

PTSD in Military Veterans: History, Evolution, and Policy Implications

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It is estimated that 30% of men and women who have served in war zones will develop post-traumatic stress disorder (PTSD). Yet, it is still a topic that is not fully understood or supported by American civilian culture. PTSD has, historically, been called many things, including malingering, shell shock, and battle fatigue and has greatly evolved as a psychiatric diagnosis. This poster will present the culmination of a comprehensive literature review, policy analysis, and a series of case studies related to PTSD among military veterans. The history and evolution of PTSD within military populations will be examined, with special care given to the stigma and attitudes associated with the diagnosis. In addition, current prevalence rates and treatment options will be reviewed. Finally, this information will serve as the basis for proposed amendments to the PTSD diagnosis in the forthcoming DSM-5, as well as suggested future directions for prevention, intervention, and PTSD-related research.

Information about the Author:

Christine Albain is a junior psychology major. She is very interested in military psychology. She intends to pursue a Ph.D. in clinical psychology following graduation.

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