



Faisal Tai, MD, of PsychPlus Quoted on PTSD



Why do men experience PTSD differently from women?

"We know that anyone can suffer from PTSD, but there is a clear gender difference in how common PTSD is in men versus women," said [Faisal Tai, M.D.](#), a board-certified psychiatrist and CEO of PsychPlus in the Houston area.

The lifetime [prevalence of trauma](#) exposure is lower in women than men, but women are more likely to experience PTSD. According to the National Center for PTSD, about 1 in 10 women suffer from PTSD in their lifetime. About half that number of men will experience PTSD, Tai noted.

Men and women encounter different forms of trauma, both within their personal lives and professional environments. For example, women often face a higher prevalence of high-impact trauma, such as sexual trauma, which may occur at a younger age compared to men. The timing of trauma in early life can have a more profound and lasting impact on an individual's well-being.