



CDP Research Update -- March 9, 2017

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http://www.med.navy.mil/sites/nmcsc/nccosc/publications/research-quarterly/2017%20Research%20Update_Vol%208_Num%203.pdf

Combat & Operational Stress Research Update

Naval Center for Combat & Operational Stress Control
Volume 8, Number 3

The Combat & Operational Stress Research Update is a compilation of recent research that includes relevant findings on the etiology, course and treatment of Posttraumatic Stress Disorder (PTSD). The intent of this publication is to facilitate translational research by providing busy clinicians with up-to-date findings, with the potential to guide and inform evidence-based treatment.

<http://psycnet.apa.org/journals/mil/29/2/157>

Addressing dropout from prolonged exposure: Feasibility of involving peers during exposure trials.

Hernandez-Tejada, Melba A.; Acierno, Ron; Sanchez-Carracedo, David

Military Psychology
Vol 29(2), Mar 2017, 157-163
<http://dx.doi.org/10.1037/mil0000137>

Posttraumatic stress disorder (PTSD) is a significant problem for combat veterans. Fortunately, effective treatments, such as Prolonged Exposure (PE), are available and widely disseminated in the Veterans Affairs (VA) health-care system. Nonetheless, despite well-documented effectiveness, attrition remains high at approximately 30% across evidence-based interventions. Early studies indicated that dropout was largely related to stigma and logistical barriers (e.g., travel time and cost). However, research demonstrates that eliminating these logistical and stigma-based barriers (e.g., through home-based telemedicine) has little effect on dropout. We surveyed 82 veterans who dropped out of PE treatment regarding reasons for leaving treatment. Approximately half indicated that in vivo homework assignments caused significant problems, and when asked to consider the possibility of peer support during in vivo exposure assignments, 52% indicated that they would consider returning to treatment with such assistance. In response to this feedback, we constructed an in vivo therapy peer support program wherein peers are directly involved with in vivo exposure exercises. The following brief report presents the rationale for, outline of, and initial feasibility data supporting this program to enhance both return to, and completion of, exposure therapy treatment for PTSD. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

<http://www.tandfonline.com/doi/full/10.1080/15325024.2017.1284514>

Predictors of PTSD Improvement with Cognitive/Exposure Group Interventions in Operation Enduring Freedom/Operation Iraqi Freedom Female Veterans.

Martha J. Falkenstein, Janet C'de Baca, Katherine Belon, and Diane T. Castillo

Journal Of Loss And Trauma
Published online: 23 Jan 2017
<http://dx.doi.org/10.1080/15325024.2017.1284514>

Predictors of successful PTSD outcome have been examined through individually delivered treatments. We examined predictors using a group protocol with cognitive, exposure, and skills modules. Assessments included self-report and interview (CAPS, SCID-I/II) measures at baseline, post, and six months; treatment was a 16-week, three-member group for 32 OEF/OIF women Veterans. A regression analysis showed major

depressive disorder and no baseline psychiatric medication predicted PTSD improvement. PTSD improvement predicted fewer outpatient medical visits at follow-up. The results supported past research and challenged other findings (e.g., sexual assault predicts less improvement). An additional unique contribution was examining predictors in a group treatment format.

<http://www.tandfonline.com/doi/full/10.1080/15325024.2017.1284516>

The Relationship Between Vicarious Posttraumatic Growth and Secondary Traumatic Stress Among Health Professionals.

Shekinah Manning-Jones, Ian de Terte, and Christine Stephens

Journal and Loss and Trauma

Published online: 23 Jan 2017

<http://dx.doi.org/10.1080/15325024.2017.1284516>

Limited and inconsistent research exists regarding the relationship between vicarious posttraumatic growth (VPTG), which is positive psychological growth experienced as a result of vicarious traumatic exposure, and symptoms of secondary traumatic stress (STS). The current study aimed to investigate whether a curvilinear model explained the VPTG-STS relationship among a sample of 365 nurses, psychologists, counselors, social workers, and medical doctors. Results supported this hypothesis, however this result appeared to largely be governed by the curvilinear relationship found among psychologists; STS was not found to predict VPTG among any other profession. Implications of results are discussed.

<https://link.springer.com/article/10.1007/s11325-017-1467-8>

Utility of home sleep apnea testing in high-risk veterans.

Cairns, A., Sarmiento, K. & Bogan, R.

Sleep and Breathing

First Online: 27 February 2017

doi:10.1007/s11325-017-1467-8

Purpose

Many Veterans Affairs Medical Centers (VAMCs) have implemented home sleep apnea testing (HSAT) in lieu of traditional in-lab testing to establish a timely and cost-sensitive diagnosis of obstructive sleep apnea (OSA). However, concern remains for the sensitivity and specificity of said technology in this population as many veterans are at increased risk for many of the comorbid conditions that can limit the accuracy of HSAT results. Hence, the purpose of this study is to evaluate rate of incongruent outcomes (e.g., negative HSAT results despite high clinical symptomology) as well as differences in study quality metrics and predictors of OSA between veteran sleep patients and general sleep patients being evaluated by a home sleep test.

Methods

A random sample of HSAT outcomes from 1500 veterans and 1500 general sleep clinic patients was retrieved from a repository of anonymized HSAT outcomes from 2009 to 2013. General sleep clinic data were from patients referred for home sleep testing from a variety of clinical practices across North America, whereas VAMC patients were tested using a central dissemination process. All patients were tested for OSA using the Apnea Risk and Evaluation System (ARES), an HSAT that simultaneously records airflow, pulse oximetry, snoring, accelerometry, and EEG. Sample differences and rates of comorbidities, HSAT outcomes, predictors of OSA, and pretest OSA risk information were evaluated between groups. The presence of OSA was defined as an apnea-hypopnea index (AHI; using 4% desaturation criterion) of ≥ 5 and ≥ 15 events per hour. Sample differences in predictors of OSA were evaluated using logistic multiple regression.

Results

Veterans (91.3% male) were more likely to report comorbidities, especially depression, insomnia, hypertension, diabetes, restless legs syndrome (RLS), and use of sleep and pain medications compared to general sleep clinic patients (57.1% male). Despite differences in the rate of medical comorbidities, no differences were observed between groups with regard to rates of positive studies, study integrity indicators, or predictors of OSA. Veterans, on average, had 30 min less recording time compared to those in the general clinic sample ($p < .01$). However, these differences did not impact the amount of the record that was deemed valid nor were veterans more likely to have wakefulness after sleep onset. Predictors of OSA for both groups included advancing age, and increased measures of adiposity (neck circumference and BMI). Mean AHI and respiratory disturbance index (RDI) were statistically similar for both groups and were similar for sleep stage and position.

Conclusions

Home sleep apnea testing for the diagnosis of OSA appears to yield similar results for VAMC patients deemed at high risk for OSA as it does with general sleep clinic patients.

<http://onlinelibrary.wiley.com/doi/10.1002/da.22596/full>

Marijuana and other cannabinoids as a treatment for posttraumatic stress disorder: A literature review.

Steenkamp MM, Blessing EM, Galatzer-Levy IR, Hollahan LC, and Anderson

Depression and Anxiety

First published: 28 February 2017

doi: 10.1002/da.22596

Posttraumatic stress disorder (PTSD) is common in the general population, yet there are limitations to the effectiveness, tolerability, and acceptability of available first-line interventions. We review the extant knowledge on the effects of marijuana and other cannabinoids on PTSD. Potential therapeutic effects of these agents may largely derive from actions on the endocannabinoid system and we review major animal and human findings in this area. Preclinical and clinical studies generally support the biological plausibility for cannabinoids' potential therapeutic effects, but underscore heterogeneity in outcomes depending on dose, chemotype, and individual variation. Treatment outcome studies of whole plant marijuana and related cannabinoids on PTSD are limited and not methodologically rigorous, precluding conclusions about their potential therapeutic effects. Reported benefits for nightmares and sleep (particularly with synthetic cannabinoid nabilone) substantiate larger controlled trials to determine effectiveness and tolerability. Of concern, marijuana use has been linked to adverse psychiatric outcomes, including conditions commonly comorbid with PTSD such as depression, anxiety, psychosis, and substance misuse. Available evidence is stronger for marijuana's harmful effects on the development of psychosis and substance misuse than for the development of depression and anxiety. Marijuana use is also associated with worse treatment outcomes in naturalistic studies, and with maladaptive coping styles that may maintain PTSD symptoms. Known risks of marijuana thus currently outweigh unknown benefits for PTSD. Although controlled research on marijuana and other cannabinoids' effects on PTSD remains limited, rapid shifts in the legal landscape may now enable such studies, potentially opening new avenues in PTSD treatment research.

<http://journals.sagepub.com/doi/abs/10.1177/0265407517694769>

A grounded theory of online coping by parents of military service members.

Erin D. Basinger, Leanne K. Knobloch

Journal of Social and Personal Relationships

First Published January 1, 2017

DOI: <https://doi.org/10.1177/0265407517694769>

Although parents of adult service members play a pivotal role in the dynamics of military family life, they tend to be overlooked in research on military families. We seek to shed light on their experiences by investigating online discourse about having a son or daughter serving in the U.S. military. We used grounded theory methods to create a model depicting the process by which parents communicated in the online forums. At the heart of the model was the central theme of parents coping with the stress of military life. Parents were troubled by losing time with their child and feeling alone because of his or her absence, which led them to feel chaotic emotions. They coped with their stress by seeking support, relating to others with similar experiences, and focusing on the positive. We consider both the theoretical implications of these findings for understanding coping and supportive communication and the practical implications for meeting the needs of military parents.

<http://ps.psychiatryonline.org/doi/abs/10.1176/appi.ps.201600398>

Mental Illness–Related Stigma in Canadian Military and Civilian Populations: A Comparison Using Population Health Survey Data.

Murray Weeks, Ph.D., Mark A. Zamorski, M.D., M.S.H.A., Corneliu Rusu, M.D., M.Sc., Ian Colman, Ph.D.

Psychiatric Services

Published online: March 01, 2017

<http://dx.doi.org/10.1176/appi.ps.201600398>

Objective:

This study sought to compare the prevalence and impacts of mental illness–related stigma among Canadian Armed Forces personnel and Canadian civilians.

Methods:

Data were from two highly comparable, population-based, cross-sectional surveys of Canadian military personnel and Canadian civilians: the 2013 Canadian Forces Mental Health Survey (N=6,696) and the 2012 Canadian Community Health Survey–Mental Health (N=25,113), respectively. Perceived stigma was assessed among those who reported care seeking for a mental health problem in the past 12 months. Follow-up questions assessed the impact of stigma in various domains. Modified Poisson regression and linear regression were used to examine population differences (military versus civilian) in terms of care seeking, stigma, and stigma impact, with adjustments for sociodemographic characteristics and the need for care.

Results:

Military personnel were significantly more likely than civilians to have perceived stigma (adjusted prevalence ratio [PR]=1.70, 95% confidence interval [CI]=1.11–2.60). Stigma had a greater impact on military personnel, particularly in terms of work or school life (b=1.01, CI=.57–1.47). However, military personnel were also significantly more likely than civilians to have sought care (PR=1.86, CI=1.53–2.25).

Conclusions:

Military personnel reported a disproportionate amount of mental illness–related stigma, compared with Canadian civilians, and a greater impact of stigma. Nevertheless, military personnel were more likely to seek care, pointing to a complex relationship between stigma and care seeking in the military.

<https://link.springer.com/article/10.1007/s10834-017-9522-y>

Money Matters in Marriage: Financial Concerns, Warmth, and Hostility Among Military Couples.

Donald Bruce Ross, Catherine Walker O’Neal, Amy Laura Arnold, Jay A. Mancini

Journal of Family and Economic Issues

First Online: 28 February 2017

DOI: 10.1007/s10834-017-9522-y

The effects of military couples' (N = 219) financial management concerns on marital quality were investigated using an actor-partner interdependence model based on the family stress model. The influence of the mediating role of warm and hostile marital interactions was also investigated after accounting for multiple indicators of the military context, which are usually significant in the lives of military families. Individuals with higher levels of concern about financial management expressed less warmth and more hostility towards their partner. In turn, individuals exhibiting higher levels of warmth had spouses who reported greater marital quality.

<https://link.springer.com/article/10.1007/s00127-017-1342-8>

Military service and crime: new evidence.

David L. Snowden, Sehun Oh, Christopher P. Salas-Wright, Michael G. Vaughn, Erika King

Social Psychiatry and Psychiatric Epidemiology

First Online: 03 March 2017

DOI: 10.1007/s00127-017-1342-8

Background

Evidence indicates that a substantial proportion of military personnel are involved in high-risk and antisocial behaviors that place them at jeopardy for criminal justice system involvement. However, prior research on military service and crime has disproportionately focused on veterans from the Vietnam War era (1955–1975), and has tended to focus on either current or former military members.

Methods

This study employed data from a population-based study (i.e., National Study on Drug Use and Health [NSDUH] between 2002 and 2014). It systematically examines the prevalence of self-reported antisocial behaviors, criminal justice system involvement, and substance abuse among the US civilian population and military service members, including reservists (n = 2206) and those who reported having been separated or retired from military service (n = 20,551). These factors are further examined across the developmental spectrum of adulthood (ages 18–34, 35–49, and 50–64).

Results

Results showed that military members were more prone to lifetime arrests and overall substance misuse. However, additional findings emerged suggesting that, while the military population overall seems to be positively associated with higher criminal activity than that found in the civilian population, these findings were based on a specific subgroup of the veteran population. This subgroup is comprised of individuals who likely did not fit in with the military culture and were discharged from the military early in their careers.

Conclusion

Additional research on identifying this subgroup of military members is encouraged to better concentrate on prevention and treatment measures.

<https://link.springer.com/article/10.1007/s10862-017-9588-8>

Psychopathic Personality Traits as Protective Factors against the Development of Post-Traumatic Stress Disorder Symptoms in a Sample of National Guard Combat Veterans.

Joye C. Anestis, Tiffany M. Harrop, Bradley A. Green, Michael D. Anestis

Journal of Psychopathology and Behavioral Assessment

First Online: 03 March 2017

DOI: 10.1007/s10862-017-9588-8

Military personnel often experience post-traumatic stress symptoms following exposure to combat. Personality traits have been identified as possible protective and risk factors in the development of post-traumatic stress disorder (PTSD), and examination of the association between PTSD and personality characteristics provides further insight into this heterogeneous disorder. Psychopathy, frequently conceptualized as collection of pathological personality disturbances relating to deficits in emotionality, empathy, and inhibitory control, includes within its defining features components that may be adaptive in certain situations. In the current study, we sought to expand upon the literature related to personality and PTSD by exploring psychopathic traits as resiliency factors in a military sample. Specifically, facets of psychopathy were analyzed as moderators of the association between combat experience and symptoms of post-traumatic stress disorder within a sample of 292 combat-exposed National Guard and Reserve (NGR) service members. Results indicated that the relationship of combat exposure with PTSD

decreased as rates of interpersonal-affective psychopathic traits increased. Impulsive-antisocial traits were also found to moderate the association between combat experience and PTSD, though interestingly there was a similar decrease in magnitude with higher levels of these traits. These findings suggest that particular components of psychopathy may serve as protective factors against the development of PTSD symptomatology within this population.

<http://www.sciencedirect.com/science/article/pii/S0272735816304354>

Cognitive control interventions for depression: A systematic review of findings from training studies.

Ernst H.W. Koster, Kristof Hoorelbeke, Thomas Onraedt, Max Owens, Nazanin Derakshan

Clinical Psychology Review
Volume 53, April 2017, Pages 79-92
<http://dx.doi.org/10.1016/j.cpr.2017.02.002>

There is a strong interest in cognitive control training as a new intervention for depression. Given the recent promising meta-analytical findings regarding the effects of cognitive training on cognitive functioning and depressive symptomatology, the current review provides an in-depth discussion of the role of cognitive control in depression. We consider the state-of-the-art research on how manipulation of cognitive control may influence cognitive and depression-related outcomes. Evidence for the effectiveness of cognitive control training procedures are discussed in relation to three stages of depression (at-risk, clinically depressed, remission) as well as the training approach that was deployed, after which the putative theoretical mechanisms are discussed. Finally, we provide ways in which cognitive control training can be utilized in future research.

<http://onlinelibrary.wiley.com/doi/10.1111/socf.12336/full>

“The Mommy Deployment”: Military Spouses and Surrogacy in the United States.

Elizabeth Ziff

Sociological Forum

First published: 4 March 2017

DOI: 10.1111/socf.12336

This article examines narratives of women who are surrogates and are married to members of the military in the United States. I show how this group of women invoke and transpose their structured military experiences and institutional understandings of sacrifice, duty, and responsibility when constructing their surrogate experience. Using semistructured interviews with 33 military spouses who have been surrogates, I trace the parallels they narrate between their role as military spouse and their role as surrogate—with metaphors of deployment, relocation, and the “hurry up and wait” game, in addition to strict daily regimentation. Through this work, I highlight the often-surprising transposition between militarized and surrogacy narratives invoked by surrogates and show how the practice of surrogacy allows them to tap into the narratives they have crafted through their experiences as a spouse to make a difference in the lives of others, contribute financially to their own families, and to gain a sense of importance outside of their everyday roles. The narratives provide for a better understanding of the commercially arranged surrogate experience in the United States and the state-structured military spouse experience by exposing the skills, language, and habits utilized by this group of women.

<http://www.sciencedirect.com/science/article/pii/S0022395616306951>

Depression care among adults with co-occurring major depressive episodes and substance use disorders in the United States.

Beth Han, Mark Olfson, Ramin Mojtabai

Journal of Psychiatric Research

Available online 1 March 2017

<http://dx.doi.org/10.1016/j.jpsychires.2017.02.026>

Objective

We examined 12-month prevalence and correlates of receiving depression care and perceiving helpfulness of depression care among U.S. adults with major depressive episodes (MDE) and substance use disorders (SUD).

Method

Data were from 325,800 adults who participated in the 2008–2014 National Surveys on Drug Use and Health (NSDUH). Descriptive analyses and bivariable and multivariable logistic regression models were applied.

Results

In the U.S., 3.3 million adults (1.4% of the adult population) had co-occurring MDE and SUD in the past year. Among adults with both disorders, 55.4% reported receiving past-year depression care. Among those with past-year depression care, 36.1% perceived it as helpful. Compared with adults who did not receive substance use treatment in the past year, those who received substance use treatment were significantly more likely to receive depression care, and those who received treatment of both disorders were more likely to perceive their depression care as helpful (adjusted risk ratios (ARRs) = 1.5–1.6). Compared with adults who received depression care only from general medical providers, those who received depression care from specialty mental health providers were more likely to report that their care was helpful (ARRs = 1.4–1.6). Receipt of prescription medication for MDE was associated with perceived helpfulness of depression care (ARR = 1.3, 95% CI = 1.05–1.73).

Conclusions

Almost half of adults with co-occurring MDE and SUD did not receive past-year depression care. Among those who received depression care, most did not perceive it as helpful. Substance use treatment, specialty mental health treatment, and antidepressant medications were perceived as helpful aspects of depression care.

<https://www.cdc.gov/mmwr/volumes/66/wr/mm6608a2.htm>

Short Sleep Duration by Occupation Group — 29 States, 2013–2014

Shockey TM, Wheaton AG

Morbidity and Mortality Weekly Report

March 3, 2017 / 66(8);207–213

<http://dx.doi.org/10.15585/mmwr.mm6608a2>

Summary

What is already known about this topic?

Shift work and other work factors influence sleep duration and sleep quality, which have

a direct effect on worker health and safety. Previous research has found that workers in production, health care, protective service, transportation and material moving, and food preparation and serving-related fields are more likely to be shift workers. In addition, production and transportation and material moving occupations have been associated with higher prevalences of short sleep duration.

What is added by this report?

Analysis of 2013 and 2014 Behavioral Risk Factor Surveillance System data conducted to examine 93 detailed occupation groups in 29 states found that the prevalence of <7 hours of sleep per day (short sleep duration) ranged from 21.4% among air transportation workers to 58.2% among communications equipment workers. The percentage of workers employed in at least one of the five occupations with the highest prevalence of short sleep duration ranged from 17.6% in Wyoming to 26.8% in Mississippi.

What are the implications for public health practice?

Significant differences were found in the prevalence of short sleep duration among occupation groups. Workers in occupations with high prevalences of short sleep duration might be most at risk for sleep-related accidents and adverse health outcomes associated with short sleep duration. Work-related factors should be further evaluated in the context of short sleep duration to guide prevention efforts.

<http://psycnet.apa.org/journals/mil/29/2/83>

The health and well-being of military drone operators and intelligence analysts: A systematic review.

Armour, Cherie; Ross, Jana

Military Psychology

Vol 29(2), Mar 2017, 83-98

<http://dx.doi.org/10.1037/mil0000149>

The aim of this study was to systematically review the existing research on the health and well-being of military drone operators and intelligence analysts in order to provide an overview of research and identify gaps in this area. Six literature databases and 2 databases containing unclassified military reports were searched for relevant papers produced between January 1996 and May 2016. The search criteria were broad to allow

for the identification of all relevant studies on the topic. Fifteen studies met the inclusion criteria; all of which were conducted in the U.S. with the U.S. Air Force personnel. The main sources of occupational stress reported by participants across the studies were operational. The rates of mental health diagnoses, including PTSD, were low, but levels of psychological distress were higher in drone and intelligence operators than in comparison groups. Fatigue emerged as a significant concern. It is important that future studies examine a variety of mental and physical health outcomes. The health and well-being of drone operators and intelligence analysts should be studied not just in the U.S., but also in other countries that are using drones for military purposes. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

<http://psycnet.apa.org/journals/mil/29/2/117>

Rates of subthreshold PTSD among U.S. military veterans and service members: A literature review.

Bergman, Hannah E.; Przeworski, Amy; Feeny, Norah C.

Military Psychology

Vol 29(2), Mar 2017, 117-127

<http://dx.doi.org/10.1037/mil0000154>

The current study's goal was to provide a comprehensive review of current subthreshold posttraumatic stress disorder (PTSD) rates among U.S. military veterans and service members. PubMed, PsycINFO, ProQuest, Web of Knowledge, Google Scholar, and any relevant articles' reference lists identified studies of subthreshold PTSD in the U.S. military. Search terms included PTSD in combination with partial, subthreshold or sub-threshold, subsyndromal or sub-syndromal, subclinical or sub-clinical, and military or veteran. Sixteen articles met criteria for review. Current subthreshold PTSD rates ranged from 2.3% to 22.3%, with a weighted mean rate of 7.6%. Definitional variation within and across the "below threshold" terms produced some variability in rates reported. Few studies consistently reported on impairment and comorbidity in the subthreshold PTSD population. Variability of current subthreshold PTSD rates may be due to methodological issues such as sampling methods, sample sizes, and how below threshold PTSD was assessed and defined. Based on our findings, we provide a number of recommendations that can be used to inform future research of subthreshold PTSD among U.S. military veterans and service members. These recommendations include having a standardized term and definition, determining how to more properly

assess subthreshold PTSD symptomatology, clarifying subthreshold PTSD diagnostic stability, and identifying appropriate sampling methods. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

<http://psycnet.apa.org/journals/mil/29/2/143>

Examining compulsive sexual behavior and psychopathology among a sample of postdeployment U.S. male and female military veterans.

Kraus, Shane W.; Martino, Steve; Potenza, Marc N.; Park, Crystal; Merrel, Jeremy D.; Hoff, Rani A.

Military Psychology

Vol 29(2), Mar 2017, 143-156

<http://dx.doi.org/10.1037/mil0000147>

Compulsive sexual behavior (CSB) is defined as difficulties in controlling inappropriate or excessive sexual fantasies, urges, or behaviors that cause subjective distress or impairment in important areas of daily functioning. Using data from a baseline telephone interview, we examined the prevalence of CSB in a convenience sample of 820 postdeployed U.S. military male and female veterans and investigated correlates of CSB with sociodemographics and other mental health and sexual history characteristics. More men (13.8%) than women (4.3%) endorsed CSB-related symptoms. Given the limited sample size of women reporting CSB, correlational analyses were conducted only with men. After adjusting for significant sociodemographics, results indicated that gambling, suicidality, and sexually transmitted infections were significantly associated with male CSB. Current results suggest that CSB may be prevalent among U.S. military veterans post deployment and associated with significant negative health indices in men. CSB warrants attention regarding screening and intervention. (PsycINFO Database Record (c) 2017 APA, all rights reserved)

<http://search.proquest.com/openview/a85a7d391087a886390a399a884b0641/1>

Receiving and training a service dog: The impact on combat veterans with posttraumatic stress disorder (PTSD)

Scotland-Coogan, Diane

Capella University

ProQuest Dissertations Publishing, 2017

This dissertation looked at the impact of receiving and training a service dog on combat veterans with PTSD using Robert Stake's collective case study model. Interviews were conducted with fifteen combat veterans diagnosed with PTSD participating in a 14 week program for receiving and training their own service dog. The goal of the study was to explore the veterans' experience of the training program, as well as determine any effect on their PTSD symptoms. The data obtained through this research study may enhance the field of psychology by providing an alternative treatment modality for PTSD which may be more acceptable to veterans than other, more traditional treatments. This study concluded the training and receipt of a service dog demonstrated effective results for diminishing PTSD symptoms, and may be an alternative solution for those who may not be comfortable seeking help in a more traditional manner. This form of treatment may also serve as a gateway to enable veterans to participate more successfully in other evidence-based treatment modalities as their symptoms of PTSD lessen.

Links of Interest

Florida Marine veteran, pastor starts PTSD support group

<http://www.stripes.com/news/us/florida-marine-veteran-pastor-starts-ptsd-support-group-1.457391>

VA to start offering mental health care to 'bad paper' veterans

<http://www.militarytimes.com/articles/bad-paper-va-extending-mental-health-services>

Marijuana legalization another recruitment barrier for Maine Guard

<http://bangordailynews.com/2017/03/08/news/augusta/marijuana-legalization-another-recruitment-barrier-for-maine-guard/>

Up all night: How a new therapy helps military members get the sleep they need

<http://www.health.mil/News/Articles/2017/03/08/Up-all-night-How-a-new-therapy-helps-military-members-get-the-sleep-they-need>

PTSD risk can be predicted by hormone levels prior to deployment, study says
<https://www.sciencedaily.com/releases/2017/03/170307152512.htm>

Sex differences in brain activity alter pain therapies
<https://www.sciencedaily.com/releases/2017/03/170303091335.htm>

Twice weekly yoga classes plus home practice effective in reducing symptoms of depression
<https://www.sciencedaily.com/releases/2017/03/170303131017.htm>

Aggression disorder linked to greater risk of substance abuse
<https://www.sciencedaily.com/releases/2017/02/170228222829.htm>

Study shows role of depression in the ongoing tobacco epidemic
<https://www.sciencedaily.com/releases/2017/03/170301142151.htm>

Violent video games found not to affect empathy
<https://www.sciencedaily.com/releases/2017/03/170308081057.htm>

Resource of the Week: [Hundreds of Marines investigated for sharing photos of naked colleagues](#)

The U.S. Department of Defense is investigating hundreds of Marines who used social media to solicit and share hundreds — possibly thousands — of naked photographs of female service members and veterans.

Since Jan. 30, more than two dozen women — many on active duty, including officers and enlisted service members — have been identified by their full name, rank and military duty station in photographs posted and linked to from a private Facebook page.



Hundreds of Marines investigated for sharing photos of naked colleagues

Related stories from Marine Times:

- [A nude photo scandal has shaken the entire Marine Corps](#)
- [‘I don't want to leave my house’: Victims haunted by Marines’ nude photo scandal](#)
- [Marines' nude photo scandal could lead to significant jail time](#)
- [Top Marine on video: If you abuse others on social media, 'Do you really want to be a Marine?'](#)
- [Nude photo sharing Facebook group is only 'the tip of the spear,' top enlisted Marine says](#)

AP story via Stars and Stripes: [DOD launches investigation into Marines' nude photo scandal](#)

From The Hill: [House Dem calls for firings after Marine nude photos scandal](#)

From The New York Times: [More Than Just Marines Behaving Badly](#)

Shirl Kennedy
Research Editor
Center for Deployment Psychology
www.deploymentpsych.org
skennedy@deploymentpsych.org
240-535-3901