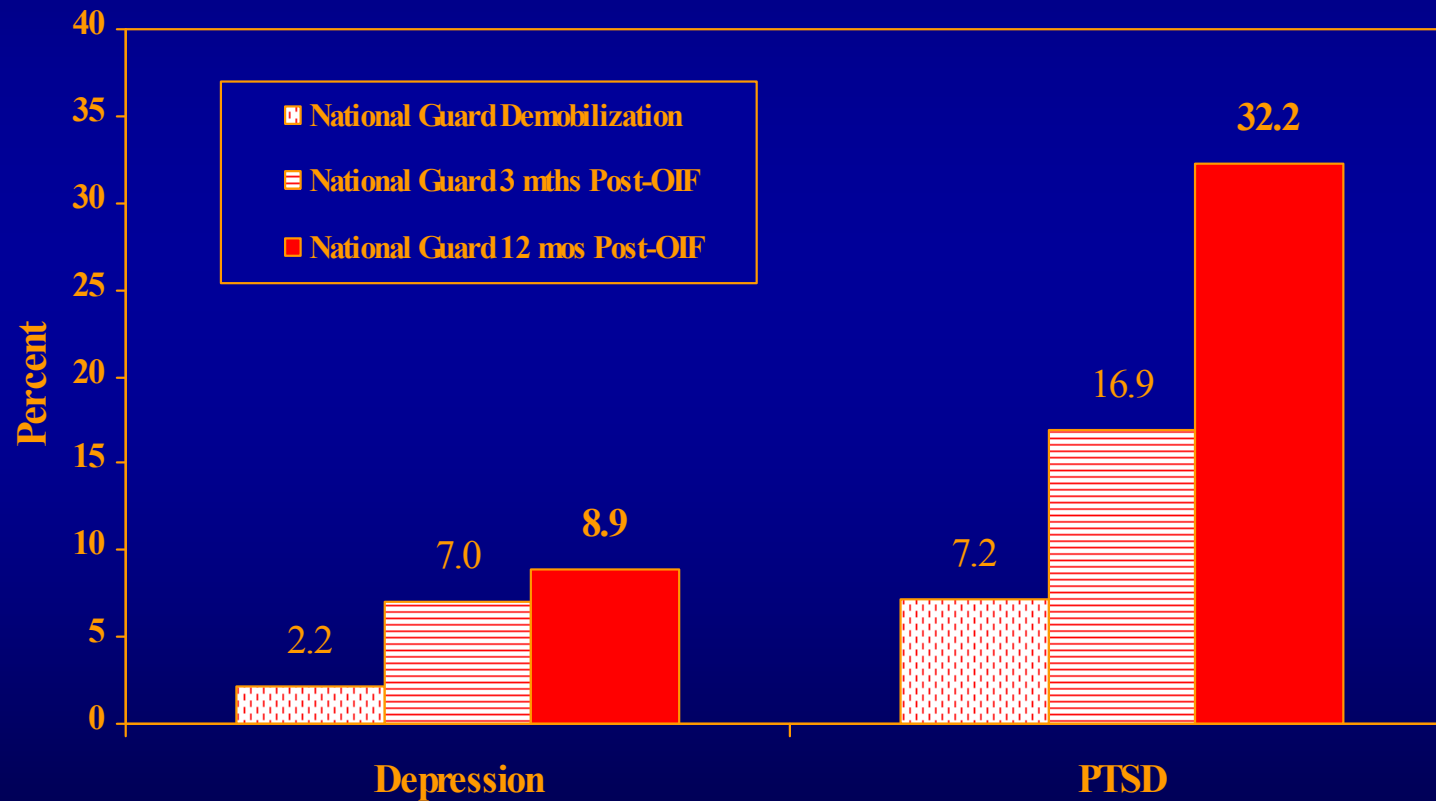


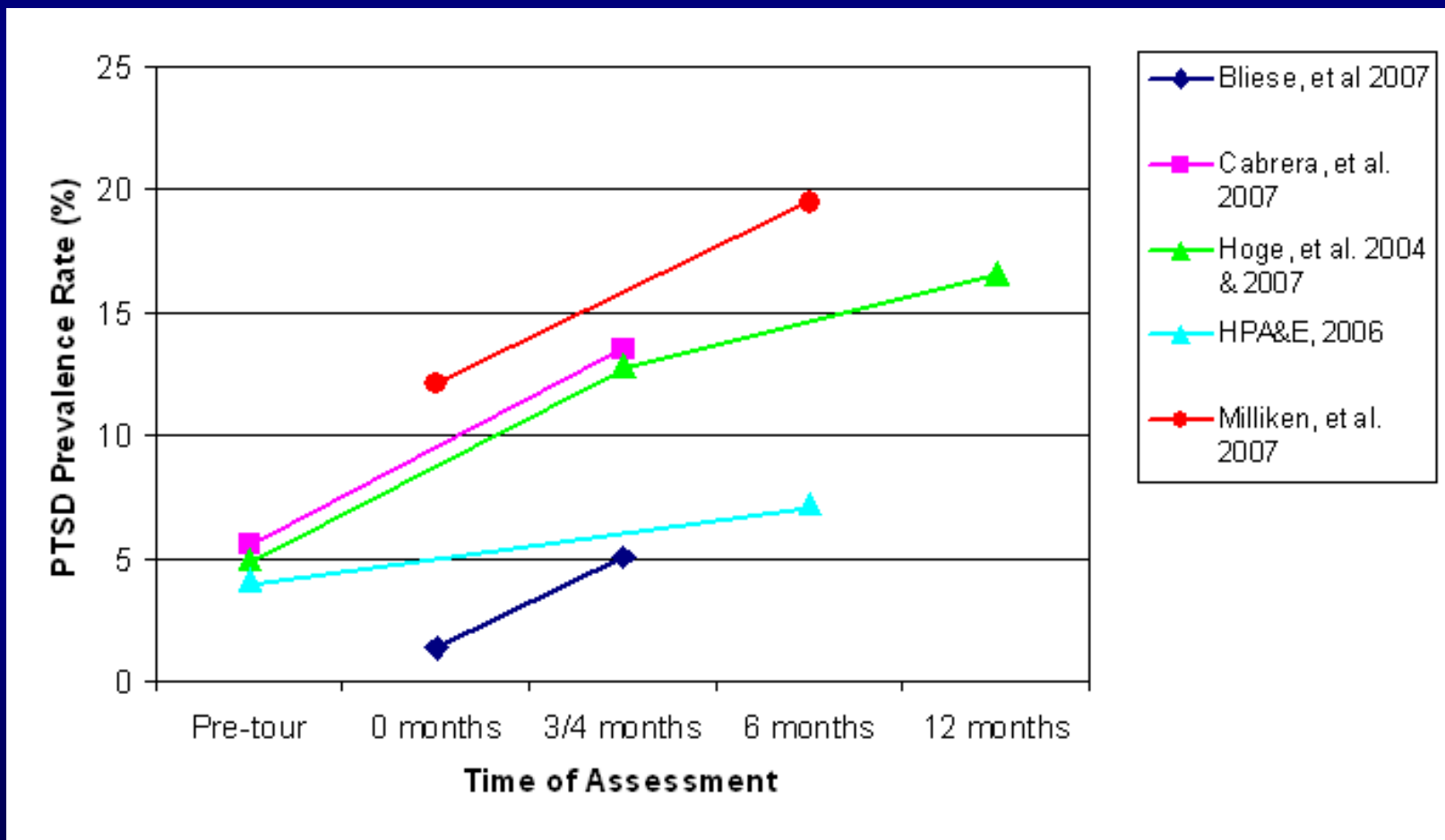
**Insert picture of ticking time
bomb**

Impact of Iraq: US Reservists

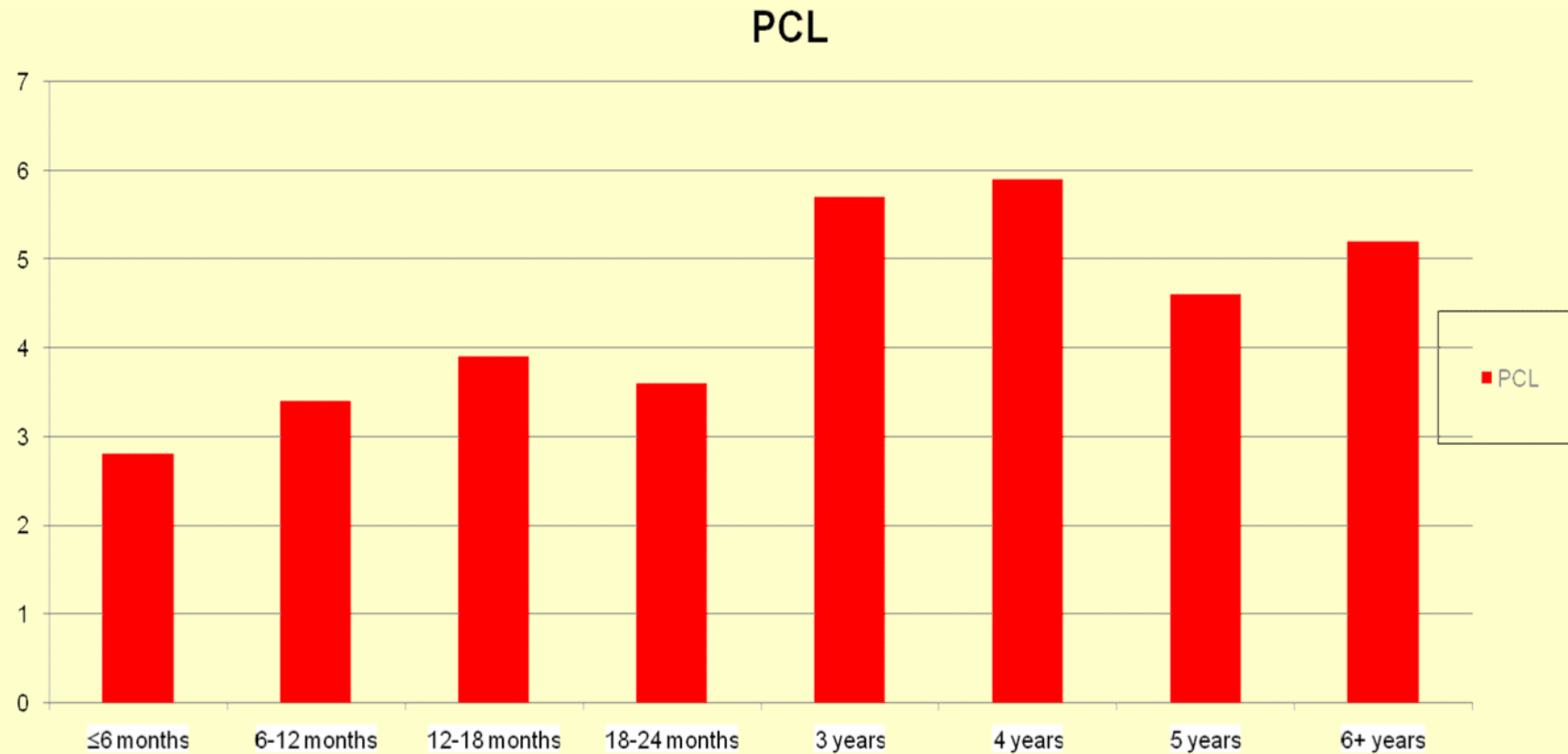
39th BCT 12 months Post-OIF Soldiers reported higher rates of depression and PTSD than at demobilization, 3 months and 12 months Post-OIF Active Duty Soldiers.



Time since last deployment - US



PTSD over time since last deployment: UK



Conclusions

- **No evidence as yet of “time bomb” unlike USA**
- **Delay in onset of symptoms/illness is uncommon**
- **Delay in seeking treatment common (stigma)**
- **Increased numbers accessing Veterans’**

Stigma, care and help seeking

Telic Clinical Cohort

- **Cross-sectional study of service personnel based on an telephone interview schedule**
- **Sample drawn from the main King's cohort**
- **50% reservist; 50% regular**
- **N =821 (74 %)**
- **Structured clinical interview**
 - **detect common mental disorders**
 - **Detail health service use**
 - **Explore barriers to care**

Iversen et al, 2009



Stigma and barriers to care: Not a US/UK difference

- Those with a diagnosis are significantly more likely to report:
- Barriers to care
 - I don't know where to get help (p=0.01)
 - Difficult to get time off work (p=0.001)
- Stigma
 - It would be too embarrassing (p=<0.0001)
 - My bosses would blame me for the problem (p=<0.0001)
 - I would be seen as weak (p=<0.0001)

Hoge et al; Iversen et al; Tom, Dick & Harry et al

-
- **No evidence to suggest that stigma/barriers to care reduce when people leave the Services**
 - **Ex service personnel have more difficulties knowing where to get help than still serving**
 - **Few of those who have a problem, recognise it and want help get NICE approved treatments**
 - **These issues exist in the general population (particularly among young men) – no evidence that military worse**

Iversen et al, 2010a

The risks and benefits of military life

APMS is a nationally representative survey of private households in England which aimed to:

- Estimate the prevalence and severity of adult psychiatric morbidity
- Inform about service use and treatment for mental health problems
- Identify lifetime/current risk factors for mental disorder

Additional questions about military service and a PTSD screening tool were added in the 2007 survey allowing identification of veterans

What we expected

- Veterans have more mental health problems than appropriately matched non veterans
- Veterans are less likely to seek treatment for their problems
- The longer you serve, the more likely you are to have problems

What we found

- Veterans did not have more mental health problems than appropriately matched non veterans
- Veterans were as likely to seek treatment for their problems, except for alcohol
- The longer you serve, the less likely you are to have problems
- Problems concentrated in early service leavers (debt, alcohol, self harm, violence, homelessness etc)

Woodhead et al, Psych Med
2010; SPPE 2010:

What we are looking at now

- **What is impact of recent interventions (TRIM, decompression, Battlemind etc)?**
- **Impact of deployment on relationships**
- **Impact of deployment and paternal illness on children**
- **Does post deployment screening work?**
- **Exiting the Armed Forces, resettlement, employment, housing and social networks**
- **Violence, offending and prison (data linkage with criminal justice system)**
- **Public attitudes towards serving/ex serving personnel (Social Attitudes**

Current evidence: continuities with non military population

- **No evidence that Armed Forces are worse at seeking help (except for alcohol) or less likely to get appropriate treatment, but that's not saying much**
- **Having a mental health problem is bad news, but seems to be no worse if you are or have been in the Armed Forces**
- **Stigma is not a solely military but a societal issue**

Current Evidence: exceptions

- **Alcohol use & abuse**
- **Those with in-service mental health problems:**
 - **Leave the military early**
 - **More likely to experience social exclusion & ill-health across the board**

The Paradox

- **The longer you serve, the better you do**
- **The more you have given, the more you receive**
- **The shorter you serve (<4 years), the worse you do**
- **The earlier you leave, the less you get**



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