

## Fighting Post-traumatic Stress Disorder

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## **Introduction**

Post-traumatic stress disorder refers to a mental health problem which develops after people experience or witness an event that is life-threatening. Many of the people who suffer mental illness find it hard to overcome the feelings of shame. In their duties or war-zones, soldiers experience events that leave them with post-traumatic stress disorder. For example, the UK military who engaged in challenging operations both in Iraq and Afghanistan since 2002. Therefore, there are explored positive pathways to provide care for UK armed forces members being treated for PTSD.

The qualitative study has the title; “exploring positive pathways to care for members of the UK Armed Forces receiving treatment for PTSD.” The authors of the article are Dominic Murphy, Olga Luzon, Elizabeth Hunt and as well as Neil Greenberg.

The central query which this study sought to answer was whether there are positive ways to provide care for the UK armed forces getting treatment for PTSD (Murphy et al., 2014). Under this question, there were five themes that the study targeted to find out. One of the themes was whether the UK armed forces who had PTSD recognized if something was wrong. The second one was how the armies who had PTSD could overcome internal stigma. The third theme was finding an explanation to this problem and the remaining two themes sought to find how the UK armed forces who were suffering from PTSD could be helped to control the condition.

The scientific approach is a way of solving problems that face the globe and its inhabitants. Scientists or researchers use the four steps of the research problems that are; forming a research question, deciding on how to test the research question, collect data and later interpret

the results of the study. By use of facts, the researcher can come up with conclusions that are strictly based on the data and facts collected throughout the study. In this study, the authors use qualitative research to come up with reasons and positive ways in which the UK armed forces members who under treatment for PTSD can receive the best care that can lead to their healing. This study on the members of UK armed forces who suffer from PTSD is associated with clinical psychology which is a research area in the chapter of psychology and science. Clinical psychology focuses on understanding the best ways that can be used to treat people who have psychological disorders. The area of clinical psychology defines the best practices to understand, treat, as well as prevent distress and dysfunction. Clinical psychologists come up with questions that they seek to find out and come up with solutions to solve them. These are the same ways the authors who conducted this study applied.

In conducting research, it is good to emphasize the importance of ethics. Anytime researchers involve humans and even non-humans, it is good to protect the rights of those who participate in the research. One of the ethical issues addressed is that the researchers had to involve participants who had different levels of PTSD. By doing so, the researchers observed the principle of justice as they treated all the participants fairly. The other ethical issue is that researchers respected what the members of the UK army forces who suffered PTSD told them (Murphy et al., 2014). They applied the principle of respect for autonomy to do so. One of the ethical issues that apply to research is confidentiality. The authors did not include how they could keep some of the information they were given confidentially.

**Conclusion**

People suffering from PTSD should seek help. According to the study conducted on the UK army members who had this condition; these people should be helped to realize that they have a problem which has a psychological component, they should be kept company to avoid being lonely, and they should be helped to seek help and treat the condition. These are the main areas that can aid individuals of the UK army suffering from PTSD to seek help.

**References**

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