





## Wellness

A healthy balance of the mind, body and spirit.

Wellness Feed

Daily E-mail Updates

« Previous

[A Blood Test for Cancer?](#)

Next »

[Report: FDA needs more proactive food safety approach](#)

## For many soldiers, mental trauma lingers at home

Posted by **TIFFANY O'CALLAGHAN** Monday, June 7, 2010 at 8:17 pm

2 Comments • Related Topics: Mental health, Psychology, brain, depression, mind , functional impairment, Iraq, post traumatic stress disorder, ptsd, soldiers



© Mark Edward

Atkinson/Blend Images/Corbis

Roughly one in ten soldiers returning from Iraq faces ongoing struggles due to post traumatic stress disorder (PTSD), depression and other conditions, according to a new study published in the June issue of the *Archives of Psychiatry*. In the study, a team of researchers led by Dr. Jeffrey L. Thomas, chief of military psychiatry at the Walter Reed Army Institute of Research, analyzed anonymous mental health surveys completed by more than 18,000 soldiers following deployment in Iraq between 2004 and 2007.

Researchers asked soldiers to complete questionnaires both 3 months and 12 months after returning from deployment in Iraq and used their responses to screen for incidence of PTSD, depression, alcohol abuse and aggression issues. The surveys also asked returning soldiers whether residual mental health struggles interfered with their daily lives.

Thomas and colleagues found that, using only the narrowest diagnostic criteria, as many as 11.3% of returning soldiers suffered from symptoms of PTSD, while up to 8.5% showed symptoms of depression. Using broader diagnostic criteria, however, they found that between 20.7% to 30.5% of soldiers suffered from symptoms of PTSD, while between 11.5% to 16% exhibited signs of depression. On average they found that between 9% to 14% of soldiers returning from deployment in Iraq suffered PTSD or depression symptoms severe enough to affect functioning in their day to day lives.

What's more, even a year after returning from service in Iraq, most soldiers' mental health struggles showed no signs of abating, and among soldiers who had been called up from the National Guard in particular, many actually saw symptoms worsen with time. Gaining a better understanding of the residual mental health impact of war-time service is critical to

## SEARCH THIS BLOG



Wellness Daily E-mail

Get e-mail updates from TIME's Wellness in your inbox and never miss a day.

Enter your e-mail address

SIGN UP

On Twitter: TIME.com

TIME What the heck is Flag Day? | <http://su.pr/1isQiH> - 32 minutes agoTIME Are lying children naturally smarter? | <http://su.pr/3sC0ac> - 50 minutes agoTIME Latest to pile on BP: Oil company rivals | <http://su.pr/8OY9S0> - 1 hour ago

Follow TIME.com on Twitter

## Most Popular »

ON BLOGS ON TIME.COM

1. PlayStation Move: You Think You Know
2. E3 2010: Microsoft's Project Natal Renamed And So Much More
3. Top Ten Spelling Bee Freakouts
4. Breaking Bad Watch: Nowhere to Go But Up
5. 18 Android Apps To Get You Started
6. What I've Learned from a Year of Blogging About Saving Money
7. What We're Looking Forward To In 2010: Sci-fi TV
8. Little Old Lady Calls To Have Google Pac-Man Disabled
9. Hey Google Maps, Why Is Randolph, VT In A Lake?
10. E3 2010: What We're Looking Forward To

## Video

More Videos &gt;



Potential Long-Term Damage From the Gulf

## Wellness Favorite Links

A Primer for Pessimists  
 Eat Your Greens  
 Fitness, Diet, Healthy Living News  
 For Worse, Then for Better  
 Is My Child Overweight?  
 Making Good Health Easy  
 Spas Are So Yesterday  
 Archive  
 June 2010  
 S M T W T F S

**TIME**

© 2010 Time Inc. All rights reserved | [Privacy Policy](#) |  [RSS](#) | [Newsletter](#) | [TIME For Kids](#) | [LIFE.com](#)

[Subscribe](#) | [Contact Us](#) | [Terms of Use](#) | [Media Kit](#) | [Reprints & Permissions](#) | [Opinion Leaders Panel](#) | [Help](#) | [Site Map](#)

Powered by

