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[Can horror movies induce PTSD-like syndrome? *1 - SciELO](#) : rlpf

It is no secret that watching horror films can have an impact on one's mental health. They can arouse feelings of discomfort and even trigger post-traumatic stress disorder (PTSD), which alters the brain's chemistry (Sultana, 2024, p. 2).

[Horror Film 101: How Horror Affects Mental Health - By Arcadia](#) : post

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