



# Intolerance of Uncertainty in Trauma and PTSD

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## Background

Intolerance of uncertainty (IU) is associated with PTSD severity (Raines et al., 2019), even among those with subthreshold symptoms (Clauss et al., 2023). Our objective was to test if there is a specific association between IU and PTSD symptoms, or if trauma exposure in the absence of symptoms is also associated with elevated IU.

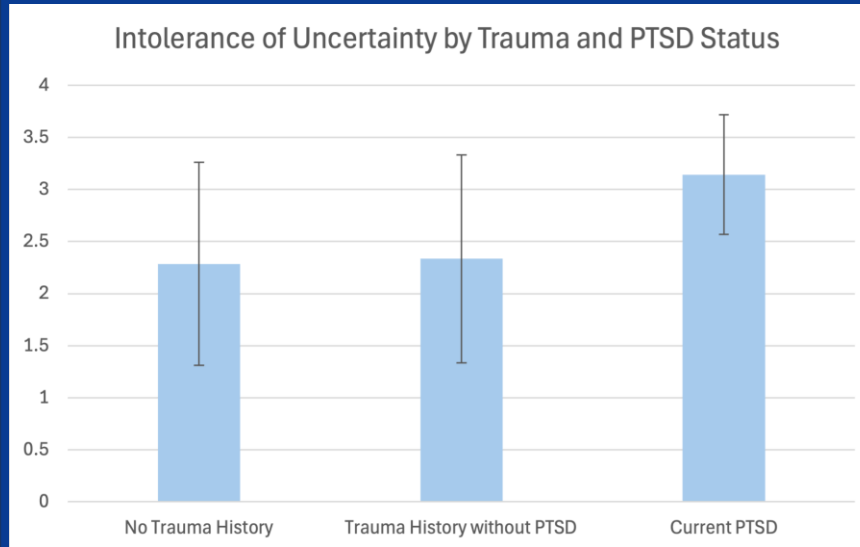
## Methods

Participants were adults diagnosed by clinical interview with:

- Current PTSD ( $n=25$ )
- Trauma history without PTSD ( $n=28$ )
- No trauma history ( $n=48$ )

IU was measured with the Intolerance of Uncertainty Scale

Individuals with PTSD report higher intolerance of uncertainty (IU) than those with no trauma history **and** those with trauma history but no PTSD, **suggesting IU may be specific to the experience of PTSD symptoms.**



## Results

IU was higher in those with PTSD relative to the other two groups,  $F(2,98)=5.81$ ,  $p=.004$ . There were no significant differences between those with no trauma history and those with history of trauma without PTSD.

Two individuals in the trauma without PTSD group reported subthreshold symptoms. Results did not change when these individuals were excluded from analyses.

## Discussion

Results suggest elevated IU may be specifically related to the experience of PTSD symptoms. Oglesby and colleagues (2016) found IU prospectively predicts severity of subthreshold symptoms following trauma. Future prospective research should continue to explore how IU may influence development of clinically significant symptoms following trauma.

- Description of new poster format:
- <https://www.youtube.com/watch?v=1RwJbhkCA58>