

Post-Traumatic Stress Disorder & Cystic Fibrosis

Post-traumatic stress disorder (PTSD) is recognised as occurring for people with cystic fibrosis (CF) and also often experienced by their carers.

PTSD is a set of reactions that develop following a traumatic event that feels life threatening of either yourself or someone that is very close to you.

In the past it has mostly been associated with war veterans, however more recently recognised in people who have experienced natural disasters such as bushfire or flood, or people who have had a serious accident, sexual or physical assault or a traumatic medical intervention.

People with CF and their carers may experience trauma following surgery, diagnosis, transplant, diagnosis of other co-morbidities and health declines.

Not all traumatic experiences result in PTSD and early treatment results in better outcomes.

Some common symptoms include:

- Reliving the traumatic event
- Being overly alert or wound up
- Avoiding reminders of the event
- Feeling emotionally numb



Help is Available

Psychological treatments can help us change habits in the way we think, including invasive and negative thoughts and help us cope better with life's challenges.

There are some good online self-assessment tools and PTSD courses. There are also a lot of psychologists and counsellors skilled in assisting with PTSD.

Speak to your respiratory team or your GP for a referral and to discuss access to a mental health care plan (up to 20 Medicare subsidised sessions).



CFWA Support

CFWA currently provide mental health gap funding. For more information visit [our website](#).



This Way Up – The PTSD course

This 8-lesson course is based on an effective psychological treatment for post-traumatic stress called cognitive behaviour therapy (CBT).

It is designed to teach you proven strategies for tackling your symptoms and show you how to work with your thoughts, emotions, and behaviours so you can make a positive change in how you feel.

[This Way Up](#)

MYCOMPASS

MyCompass

A personalised self-help tool for your mental health.

[MyCompass](#)



Mindspot PTSD Course

The PTSD course aims to help people break unhelpful habits and learn practical psychological skills to help them manage their symptoms.

[MindSpot](#)



www.cfwa.org.au

More Reading

See following articles for more details on how PTSD can affect people.

Darcy's Column: PTSD and Cystic Fibrosis

[Read here](#)

Exploring Post Traumatic Stress Disorder in Cystic Fibrosis

[Read Part 1 here](#)

[Read Part 2 here](#)

How I Discovered That PTSD Was Causing My Post-Transplant Struggles

[Read here](#)

24/7 Support

If you need immediate support call one of the following numbers:

Lifeline Australia | **13 11 14**

Kids Helpline | **1800 55 1800**

MensLine Australia | **1300 78 99 78**

Suicide Call Back Service | **1300 659 467**

Beyond Blue | **1300 22 4636**

Open Arms – Veterans & Families

Counselling | **1800 011 046**

CFWA also offer general support and counselling. For more information visit [our website](#)

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Cystic Fibrosis WA
The Niche
11 Aberdare Road
Nedlands WA 6009

T: 08 6224 4100
E: info@cfwa.org.au

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