Post-Traumatic Stress Disorder Websites
Reviewed and Critiqued by
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This webpage was developed by the National Institute of Mental Health (NIMH), which is part of the National Institutes of Health and a component of the United States Department of Health and Human Services. The goal of NIMH is to contribute to the understanding and treatment of mental illnesses through clinical research. NIMH advertise their mission and affiliations on their webpage and provide their contact information which can be used to contact them with any mental-health related questions. The webpage was published by the United States government. This seems to be a reputable source and all of the information provided about Posttraumatic Stress Disorder (PTSD) appears to be original in nature.

The webpage is clearly organized and includes a great deal of information about PTSD, including causes, signs and symptoms, risk factors, diagnosis, and accounts of what it is like to live with the disorder. The authors of the webpage do a good job of explaining PTSD in a simplistic way, while still including key information about the disorder. The intended audience of the webpage appears to be the general public who may be seeking to understand basic information about PTSD. The webpage does not include information as detailed as the Diagnostic and Statistical Manuel of Mental Disorders, Fifth Edition (DSM-5) and should not be used as a resource for clinical practitioners when diagnosing clients. Additionally, some of the diagnostic information on the NIMH webpage appears to be out of date and has not been updated to be consistent with the DSM-5. Overall, this webpage is a credible and well developed resource for the general public.


This webpage on Posttraumatic Stress Disorder (PTSD) is operated by Mayo Clinic, a worldwide, non-profit provider of medical care, education, and research. Information about the medical editors of the webpage is displayed and contact information is available in the event that a viewer of the website would like to ask questions. Since Mayo Clinic is a non-profit organization, there is a link on the webpage where viewers can make donations. Mayo Clinic is a large, well-respected organization and is a credible source of information. The webpage provides readers with in-depth information about PTSD, such as the definition, symptoms, causes, risk factors, complications, tests and diagnosis, treatment, how to prepare for a doctor appointment, and how to cope with the disorder and seek support.

The webpage appears to be intended for viewers who may be suffering from PTSD, have a loved one who is living with PTSD, or who may want to learn more about the disorder. The authors do
a good job of describing the difference between a typical response to trauma and PTSD. While the information on the webpage is not broken down as clearly and as detailed as in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), the information is rather extensive and would be helpful in assisting an individual to determine if they should seek professional help for their symptoms. The authors of the webpage cite 13 different sources that were consulted when preparing the webpage, including the DSM-5. There are links on the webpage to additional resources, including expert blogs on PTSD. A helpful feature of the webpage is information on what to do if you experience suicidal thoughts and a number to call if you need assistance. This webpage would be a great resource for individuals struggling with PTSD or their family members.


Wikipedia is a registered trademark of the non-profit organization Wikimedia Foundation, Inc. and is a free-content encyclopedia which is written collaboratively by anonymous authors. Anyone with internet access is able to edit the content of a Wikipedia page, including the page on Posttraumatic Stress Disorder (PTSD). For this reason, the webpage is not a reliable source of accurate information about the disorder. Someone could post incorrect information about the disorder as a joke or simply offer their own opinion about PTSD. This webpage offers viewers extensive information on PTSD, including information such as risk factors, diagnosis, and treatment. Over 175 different references are cited on this webpage, but there is no way to monitor the credibility of those sources. Since authorship of the webpage is anonymous, there is no contact information available to viewers.

While some of the information on the webpage is accurate and would help a member of the general public gain a better understanding of PTSD, there are many generalizations and inaccuracies in the information provided. The webpage focuses primarily on how PTSD impacts veterans and survivors of natural disasters, and does not discuss how exposure to sexual assault can lead to PTSD. The webpage is lacking information on what PTSD looks like in children and does not discuss the specific diagnostic criteria which is provided in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). The Wikipedia webpage on PTSD would not serve as a reliable source of information to the general public and someone reading this webpage could easily be misinformed about the reality of PTSD.


This webpage is managed by WebMD, an independent media service with the mission to provide consumers with news, information, and educational material. While WebMD is a company with sponsors, all published news content is free from the influence of sponsors, partners, or other sources. The authors of the WebMD page claim that their goal is to provide users with honest and thorough information. However, some advertisements and banners from WebMD sponsors appear on the webpage, and these have not been edited for accuracy. Information in these
advertisements may be misleading to consumers. If viewers of the webpage have any questions they can send an email to the WebMD company. Additionally the National Alliance on Mental Illness is cited as a source and website viewers can see the name of the last author that updated the page and the date which it was updated.

The webpage displays a brief article with basic information about Posttraumatic Stress Disorder (PTSD). The article responds to frequently asked questions about PTSD, such as what the symptoms are, who can get it, how common it is, how it is diagnosed, how it is treated, and what the outlook is like for PTSD. The article appears to be intended for people who think they might have PTSD and are looking for some more information on the topic. While all of the information in the article appears to be accurate, the article is lacking depth and does not do a good job of breaking down the specifics of PTSD. A person who is living with PTSD may be disappointed by the amount of information found on this webpage and would likely not gain a deep understanding of the disorder from the given information.


The National Center for Posttraumatic Stress Disorder (PTSD) is a valued component of the U.S. Department of Veteran Affairs’ Mental Health Services and is the creator and manager of this website about PTSD. The mission of the National Center for PTSD is to use research, education, and training to advance the clinical care and social welfare of those suffering from PTSD, including American Veterans. The information provided by the National Center for PTSD comes from its own extensive research program, published scientific research, and clinical experience. Information on the webpage is as accurate, detailed, and up to date as possible. This is a government website and contact information is provided in the event that a website viewer would have questions. All of the information provided appears to be very credible.

This website provides viewers with a great deal of information about PTSD. Different sections of the website are designed for both the public and professionals. In the public section of the website viewers can find very detailed information about what it means to have PTSD and how to treat and cope with PTSD. There is information for family and friends of persons with PTSD on how to be supportive and helpful, and informational videos which explain PTSD in a simplistic, yet detailed manner. This section of the website would be a great resource for someone looking to learn more about PTSD. While the website primarily focuses on American Veterans, there is also information for those who have experienced other types of trauma, such as sexual abuse or a natural disaster. In addition to all of the great information provided in the public section of the website, there is a section of the website dedicated to professionals who work with people experiencing PTSD. This section of the website contains the diagnostic criteria of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), assessment tools, helpful publications, and consultation contact information for those working with American Veterans with PTSD. This website is a reliable and accessible resource.