

Building psychological resilience in military personnel

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Notes

Résumé ou extrait : Military personnel and their families face innumerable challenges. Deployed soldiers are exposed to a wide range of stressors, from the continuous, low-level experience of living in a strange and austere environment for a lengthy period of time, to acute, traumatic events that occur during combat. All of these experiences can lead to long-term psychological problems like posttraumatic stress disorder, depression, substance abuse, and even suicide. Back home, spouses of deployed soldiers face an increased likelihood of depression, anxiety and sleep disorders, while their children may exhibit behavioral issues and negative outcomes in school.

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Psychologie

Résilience (psychologie)

Services de santé