TITLE OF PROJECT: **Acupuncture to reduce posttraumatic stress disorder and improve resilience**

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**CAMPUS/S PROJECT IS OFFERED AND CONDUCTED:** Campbelltown

**BACKGROUND:** PTSD is an anxiety disorder that develops following exposure to extremely traumatic stress. It is characterised by symptoms of re-experiencing the traumatic event, avoiding reminders of the event, or experiencing hyper-arousal. Research has consistently shown that across different types of potentially traumatic events (PTEs), including bereavement, terrorist attack and war, upward of 50% of people have been found to display resilience. The evidence suggests that resilience to PTEs is common and is a feature of normal coping skills. Resilience has been defined as an individual’s ability to adapt to stress, particularly in the context of severe hardship and disadvantaged life circumstances.

The theoretical basis for acupuncture to treat PTSD is supported by some clinical research. There are limited controlled studies of acupuncture to treat PTSD, however there are anecdotal reports suggesting the use of acupuncture with traumatised individuals is beneficial and acceptable. Acupuncture may also improve resilience. Acupuncture has been described as self-enhancing by increasing their self-confidence, cognitive clarity and well being. It may also provide an outlet for negative feelings and facilitate a change of these feelings to more positive and optimistic attitudes. These are all features proposed by Bonnano to constitute resilience in situations of loss and trauma.

**AIM OF STUDY:** To examine the adjunctive role of acupuncture with the management of PTSD.

**METHODS:** Mixed methods

**ETHICS APPLICATION REQUIREMENTS:** HUMAN ETHICS APPROVAL WILL BE NEEDED

**KEY REFERENCES:**