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Posttraumatic Stress Disorders in Peace Operations

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The military participants in Peace Operations are exposed to adverse and potentially traumatic situations that can have consequences on mental health. With the Iraq and Afghanistan wars,

have taken place several studies in order to assess the military returning from these conflicts. This research aimed to assess the prevalence of PostTraumatic Stress Disorder and associated pathology in a sample of 241 portuguese militaries engaged in Peace Operations in 2011 (Kosovo and Afghanistan) and to understand the relation between psychosocial variables and PTSD. The evaluation methods used in this study were the traumatic event (PCL-M), emotional adjustment (SCL-90-R), self-esteem (SERTHUAL), coping (ETC) and social support (MDSS). The results showed that 34% of the militaries were exposed to traumatic events, 5% were in the PTSD criteria and 15% revealed significant PTSD symptomatology. Furthermore, this study intends to contribute to the implementation of preventive programmes and monitoring military intervention of referenced with PTSD.