self-mutilation	**-ve**	11 (68.8)	12 (80)	17 (89.5)	**0.517**
	+ve	5 (31.3)	3 (20)	2 (10.5)	
Reckless harmful	**-ve**	11 (68.8)	13 (86.7)	15 (78.9)	**0.730**

behaviour	**+ve**	5 (31.3)	2 (13.3)	4 (21.1)	
Memory lapses	**-ve**	6 (37.5)	11 (73.3)	14 (73.7)	**0.050***
	+ve	10 (62.5)	4 (26.7)	5 (26.3)	
Gap between past and present	**-ve**	12 (75)	12 (80)	13 (68.4)	**0.914**
	+ve	4 (25)	3 (20)	6 (31.6)	
Amnesia	**-ve**	12 (75)	13 (86.7)	16 (84.2)	**0.913**
	+ve	4 (25)	2 (13.3)	3 (15.8)	
Depersonalization	**-ve**	12 (75)	12 (80)	19 (100)	**0.229**
	+ve	4 (25)	3 (20)	0 (0)	
Derealization	**-ve**	10 (62.5)	14 (93.3)	17 (89.5)	**0.145**
	+ve	6 (37.5)	1 (6.7)	2 (10.5)	
Acting out of awareness	**-ve**	15 (93.8)	13 (86.7)	16 (84.2)	**0.912**
	+ve	1 (6.3)	2 (13.3)	3 (15.8)	
Disturbed identity	**-ve**	14 (87.5)	15 (100)	17 (89.5)	**0.785**
	+ve	2 (12.5)	0 (0)	2 (10.5)	
Incompetent	**-ve**	12 (75)	10 (66.7)	16 (84.2)	**0.719**
	+ve	4 (25)	5 (33.3)	3 (15.8)	
Guilt	**-ve**	9 (56.3)	12 (80)	12 (63.2)	**0.358***
	+ve	7 (43.8)	3 (20)	7 (36.8)	
Failure	**-ve**	13 (81.3)	14 (93.3)	16 (84.2)	**0.884**
	+ve	3 (18.8)	1 (6.7)	3 (15.8)	
Perceiving himself as unimportant	**-ve**	11 (68.8)	10 (66.7)	15 (78.9)	**0.903**
	+ve	5 (31.3)	5 (33.3)	4 (21.1)	
Irreversible damage	**-ve**	8 (50)	9 (60)	12 (63.2)	**0.722***
	+ve	8 (50)	6 (40)	7 (36.8)	
No body understand	**-ve**	6 (37.5)	9 (60)	11 (57.9)	**0.368***
	+ve	10 (62.5)	6 (40)	8 (42.1)	
Deserve what happens	**-ve**	16 (100)	14 (93.3)	16 (84.2)	**0.526**
	+ve	0 (0)	1 (6.7)	3 (15.8)	
Shame telling others	**-ve**	10 (62.5)	7 (46.7)	12 (63.2)	**0.568***
	+ve	6 (37.5)	8 (53.3)	7 (36.8)	
Blaming self	**-ve**	12 (75)	12 (80)	17 (89.5)	**0.940**
	+ve	4 (25)	3 (20)	2 (10.5)	
Difficulty trusting others	**-ve**	8 (50)	12 (80)	11 (57.9)	**0.204***
	+ve	8 (50)	3 (20)	8 (42.1)	
Harm other	**-ve**	14 (87.5)	14 (93.3)	18 (94.7)	**0.940**
	+ve	2 (12.5)	1 (6.7)	1 (5.3)	
Engaging in a harmful relationship	**-ve**	11 (68.8)	10 (66.7)	13 (68.4)	**0.946**
	+ve	5 (31.3)	5 (33.3)	6 (31.6)	
	+ve	0 (0)	1 (6.7)	3 (15.8)	
Heartburn	**-ve**	11 (68.8)	9 (60)	11 (57.9)	**0.790***
	+ve	5 (31.3)	6 (40)	8 (42.1)	
Falling attack	**-ve**	14 (87.5)	13 (86.7)	15 (78.9)	**0.956**
	+ve	2 (12.5)	2 (13.3)	4 (21.1)	
SOB	**-ve**	7 (43.8)	7 (46.7)	14 (73.7)	**0.141***
	+ve	9 (56.3)	8 (53.3)	5 (26.3)	

No sexual pleasure	**-ve**	10 (62.5)	12 (80)	11 (57.9)	**0.376***
	+ve	6 (37.5)	3 (20)	8 (42.1)	
Abd. Distension	**-ve**	10 (62.5)	9 (60)	12 (63.2)	**0.981***
	+ve	6 (37.5)	6 (40)	7 (36.8)	
Erectile or ejaculation difficulties	**-ve**	13 (81.3)	12 (80)	17 (89.5)	**0.941**
	+ve	3 (18.8)	3 (20)	2 (10.5)	
Somatic pain	**-ve**	7 (43.8)	10 (66.7)	10 (52.6)	**0.436***
	+ve	9 (56.3)	5 (33.3)	9 (47.4)	
Palpitation	**-ve**	11 (68.8)	10 (66.7)	13 (68.4)	**0.946**
	+ve	5 (31.3)	5 (33.3)	6 (31.6)	
Chest pain	**-ve**	14 (87.5)	11 (73.3)	16 (84.2)	**0.839**
	+ve	2 (12.5)	4 (26.7)	3 (15.8)	
Peripheral numbness	**-ve**	11 (68.8)	9 (60)	15 (78.9)	**0.703**
	+ve	5 (31.3)	6 (40)	4 (21.1)	
Peripheral weakness	**-ve**	14 (87.5)	14 (93.3)	17 (89.5)	**0.951**
	+ve	2 (12.5)	1 (6.7)	2 (10.5)	
Hope	**-ve**	13 (81.3)	13 (86.7)	16 (84.2)	**0.956**
	+ve	3 (18.8)	2 (13.3)	3 (15.8)	
Possibility to change the reality	**-ve**	15 (93.8)	15 (100)	18 (94.7)	**0.931**
	+ve	1 (6.3)	0 (0)	1 (5.3)	
Losing faith in God	**-ve**	14 (87.5)	15 (100)	18 (94.7)	**0.729**
	+ve	2 (12.5)	0 (0)	1 (5.3)	
Humanity changed	**-ve**	6 (37.5)	7 (46.7)	9 (47.4)	**0.817***
	+ve	10 (62.5)	8 (53.3)	10 (52.6)	
Family value	**-ve**	10 (62.5)	14 (93.3)	17 (89.5)	**0.145**
	+ve	6 (37.5)	1 (6.7)	2 (10.5)	
Total community destruction	**-ve**	3 (18.8)	6 (40)	9 (47.4)	**0.198***
	+ve	13 (81.3)	9 (60)	10 (52.6)	
Country Value	**-ve**	4 (25)	10 (66.7)	13 (68.4)	**0.019***
	+ve	12 (75)	5 (33.3)	6 (31.6)	

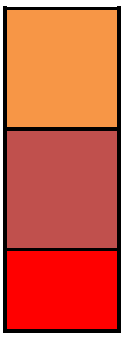
2 cases without any education, * chi-square test



Alteration in the regulation of affect and impulses

Alteration in attention or consciousness

Alteration in self-perception



Alteration in relationship with other

somatization

Alteration in the system of meaning

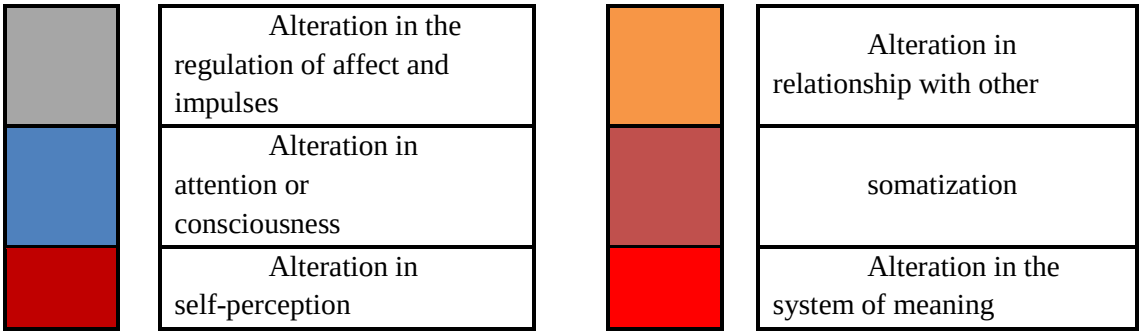
Table (5): Comparison of parameters according to psychiatric duration history by Fisher exact test

Parameter		**≤4 yr N=16 N (%)**	**>4 yr N=12 N (%)**	**P value**

Easily triggered	**-ve**	6 (37.5)	3 (25)	**0.687**
	+ve	10 (62.5)	9 (75)	
Anger control	**-ve**	14 (87.5)	9 (75)	**0.624**
	+ve	2 (12.5)	3 (25)	
Mood swing	**-ve**	14 (87.5)	6 (50)	**0.044**
	+ve	2 (12.5)	6 (50)	
Suicidal thought	**-ve**	14 (87.5)	8 (66.7)	**0.354**
	+ve	2 (12.5)	4 (33.3)	
Incontrollable sexual drive	**-ve**	15 (93.8)	11 (91.7)	**1.000**
	+ve	1 (6.3)	1 (8.3)	
Reckless sex	**-ve**	16 (100)	12 (100)	**1.000**
	+ve	0 (0)	0 (0)	
Self-mutilation	**-ve**	13 (81.3)	9 (75)	**1.000**
	+ve	3 (18.8)	3 (25)	
Reckless harmful behaviour	**-ve**	12 (75)	9 (75)	**1.000**
	+ve	4 (25)	3 (25)	
Memory lapses	**-ve**	10 (62.5)	6 (50)	**0.702**
	+ve	6 (37.5)	6 (50)	
Gap between past and present	**-ve**	12 (75)	9 (75)	**1.000**
	+ve	4 (25)	3 (25)	
Amnesia	**-ve**	15 (93.8)	7 (58.3)	**0.057**
	+ve	1 (6.3)	5 (41.7)	
Depersonalization	**-ve**	14 (87.5)	10 (83.3)	**1.000**
	+ve	2 (12.5)	2 (16.7)	
Derealisation	**-ve**	14 (87.5)	10 (83.3)	**1.000**
	+ve	2 (12.5)	2 (16.7)	
Acting out of awareness	**-ve**	15 (93.8)	10 (83.3)	**0.560**
	+ve	1 (6.3)	2 (16.7)	
Disturbed identity	**-ve**	14 (87.5)	12 (100)	**0.492**
	+ve	2 (12.5)	0 (0)	
Incompetent	**-ve**	14 (87.5)	7 (58.3)	**0.103**
	+ve	2 (12.5)	5 (41.7)	
Guilt	**-ve**	9 (56.3)	6 (50)	**1.000**
	+ve	7 (43.8)	6 (50)	
Failure	**-ve**	15 (93.8)	8 (66.7)	**0.133**
	+ve	1 (6.3)	4 (33.3)	
Perceiving himself as unimportant	**-ve**	11 (68.8)	7 (58.3)	**0.698**
	+ve	5 (31.3)	5 (41.7)	
Irreversible damage	**-ve**	7 (43.8)	7 (58.3)	**0.704**
	+ve	9 (56.3)	5 (41.7)	
No body understand	**-ve**	9 (56.3)	3 (25)	**0.136**
	+ve	7 (43.8)	9 (75)	
Deserve what happens	**-ve**	13 (81.3)	11 (91.7)	**0.613**
	+ve	3 (18.8)	1 (8.3)	

Shame telling others	**-ve**	8 (50)	4 (33.3)	**0.495**
	+ve	8 (50)	8 (66.7)	
Blaming self	**-ve**	14 (87.5)	8 (66.7)	**0.354**
	+ve	2 (12.5)	4 (33.3)	
Difficulty trusting others	**-ve**	9 (56.3)	5 (41.7)	**0.704**
	+ve	7 (43.8)	7 (58.3)	
Harm other	**-ve**	13 (81.3)	12 (100)	**0.238**
	+ve	3 (18.8)	0 (0)	
Engaging in a harmful relationship	**-ve**	11 (68.8)	7 (58.3)	**0.698**
	+ve	5 (31.3)	5 (41.7)	
	+ve	8 (50)	10 (83.3)	
Heartburn	**-ve**	12 (75)	6 (50)	**0.243**
	+ve	4 (25)	6 (50)	
Falling attack	**-ve**	11 (68.8)	11 (91.7)	**0.196**
	+ve	5 (31.3)	1 (8.3)	
SOB	**-ve**	9 (56.3)	5 (41.7)	**0.704**
	+ve	7 (43.8)	7 (58.3)	
No sexual pleasure	**-ve**	10 (62.5)	7 (58.3)	**1.000**
	+ve	6 (37.5)	5 (41.7)	
Abd. Distension	**-ve**	12 (75)	5 (41.7)	**0.121**
	+ve	4 (25)	7 (58.3)	
Erectile or ejaculation difficulties	**-ve**	14 (87.5)	10 (83.3)	**1.000**
	+ve	2 (12.5)	2 (16.7)	
Somatic pain	**-ve**	9 (56.3)	5 (41.7)	**0.704**
	+ve	7 (43.8)	7 (58.3)	
Palpitation	**-ve**	12 (75)	6 (50)	**0.243**
	+ve	4 (25)	6 (50)	
Chest pain	**-ve**	16 (100)	7 (58.3)	**0.008**
	+ve	0 (0)	5 (41.7)	
Peripheral numbness	**-ve**	12 (75)	7 (58.3)	**0.432**
	+ve	4 (25)	5 (41.7)	
Peripheral weakness	**-ve**	15 (93.8)	11 (91.7)	**1.000**
	+ve	1 (6.3)	1 (8.3)	
Hope	**-ve**	13 (81.3)	11 (91.7)	**0.613**
	+ve	3 (18.8)	1 (8.3)	
Possibility to change the reality	**-ve**	16 (100)	12 (100)	**1.000**
	+ve	0 (0)	0 (0)	
Losing faith in God	**-ve**	14 (87.5)	11 (91.7)	**1.000**
	+ve	2 (12.5)	1 (8.3)	
Humanity changed	**-ve**	7 (43.8)	3 (25)	**0.434**
	+ve	9 (56.3)	9 (75)	
Family value	**-ve**	11 (68.8)	9 (75)	**1.000**
	+ve	5 (31.3)	3 (25)	
Total community	**-ve**	8 (50)	2 (16.7)	**0.114**

destruction	**+ve**	8 (50)	10 (83.3)	
Country Value	**-ve**	9 (56.3)	3 (25)	**0.136**
	+ve	7 (43.8)	9 (75)	



Discussion

The great resilience of individuals in our culture is thought to account for the 28.8% comorbidity of complicated post-traumatic stress disorder with post-traumatic stress (Chart no. (1)).

According to sociodemographic data, among the 52 patients in the sample who had already received a PTSD diagnosis, more than half (61.5%) were male, and 38.5 percent were female. In contrast to the findings of Daniel N. Ditlevsen et al.'s study, among those with complex PTSD (60%) were men and 40% were women (Chart no. 2). This discrepancy may be due to the limited sample size and the ways in which our cultural traditions expose men more to stress. (10)

The majority of patients with PTSD were between the ages of 26 and 35 (36.5%). For patients with complex PTSD, patients between the ages of 26 and 45 represent 80% of the sample (Chart no. (3)), which is consistent with a study by Bihan Tang et al. This may be explained by the fact that individuals in this age group are more likely to experience stress.

Low educational attainment was present in 47% of the sample for complicated PTSD, and This finding is in line with research by Bihan Tang et al. that shows education level has an indirect impact on social status, economic resources, social networks, and health-related behaviors. Because they have more social and financial resources, people with higher levels of education and socioeconomic standing may employ better-coping mechanisms and eventually experience less stress. Employed patients had greater rates of occupation PTSD and complex PTSD (36.5%) (60%), which is at odds with research by Mark W. G. Bosmans and Peter G. Van der Velden. This might be explained by a work-related disability that prompted the patient to seek assistance; alternatively, it could be the result of a patient fabricating a medical condition in order to obtain financial assistance or a leave of absence from work[15,16].

Regarding marital status for PTSD, 65% of patients were married, while for complex PTSD (60%) were married. And this is inconsistent with the study of Bayard Roberts et al., and this could be due to the additional familial demands that married personnel may face upon their return from deployment or to the stresses associated with poor marital satisfaction. (55.7%) of Patients with PTSD and (53%) of complex PTSD Patients were found to have previous psychiatric visits; this is consistent with the study by M. Klaric et al.

There is a near significant correlation between dissociative amnesia and being aged between 36 and 45 years (P=0.061), and this is maybe because 56% of this age group is military, which are vulnerable to a high level of stress and trauma. Also, this age group consists of 40% females, which are more prone to had psychogenic amnesia[17].

There is a significant correlation between being under 25 years of age with feelings of incompetence (P=0.043) and shortness of breath (P=0.011); this may be explained by the low-stress threshold, hormonal affect, and immature coping strategies at this age.

There is a near significant correlation between being male and having suicidal thoughts (P=0.068), and this is because the male gender is at higher risk for suicide. And this may be because women are willing to share their problems, and men tend to bottle them up. There is a significant correlation between psychogenic amnesia and being female (P=0.018), and this is because females have low stress thresholds and are more prone to psychogenic

amnesia.

There is a significant correlation between losing country value and being male (P=0.050), which may be explained by more aversive trauma males are exposed to, resulting in mental death, which is associated with losing of core beliefs and values.

There is a significant correlation between suicidal thoughts and Patients with low educational achievement (P=0.038)

Significant correlation between memory problems and low education (P=0.050), and this is consistent with the study by Sonia Maria et al. [18], a significant correlation between suicidal thoughts and being military (P=0.010) and this explained by the fact that military Patients are male which is a risk factor for suicide and also being military make the individual at risk for more aversive traumatic event.

There is a near significant correlation between being unmarried and having uncontrollable sexual drive (P=0.058), which may be because being married allows Patients to release their sexual needs or maybe it's being under-reported due to social tradition being in.

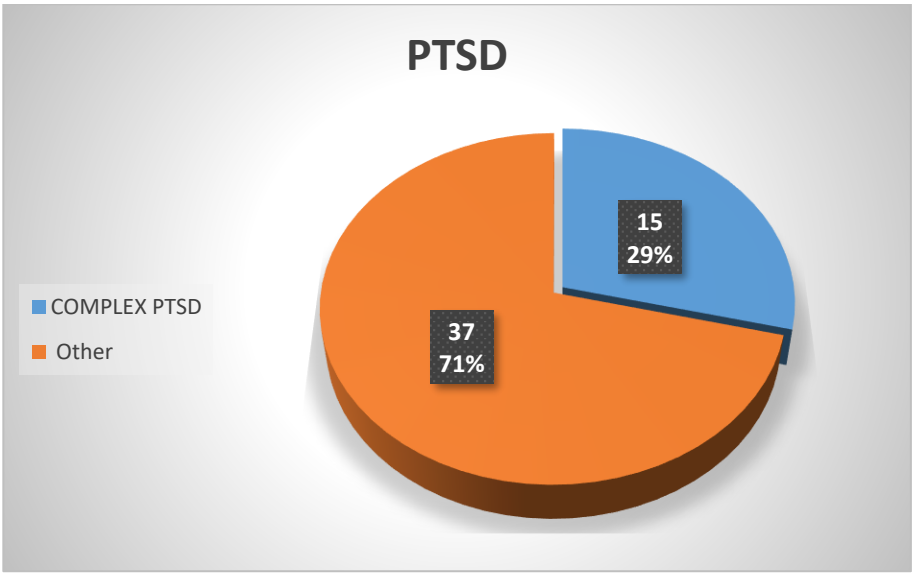
There is a significant correlation between guilty feelings and being separated, divorced, or widowed (P=0.025) this is because the reaction to separation and divorce is just like a bereavement, and it's normal to feel guilty or blaming self.

There is a significant correlation between mood swings and having a history of previous psychiatric visits (P=0.044), and this can be a result of PTSD itself; the mood in PTSD swings as a result of sympathetic nervous system activation (the "fight or flight" state), also already having mental health problem make a person more vulnerable to other psychiatric illness.

There is a near significant correlation between having amnesia and having a history of previous psychiatric visits (P=0.057), and this may explained be by the fact that dissociation is related to specific and subtle impairments in neurocognition.

There is a significant correlation between chest pain and having a history of previous psychiatric visits (P=0.008) because stress is the most common cause for unexplained chest pain, and chest pain is considered a marker for anxiety disorder.

There is a significant correlation between being mentally ill and feeling guilty (P=0.037) and ashamed to tell others (P=0.026). This is because people with mental illnesses usually feel shame about not being what they perceive as "normal." They may feel like they're "broken" or "damaged" or "they'll always be this way." They judge themselves. They compare their internal lives to others' external lives, which they view as successful.



art no. (1)

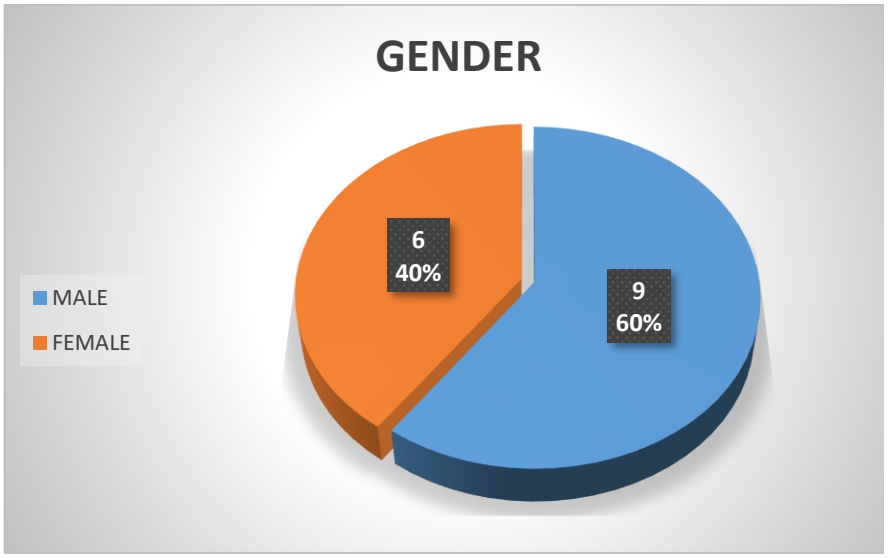


Chart no. (2)

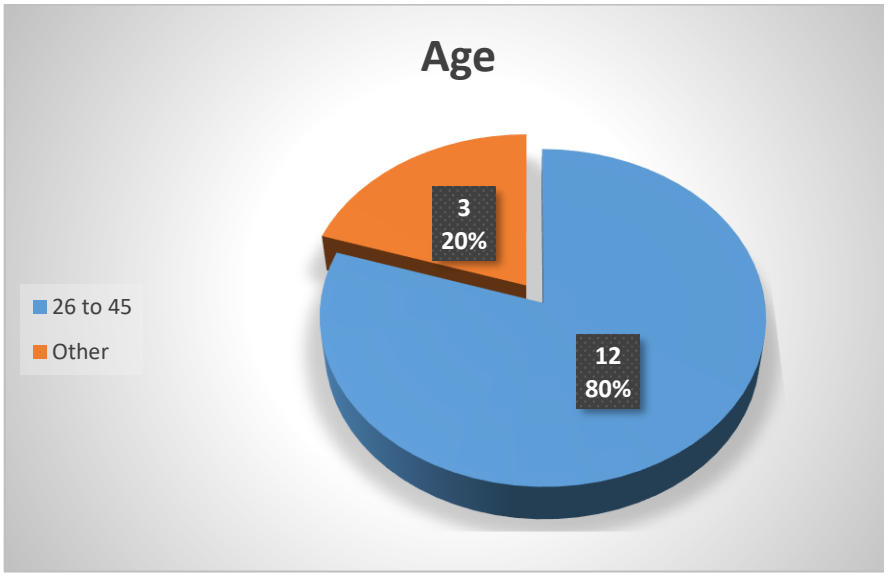


Chart no. (3)

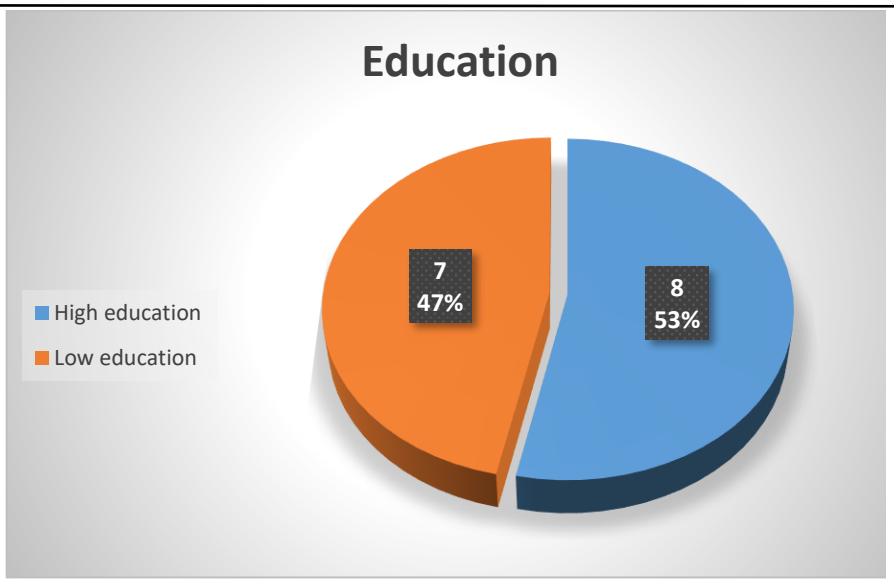


Chart no. (4)

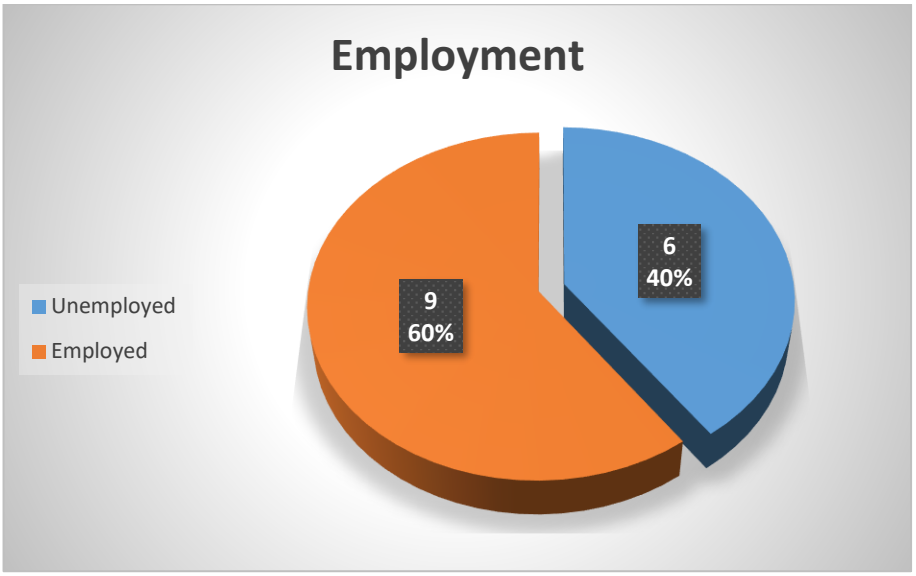


Chart no. (5)

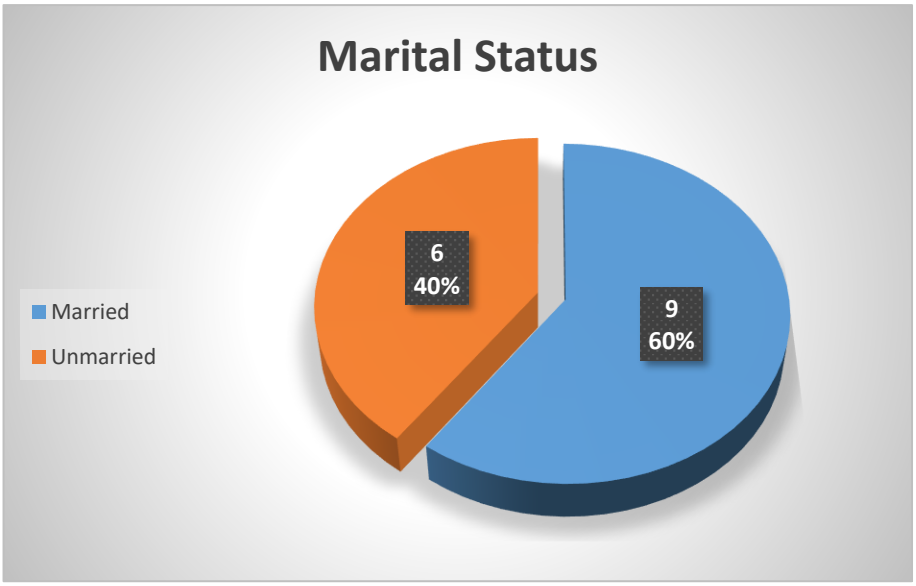


Chart no. (6)

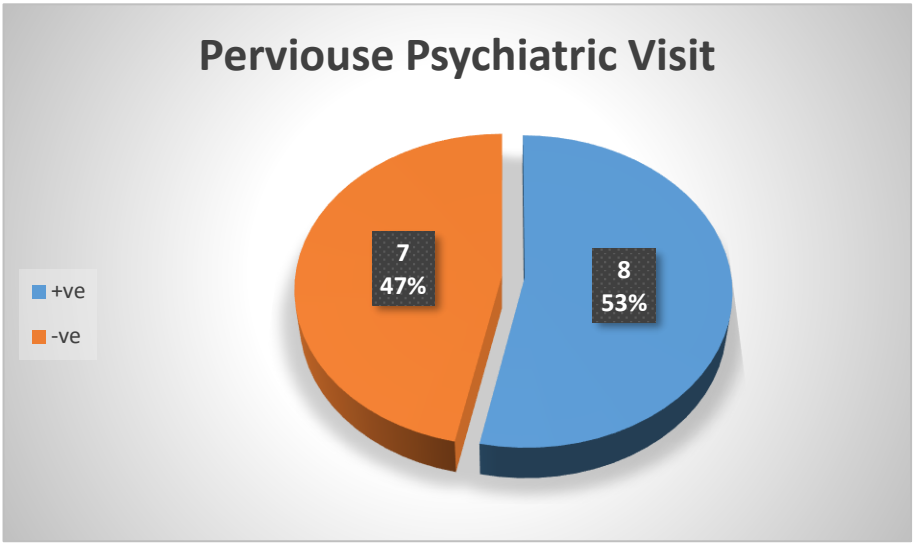


Chart no. (7)

Conclusions

- The prevalence of complex PTSD in Patients with PTSD was (28.8%).
- Most of PTSD Patients were young, male, married, high educational level, and employed.
- Most of the C-PTSD Patients were young, male, married, highly educated, have previous psychiatric visits, and were employed.

Most frequently reported complaint is the alteration of affect and impulses and alteration in systems of meanings.

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