

Post-Traumatic Stress Disorder

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Introduction

The purpose of the paper is to find out positive ways to take care of the Armed Forces members of the UK getting treatment for a post-traumatic stress disorder. The study being critiqued has the title “Exploring positive pathways to care for members of the UK Armed Forces receiving treatment for PTSD” which is a qualitative study done by Dominic Murphy, Olga Lozon, Elizabeth Hunt and as well as Neil Greenberg (Murphy et al., 2014). The research question of the research is to examine the factors which facilitate the military soldiers from the UK suffering from PTSD to engage themselves in behaviors of help-seeking. Beginning in 2002, the US and the UK military personnel have steered continuous operations that are challenging in both Afghanistan and Iraq. In the UK, many of the most extensive epidemiological studies of soldiers in the service have been undertaken in King’s College London. This qualitative study focused on military personnel who participated in these challenging operations and who were suffering from PTSD. Many of these military people who have PTSD face various challenges in accessing the right treatment. The study aims to investigate the multiple paths to access services of mental health for the Armed Forces members of the UK. The study seeks to determine the factors which support this military personnel to seek medical intervention for their problem and if they face challenges, how they can overcome them. The authors presented a summary which is well-balanced of current knowledge about people who have PTSD, the factors which make them seek medical intervention and how they can overcome the barriers they face while in search of medical treatment. There is not any deceptive bias in the literature review of the study.

Methods

The design of the researchers of the study is non-experimental. This is because they are unable to alter change in the predictor variable. The researchers are only left to depend on observation and interactions to come up with their conclusions. The researcher's approach of the study is the qualitative approach. This is because of the questions' exploratory nature of research being investigated. The qualitative approach used in the study provides insights into the problem facing the UK military Forces suffering from PTSD (Hoskins et al., 2015). The approach also seeks to develop ideas and factors that help them to seek medical interventions and how to overcome them when faced. The study used a sample of service personnel of the UK who are getting mental health services. Dual military departments undertaking community mental health were chosen. The sample size for the study was 8, and 10 participants and the sampling strategy of the qualitative study was ad hoc strategy. The analysis procedure had four stages. The first stage was to collate the demographic characteristics as well as the collected data via measures that were standardized (PCL-C and PHQ-9). The second step was to analyze the data per published guidelines for undertaking IPA. The third step was to come up with developing themes by re-reading the previous representations and as well as conveying labels. The fourth step was to seek connections between issues that were emerging. The researchers of this qualitative study did not make any assumptions. The procedures chosen for the study were appropriate as the participants were correctly chosen, they were recruited after consent and set a date for conducting the interview. All the participating parties agreed on the procedures for conducting the study. The other alternative methods which would be appropriate for this qualitative research study were focus groups and ethnographic research.

Ethical Aspects

The researchers of the study considered addressed some ethical issues in the article. The study was conducted in after researchers sought consent from the participants to recruit and as well as interview them. The MoD, as well as the RHUL committees of ethics, gave approval ethics for the qualitative study. Clinicians also observed ethics as they were requested to enquire from the clients who met the criteria of selection whether they desired to take part in the study or not (Cusack et al., 2016). The researchers of the study observed professional ethics as they did not select individuals who were in the course of being medically cleared from their services as a result of disciplinary reasons. The researchers also did not engage clients who were first engaging in treatment to avoid causing additional stress to them. This may have potentially raised a barrier to the client's involvement in treatment. The only ethical practice that was questionable was why those discharged from the military due to disciplinary issues were excluded as requested by the MoD ethics committee.

Results

In the study, there were five themes which emerged. These themes were; the ability of the participants to get aid, having to come to a point of crisis before the participants accepted the necessity for help, overpowering the moods of disgrace, and the need as well as the significance of having an interior locus of regulation. The fifth theme was seeking a psychological description for their signs and possessing solid social care. In each of the five themes, participants expressed different opinions. The authors of the qualitative study concerning the UK Military Forces having PTSD kept their interpretations as well as conclusions separate from the analysis results

(Yehuda et al., 2015). The authors put each category on its own and addressed each separately. The interpretations (discussion) part was on its own, the conclusions part separately as well as the results sector. Amongst the three, results came first, followed by discussion and the last one was the conclusions sub-topic.

Discussion and Conclusion

The report of the study concluded that various factors helped people who have PTSD to seek medical intervention. The factors that supported to seek health services were mainly the ones which combated internal stigma. These factors included; the ones helping the individuals recognize that they had a problem, factors that aided individuals to realize that they were not alone in their difficulties, and the factors that supported these soldiers to seek help by possessing an internal locus of control (Javidi, H & Yadollahie, 2012). The conclusions logically follow an order from the results of the outlined analysis. The strengths of the study are; the researchers interviewed one on one, the participants of the study were UK Military Forces who were suffering from PTSD due to the challenging operations they experienced in Afghanistan and Iraq. The weaknesses of the study were; the study did not involve those who were discharged in the military due to disciplinary issues, and there was no follow-up to witness how individuals responded after treatment. One of the limitations of the study is that the authors did not have information related to the participant's stage of treatment. The other weakness was that there was a bias towards recruiting participants who had psychological distress. Directions proposed by the authors of the research is that they should have access to information concerning the stage of treatment to explore the study further. The direction is appropriate as many of the individuals

who are at a higher risk of inability to access services are those with vast ranks of psychological suffering. The essential idea for a future study to help in overcoming these limitations is by allowing the researchers to get information from the clinicians about the stage of treatment of the participants of the study and select individuals at different stages to compare them.

References

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