



Analysis of the military's perception of PTSD

- România -

PTSD



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Introduction

Post-traumatic stress disorder (PTSD) is a serious mental health problem that can affect people who have experienced a traumatic event, Military personnel are at risk of developing PTSD because they are exposed to traumatic events during their service. It is in this context that we constructed this questionnaire to assess military members' perceptions of PTSD and to identify their needs and concerns in this regard. Analysis of the questionnaire can provide valuable information about how military members perceive and address PTSD and can help improve interventions and treatments for them.



Results of the Analysis of Military Perceptions of PTSD - Romania

Question 1. Are you aware of any information on post-traumatic stress in the military?

Answer options: YES/ NO

The following answers were recorded

68% of the participants chose the answer option YES; 32% of the participants chose the answer option NO.

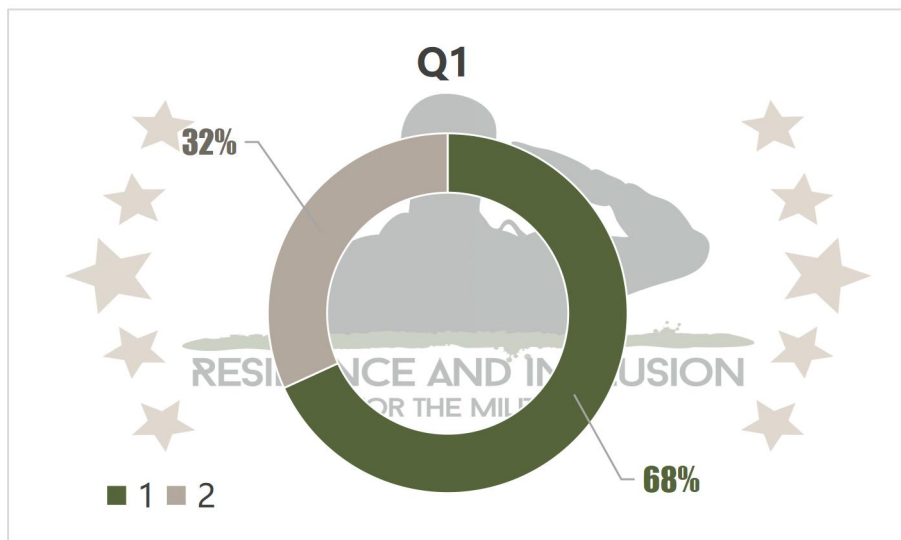


Figure 1. Knowledge about post-traumatic stress

Interpretation

After analysing the responses, 68% of the participants chose YES, which indicates that these participants have knowledge about post-traumatic stress in the military. There were also 32% of participants who chose NO, suggesting that these participants are not aware of the information about PTSD in the military. This suggests that there is a need to continue to provide information and education about PTSD in the military, especially for those who responded that they are unaware of information about the topic. This education can help raise awareness and understanding of the

issue and provide military members with the resources and tools to cope with PTSD symptoms. The feedback received can also help identify areas where the educational approach may need to be improved and tailored to the needs and concerns of the participants.

Question 2. If you answered YES, please specify what you know about post-traumatic stress in the military.

It had the following response options: open answers.

The following responses were recorded: 75% of participants gave explanations and 25% of participants did not answer this question. Although 68% of the participants answered that they had information about post-traumatic stress in the previous question, the number of those who gave information was higher in the open question. This means that some people may know information but are not aware of it.

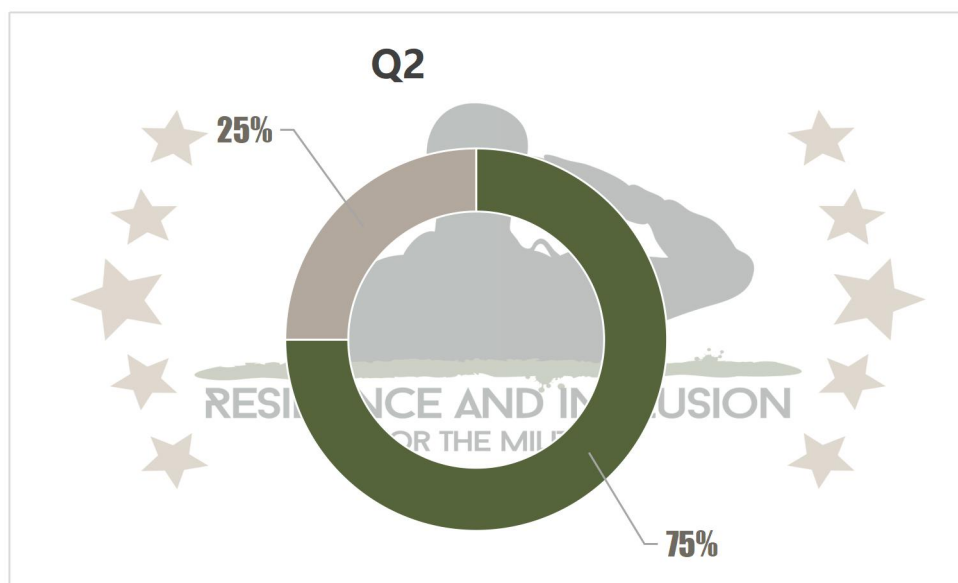


Figure 2. What participants know about post-traumatic stress

Interpretation

Open responses gave participants the opportunity to offer their own answers and ideas. From the analysis of the responses, there were 75% participants who answered this question, which indicates that these participants have knowledge about post-traumatic stress in the military, even if this knowledge is gained from the

military's own events. There were also 25% of participants who did not respond to this question, suggesting that these participants may not have detailed knowledge of the topic or did not wish to provide an answer.

Participants report a range of symptoms that may be associated with post-traumatic stress, such as problems adjusting to personal life, sleep disturbances, fear and anxiety, panic attacks, fear of self or people, and persistent anxiety. These symptoms may be caused by traumatic experiences that military personnel have had during their service.

It is important that military personnel receive appropriate support and treatment to cope with these symptoms and reduce the impact on their lives. To this end, consideration could be given to developing an intervention programme for military personnel, including psychological treatment, social support and education about post-traumatic stress.

The feedback received from participants can be used to identify the most relevant and useful information about post-traumatic stress in the military on which to base the development of the intervention programme. Overall, it is important to continue research and education about PTSD in the military and to provide appropriate support to help prevent and treat it in the military.

The recommendation is to use these responses to identify the most relevant and useful information about post-traumatic stress in the military on which to build further education and intervention approaches. Feedback can also be used to develop strategies and tailored approaches to address symptoms of PTSD among the military. For non-responders, it is important to understand the reasons for non-response and identify ways to improve the educational approach and communication methods to encourage future participation.

Here are some of the open answers to this question:

- ❖ *"When returning from T.O., military personnel can't adjust to personal life. They have problems adjusting to private life and have mental disorders."*
- ❖ *"Military personnel have insomnia, fear at certain times of the day that they associate with an unpleasant moment in the mission."*
- ❖ *"The military have psychological sequelae, fear, anxiety, panic attacks".*
- ❖ *"I feel afraid of myself, of the people".*

- ❖ "I have constant anxiety".
- ❖ "Post-traumatic stress occurs after trauma".

Question 3. Do you know the symptoms of post-traumatic stress?

Answer options: YES/NO

The following responses were recorded: 59% of participants answered YES; 41% of participants answered NO.

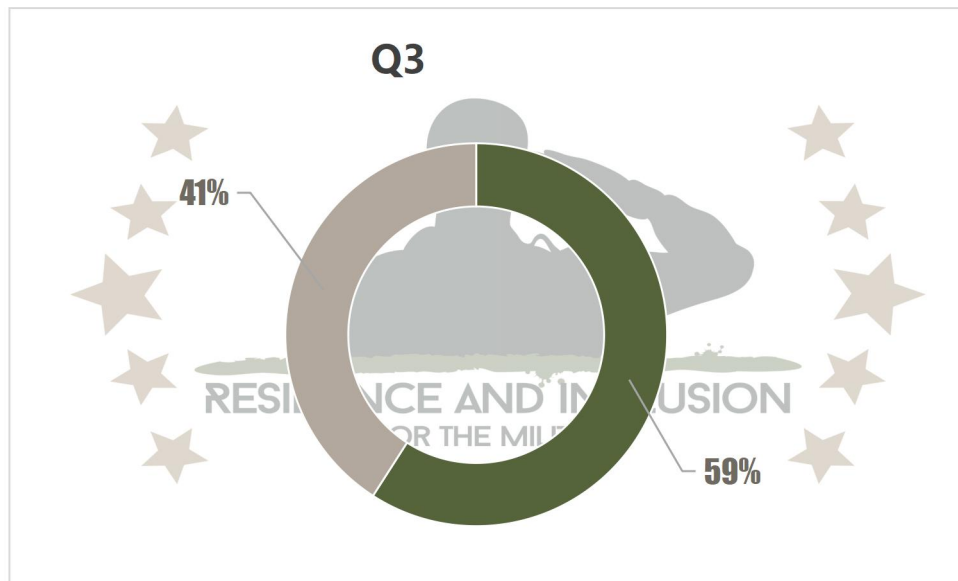


Figura 3. About the symptoms of post-traumatic stress

Interpretation

From the analysis of the responses, 59% of the participants chose YES, indicating that these participants are aware of the symptoms of PTSD. There were also 41% of participants who chose NO, suggesting that these participants are not familiar with the symptoms of PTSD.

The recommendation is to continue to provide information and education about the symptoms of post-traumatic stress disorder, especially for those who responded that they are unaware of the symptoms, a significant percentage. This education can help increase awareness and understanding of the problem and provide military members with the resources and tools to recognize and cope with PTSD symptoms. The feedback received can also help identify areas where the educational approach may need to be improved and tailored to the needs and concerns of the participants.

Question 4. If you answered YES, please specify what you know about the symptoms of post-traumatic stress.

The response options were open.

The following responses were recorded: 65% of participants answered this question; 35% of participants did not answer this question. The responses signify a poor correlation between participants who said they had information about PTSD symptoms, (as a higher percentage of the military were those who provided information) and those who actually gave this information. The explanation could be related to an inhibitory control and mechanism related to the topic of PTSD.

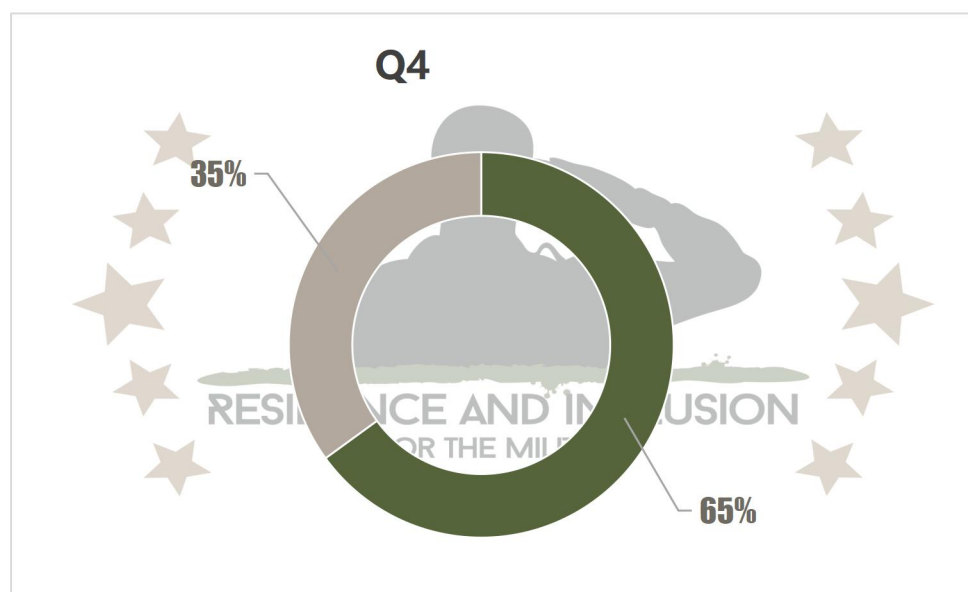


Figura 4. Symptoms of post-traumatic stress

Interpretation

Open-ended responses made it easy for participants to offer their own answers and ideas. From the analysis of the responses, there were 65% participants who answered this question, indicating that these participants are aware of the symptoms of PTSD. There were also 35% of participants, who did not respond to this question, suggesting that these participants may not have detailed knowledge of the topic or did not want to provide an answer. Participants reported a range of symptoms that may be associated with post-traumatic stress, such as sleep problems, anxiety, fear, reliving certain moments and panic attacks. These symptoms may be caused by traumatic experiences that military personnel have experienced during their service. It is

important that military personnel receive appropriate support and treatment to cope with these symptoms and reduce their impact on their lives. This support can include psychological therapy, medication and social support. The feedback received from participants can be used to identify the most relevant and useful information about the symptoms of post-traumatic stress in the military on which to base the development of the intervention programme. It is also important to continue research and education about post-traumatic stress in the military and to provide appropriate support to help prevent and treat it in the military. In order to improve the educational approach and communication methods, the development of tailored education and intervention programs can be considered to help address specific symptoms identified by participants.

The recommendation is to use these responses to identify the most relevant and useful information about PTSD symptoms on which to further build the education and intervention approach. Feedback can also be used to develop tailored strategies and approaches to address PTSD symptoms among military personnel. For non-responders, it is important to understand the reasons for non-response and identify ways to improve the educational approach and communication methods.

Here are some of the answers to this question

- ❖ *"He doesn't sleep at night and wakes up with spasms"*
- ❖ *"He feels in danger even though he's safe"*
- ❖ *"Sees danger at every turn"*
- ❖ *"Insomnia, fear, reliving certain moments"*
- ❖ *"Panic attacks, inability to integrate into the civilian environment after participating in certain events"*
- ❖ *"At night they wake up from sleep"*
- ❖ *"Fear of the unexpected"*
- ❖ *"Isolation"*

Question 5. Have you heard or seen colleagues who have or have had post-traumatic stress disorder?

Answer options: YES/NO.

The following answers were recorded: 50% of the soldiers chose the YES option and 50% of the soldiers chose the NO option.

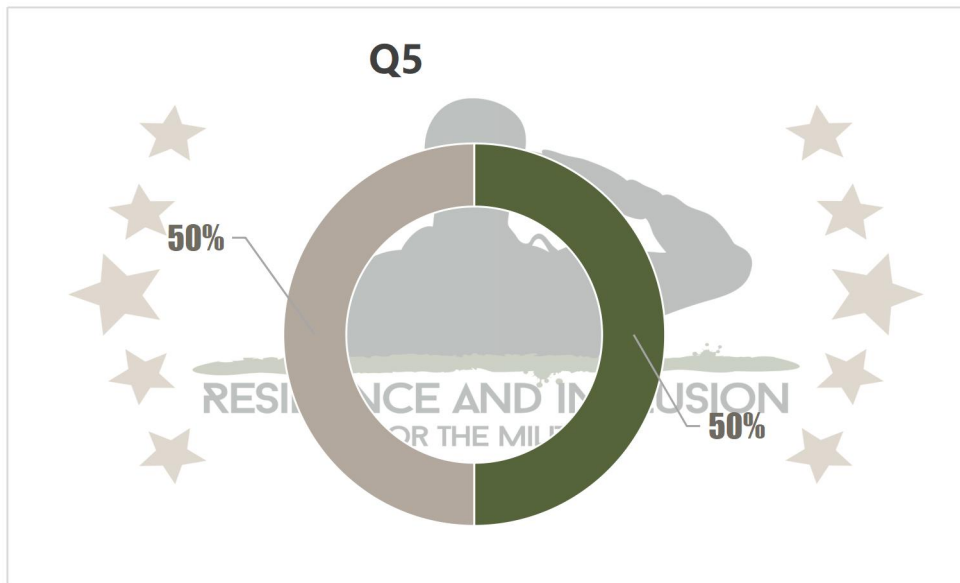


Figura 5. If they have seen colleagues who have suffered or are suffering from post-traumatic stress

Interpretation

From the analysis of the responses, there were 50% military personnel who answered YES, indicating that these participants had heard or seen colleagues who had PTSD. There were also 50% of military personnel who chose NO, suggesting that these participants had not heard or seen colleagues who had PTSD.

The recommendation would be to use this information to identify the most effective ways to convey information and education about PTSD to the military. For those who have not heard of or seen colleagues with this disorder, a broader approach to education and awareness about the issue may be needed. Also, for those who have heard of or seen colleagues with PTSD, it may be important to provide additional resources to help them cope with and better understand this issue.

Question 6. Do you have a psychologist to talk to in times of need?

Answer options: YES/NO

The following answers were recorded: 67% of people chose option YES and 33% chose option B

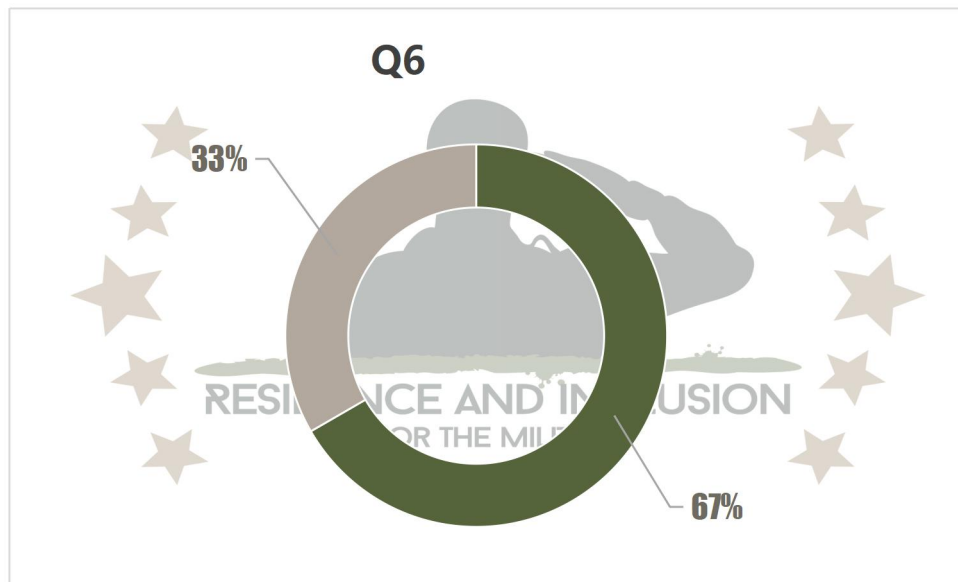


Figura 6. A psychologist to talk to

Interpretation

From the analysis of the responses, 67% of people chose YES, indicating that these participants have access to a psychologist to talk to in times of need. There were also 33% who chose NO, suggesting that these participants do not have access to a psychologist at such times.

We will use this information to identify how the availability of these services to the military can be improved. These services may include individual counselling, group therapy or other forms of psychological intervention. It may also use the information received to develop tailored strategies to help military members access mental health services when they need them.

Question 7. Would it be helpful to have a psychologist to talk to from time to time about post-traumatic stress?

Answer options: YES/NO.

The following answers were recorded: 95% of people chose option A; 1 person chose option B.

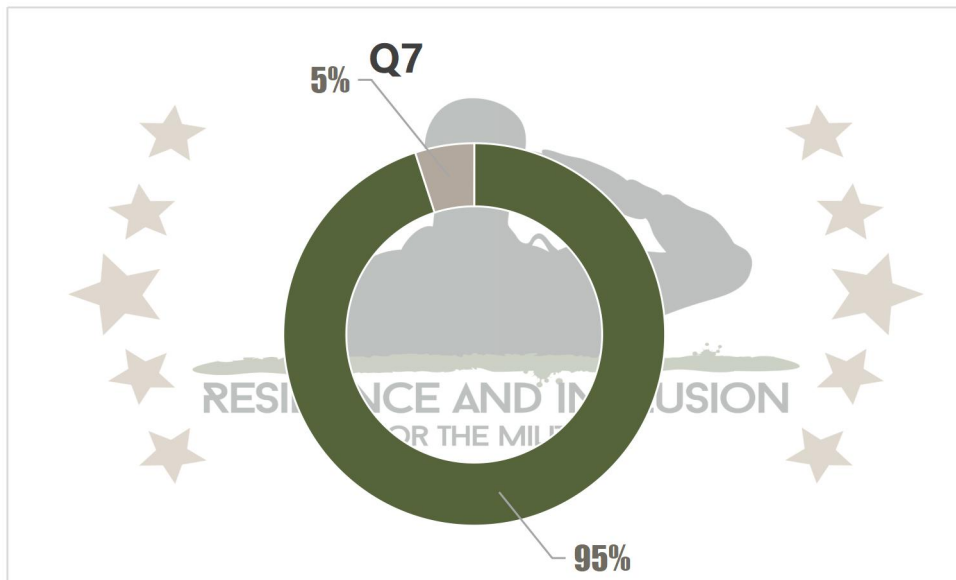


Figure 7. The usefulness of a psychologist to talk to

Interpretation

The analysis of the responses showed 95% of people choosing YES, suggesting that these participants would find it useful to have a psychologist to discuss post-traumatic stress with from time to time. There were also 5% who chose NO, indicating that they did not find it useful to have a psychologist to discuss this problem with.

We will use this information to encourage and promote access to mental health services, including individual counseling or group therapy for military members who have experienced PTSD. It is important to provide these servicemembers with the opportunity to discuss their experiences and receive the support and guidance needed to cope with and overcome these challenges.

Question 8. Would it be useful to have a guidebook, where you have information about post traumatic stress?

Answer options: YES/NO.

The following answers were recorded: 95% of people chose option A; 5% of people chose option B.

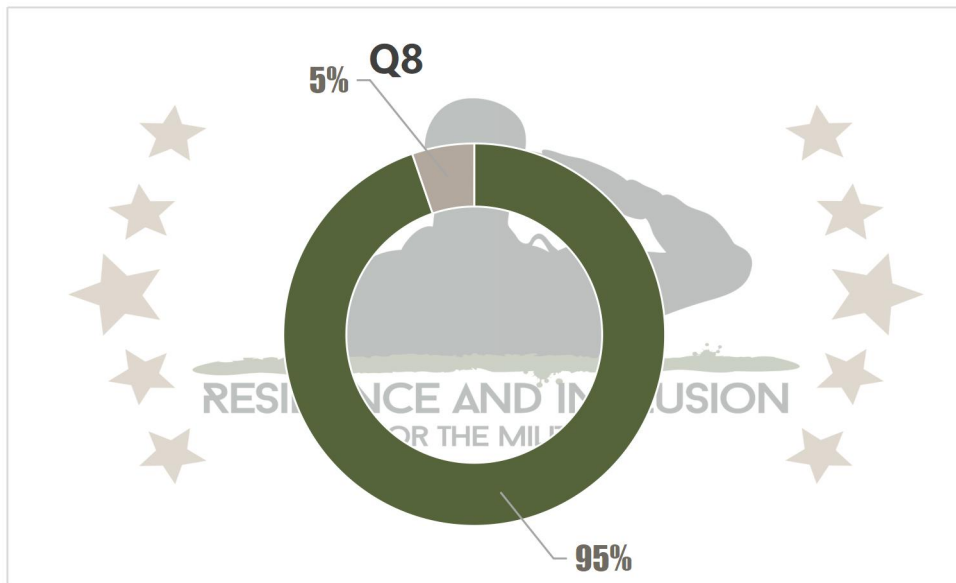


Figura 8. The usefulness of a guidebook on post-traumatic stress

Interpretation

From the analysis of the responses, 95% of military personnel chose YES, indicating that these participants would find it useful to have a guidebook containing information on post-traumatic stress. There was also 5% who chose NO, suggesting that they would not find it useful to have such a manual.

From this information it appears that the idea of our project was a good one, that the needs analysis was correct and that the guidebook we will produce will indeed be useful. It is important that this guide is accessible and easy to use for the military and is available to meet their needs. These could be used in information or counselling sessions as well as on an individual level to help military personnel improve their knowledge and skills related to post-traumatic stress.

Question 9. Would it be useful to have an app that tells you what post traumatic stress is, what the symptoms are, how it manifests, how it can be managed and other information about post traumatic stress?

Answer options: YES/NO.

The following answers were recorded: 90% of people chose option A; 10% of people chose option B.

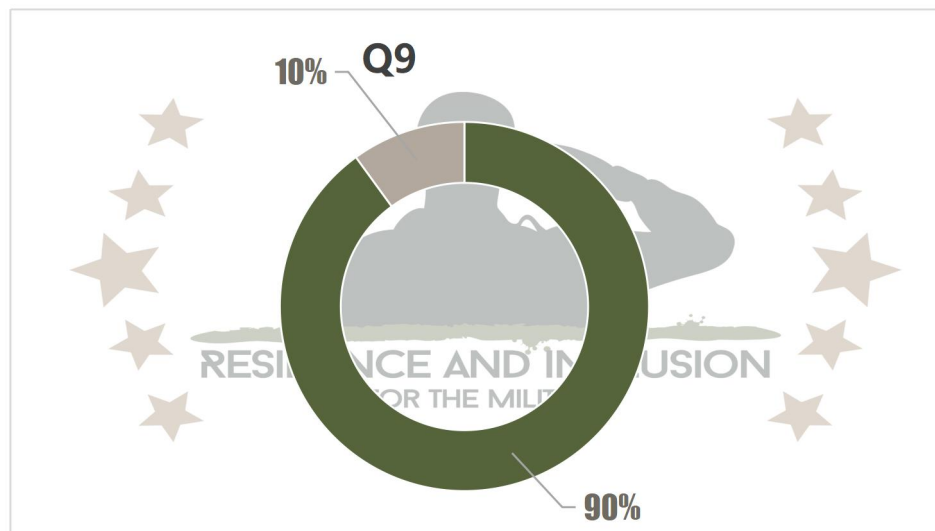


Figura 9. Usefulness of the app

Interpretation

Analysis of the responses showed 90% of military personnel chose YES, suggesting that these participants would find it useful to have an app that would provide them with information about PTSD, including symptoms, ways to manage it and other useful information. There were also 10% of military personnel who chose NO, indicating that these participants would not find it useful to have such an app.

The information collected clearly shows that developing a mobile app that provides useful information about post-traumatic stress and ways to manage it is highly valued, by a high percentage of 90%. This app could be available to the military and could be accessed at any time, thus providing additional support and a source of information for military personnel experiencing PTSD. It is important to ensure that this app is user-friendly, interactive and regularly updated to respond to the needs and changes in military experiences.

Question 10. What do you think would be most useful to know about post-traumatic stress in the military?

It had open-ended answers.

The following responses were recorded: 82% of participants answered this question; 18% did not answer.

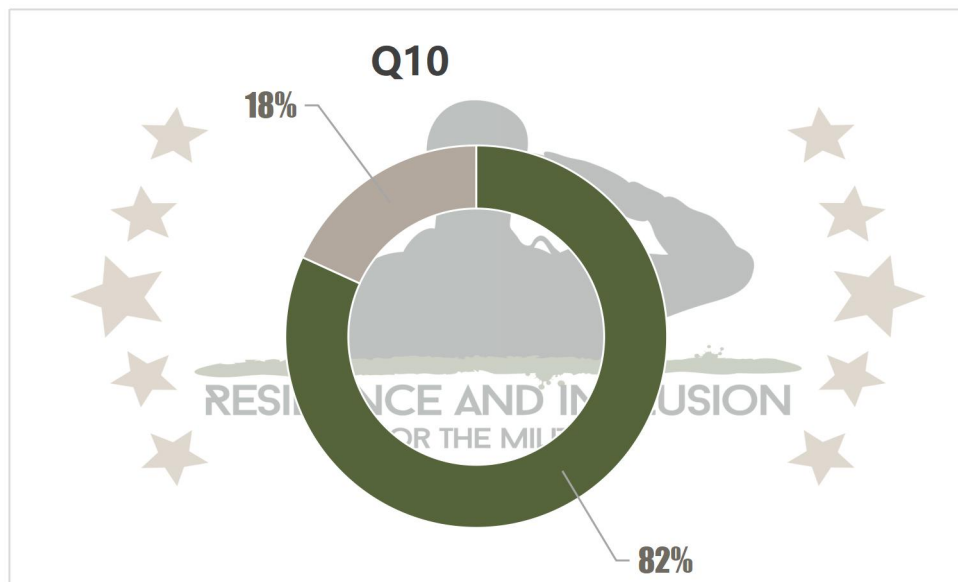


Figura 10. Additions to information on post-traumatic stress disorder

Interpretation

Analysis of the responses showed 82% of participants responded to this question, suggesting that these participants were interested in expressing their opinions and preferences about what information they would find useful about post-traumatic stress in the military. There were also 18% who did not respond to this question.

In order to obtain specific information from these open-ended responses, we analyzed and evaluated each response individually. However, we have identified some common trends or topics of interest that we will explore in the future to develop useful and relevant information for the military. These topics will include effective stress management strategies, how to recognize and address symptoms of post-traumatic stress, available resources for help and support, and ways to communicate with people suffering from post-traumatic stress.

These open-ended responses highlight topics of interest to study participants, such as: preventing, treating and managing post-traumatic stress, symptoms and

causes of post-traumatic stress, alternative resources for help, how post-traumatic stress evolves over time, and ways to diagnose it. These topics suggest that the military is interested in getting detailed and factual information about PTSD and how it can be managed.

There is also a response suggesting that some military personnel believe that every military member should have a psychologist, which may indicate a need for more help for military personnel to manage PTSD and for those affected to be supported.

Here are some of the suggestions offered by the military:

"It would be necessary for the military to be prepared before going to the O.T. what this means and what can happen"

"Clear ways to prevent how you can treat PTSD"

"How and who we could contact except our psychologist in the system"

"Symptoms, causes, how to treat"

"How will post-traumatic stress evolve with age"

"Clear methods of prevention"

"Remedy, management"

"I consider every military man a psychologist"

"How to diagnose"

Final conclusions and recommendations

After analysing the answers to the 10 questions related to the military's perception of PTSD, we came to the following conclusions:

Some military personnel are aware of information about PTSD, but there may be a significant number of military personnel who do not know or understand the condition.

The responses to question 2 indicate that participants who answered yes to the first question (whether they know information about PTSD), have some understanding of the symptoms of PTSD, but would benefit from structured information and very clear information about the disorder.

The responses to question 4 indicate that those who are aware of the symptoms of PTSD, have some understanding of them, but may need more information and education on how to recognise and manage them.

Nearly all military members have heard or seen colleagues who have or have had post-traumatic stress disorder, which may suggest a significant problem among military members.

A significant majority of respondents (67%) have access to a psychologist to talk to in times of need, which could be a positive in military mental health care, however it is important to note that having the opportunity to access services focused on post-traumatic stress is helpful.

The responses to question 7 indicate that the majority of servicemembers feel it would be helpful to have access to a psychologist to talk to about post-traumatic stress, suggesting that there is a significant need for psychological support.

The majority of military personnel feel that it would be useful to have a guidebook with information about post-traumatic stress, which could be helpful in ensuring access to relevant and useful information.

The majority of military personnel feel it would be useful to have an app with information about PTSD, which could be another means of ensuring access to relevant information and resources.

Participants responding to question 10 indicated a number of topics of interest related to post-traumatic stress, such as prevention, treatment and management, symptoms and causes, alternative resources for help.

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