# Rising PTSD Cases Among College Students and Healthcare Challenges in Menopause Diagnosis



### Surge in PTSD Diagnoses Among College Students

Researchers from the University of Alabama at Birmingham have observed that PTSD diagnoses among college students have more than doubled in five years. The proportion of students reporting PTSD rose from 3.4% in 2017 to 7.5% in 2022. This increase was notably prominent during the COVID-19 pandemic when campuses closed, and students faced various restrictions.

The study published in JAMA Network Open suggests that a broader definition of PTSD introduced in 2013, which now includes dysphoria and a negative world view, could partly explain the rise. Broader societal stressors, such as school shootings and social media pressures, were also cited as contributing factors.

Data was analyzed from over 390,000 college students who participated in the Healthy Minds Study led by the University of Michigan. The findings also noted an increase in acute stress disorder diagnoses during the same period.

### Multiple GP Visits for Menopause Diagnosis

Research from Newson Health revealed that women in the UK are attending up to 10 GP appointments to receive a menopause diagnosis. The polling, which is the largest of its kind, indicated that almost 5 million GP hours might be wasted on unnecessary appointments due to a lack of healthcare professional awareness.

The study, involving nearly 6,000 women, found that up to a third had between two and five appointments before their symptoms were correctly diagnosed as perimenopause or menopause. Symptoms often misdiagnosed include anxiety and depression, which are instead sometimes treated with antidepressants rather than hormone replacement therapy (HRT).

Dr. Louise Newson, who led the research, emphasized the need for proper training and education for healthcare professionals on menopause to prevent misdiagnosis and ensure timely and appropriate treatment.