

## Stress Disorder, Acute

Employees who face traumatic events may need timely intervention to identify, treat, and prevent worsening mental health status. MDGuidelines Health Advisor™ is your shortcut to the evidence-based information they need on acute stress disorder.

As many as 20–50% of people exposed to a traumatic event, such as an assault, rape, or mass shooting, will experience acute stress disorder symptoms for up to 30 days. Symptoms may include significant anxiety, survivor’s guilt, hopelessness, and neglect of personal health and safety.



**To promote recovery, look at temporary work accommodations like:**

- Decreasing noise and visual distractions
- Allowing flexible break times, work-from-home duties, or job-sharing opportunities
- Providing praise, positive reinforcement, and supporting contact with family/friends during the workday



**If recovery is delayed, it is important to consider common barriers, such as:**

- Would this person benefit from more therapy? A different type of therapy? Or a change in therapist?
- Are coexisting physical or mental health conditions being appropriately addressed?

The good news is that most people experiencing acute stress disorder make a full recovery. Only 10–20% of those who receive cognitive behavioral therapy shortly after a traumatic event go on to develop PTSD.

### Length of Disability

Duration may be influenced by timeliness of treatment and response to medications and psychotherapy.

Psychotherapy and/or pharmacotherapy, acute stress disorder.

#### Duration in Days:

Job Class	Minimum	Optimum	Maximum
All Work	1	7	28

