

Horror Movies: A trigger for PTSD and Anxiety

Keywords: Horror, movies, anxiety, PTSD, risk factors.

Malak Wehbe¹, Tarek Mansour, Nathalie Akiki^{1*}

1. The American University of Beirut Medical Center, Beirut, Lebanon

Abstract

Horror movies have been produced, filmed, and broadcasted for decades. It has been thought that people watching such movies, tend to get influenced by harsh scenes, leading to psychological distress. This review highlights the impact of horror movies in developing post-exposure reactions, such as Post Traumatic Stress Disorder, and anxiety, and discusses the different risk factors and mechanisms behind such manifestations.