



Preventing Violence in Military Families Under Stress

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Violence in Military Populations

- There are many stressors and challenges service members face in transition, which might be related to increased risk of anger, aggression, and violence.
- Studies indicate anger and aggression toward others is a problem in up to one-third of military service members and veterans.
- Research also reveals a subgroup of military veterans (11%) who report severe violence such as use of a weapon or beating another person in a one-year time frame.

PTSD and Violence in Veterans

- Most service members and veterans with PTSD have no problems with aggression.
- PTSD and combat exposure are associated with higher rates of violence.
- Specific PTSD hyperarousal symptoms of anger has been found to predict family violence whereas flashbacks predicted stranger violence.
- Two recent reports indicate women veterans more likely to report family violence than male veterans (who were more likely than women veterans to engage in stranger violence).

PTSD and Violence in Veterans

Risk Factor		Severe Violence in Next Year	Statistical Significance
PTSD	Yes	19.52%	yes
	No	6.41%	
Alcohol Misuse	Yes	17.43%	yes
	No	5.97%	
PTSD + Alcohol Misuse	Yes	35.88%	yes
	No	6.84%	
Alcohol Misuse Only	Yes	10.57%	no
	No	8.37%	
PTSD Only	Yes	9.96%	no
	No	8.61%	

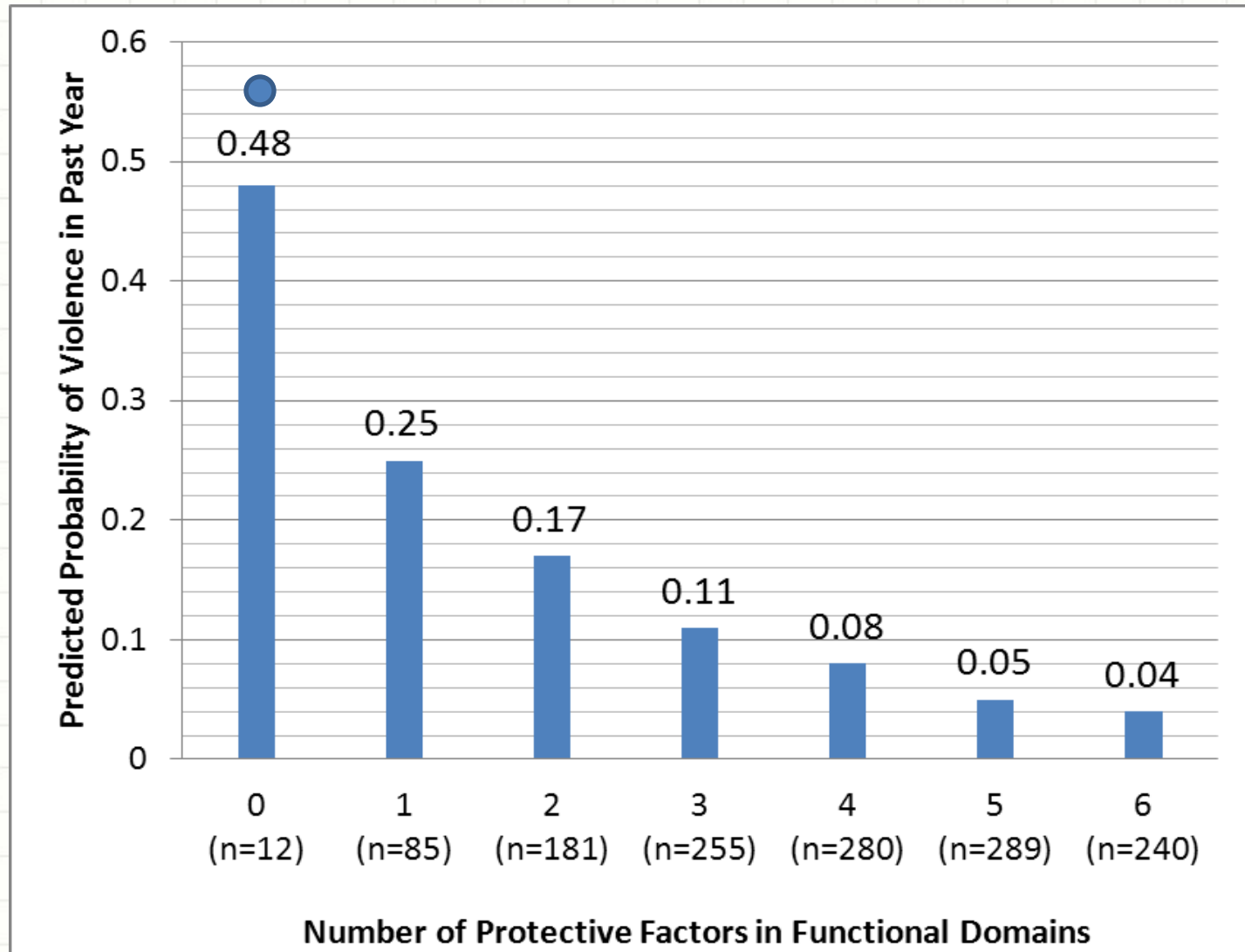
Non-PTSD Risk Factors and Violence

- Risk factors other than PTSD have been shown to be related to family violence in military service members and veterans, just like in civilian populations:
 - Demographics (e.g., younger age)
 - Criminality (e.g., history of violence or arrest before military service)
 - Economic and social attainment (e.g., not having money to meet basic needs)
 - Contextual (e.g., marital/relationship problems, shorter/newer marriages).

Protective Factors in Military Families

- Functioning in the following domains has been shown to be associated with reduced violence in veterans and military families:
 - Living Stability
 - Employment
 - Meeting Basic Needs
 - Effective Pain Management
 - Healthy Sleep Habits
 - Perceived Self-Determination
 - Psychological Resilience
 - Positive Social Support

Protective Factors and Violence in Veterans



Protective factors indicate health and well-being in the following domains:
living, work, financial, psychological, physical, and social

Protective Factors in Military Families

- Some of these protective factors (e.g., living stability, employment, self-direction, social support, basic needs met) are essentially present when service members live on a military base but not necessarily present when service members return home.
- Developing psychosocial and physical protective factors in the community can be seen as a critical part of post-deployment adjustment and important for reducing risk of violence in military families under stress.

Preventing Violence in Military Families Under Stress

1. A subset of military veterans report problems with aggression and violence.
2. The link between PTSD and violence is complex, one needs to consider specific symptoms, type of violence, and co-occurring conditions.
3. Non-PTSD factors (e.g., age, criminality, financial instability) need to be factored in when assessing violence, just like for civilians.
4. Protective factors (physical, psychological, social well-being) can be targeted to manage risk and reduce violence in military families.