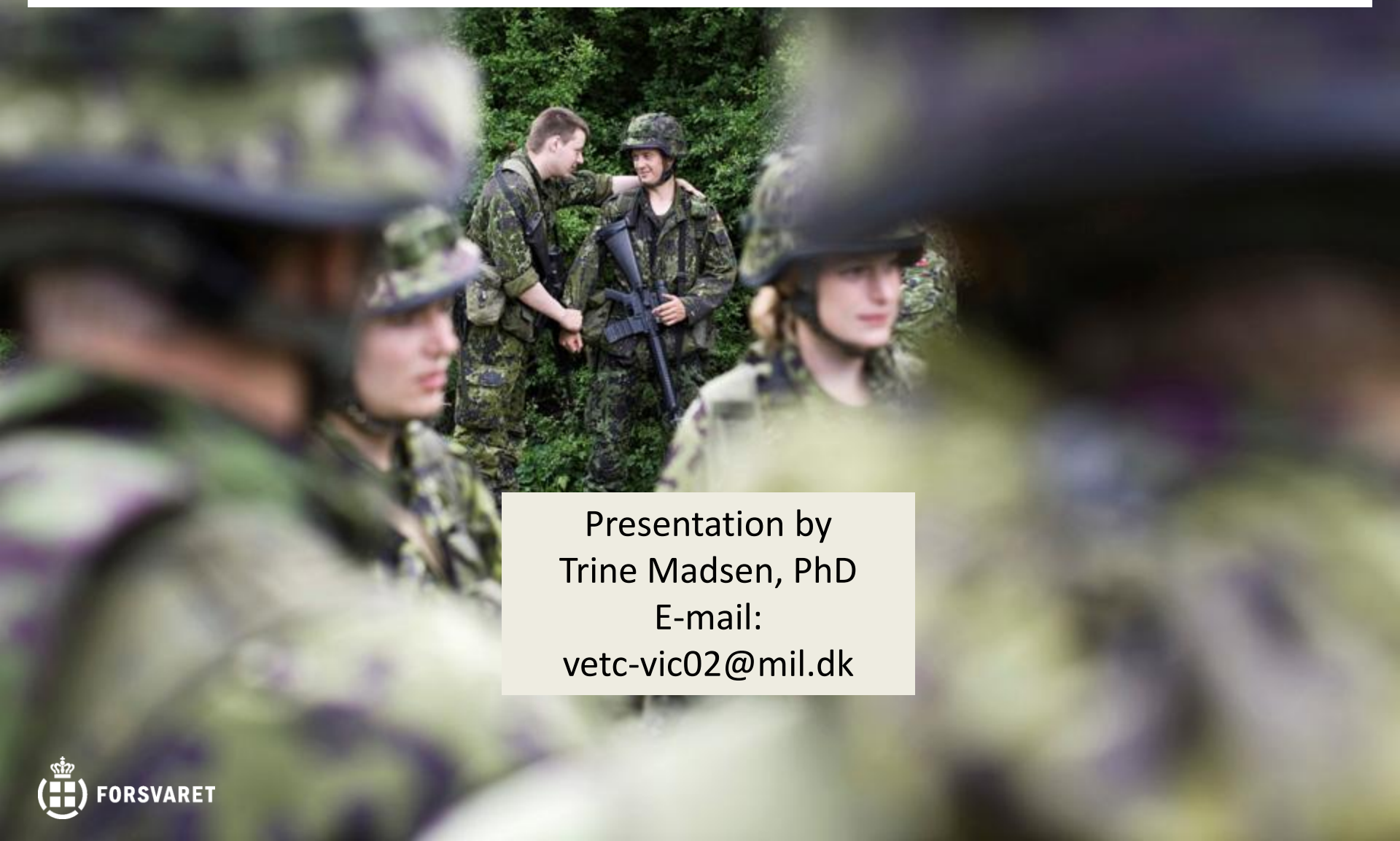




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USPER PSYK project

The Danish Veteran Center wish to thank all
soldiers from OEF Team 7.

&

Thanks to TrygFonden for financier support of
the research project USPER PSYK.



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Content of presentation

Report: After Afghanistan (in Danish)

1. About the USPER PSYK project

The prevalence of mental health problems

- PTSD
(delayed onset PTSD)
- Depression
- Suicidality
- Use of alcohol og cannabis
- Post-traumatic growth

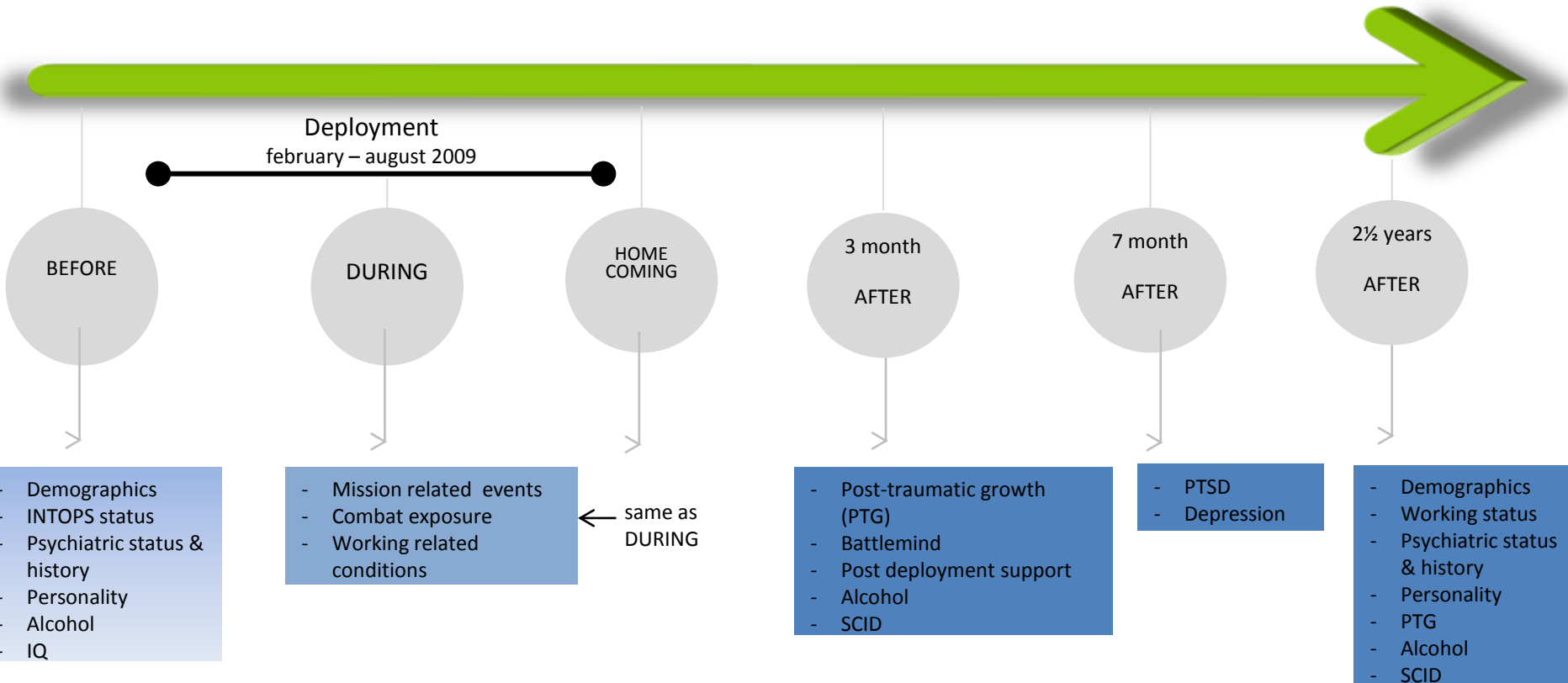
Download report on
www.veterancentret.dk





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USPER PSYK Background

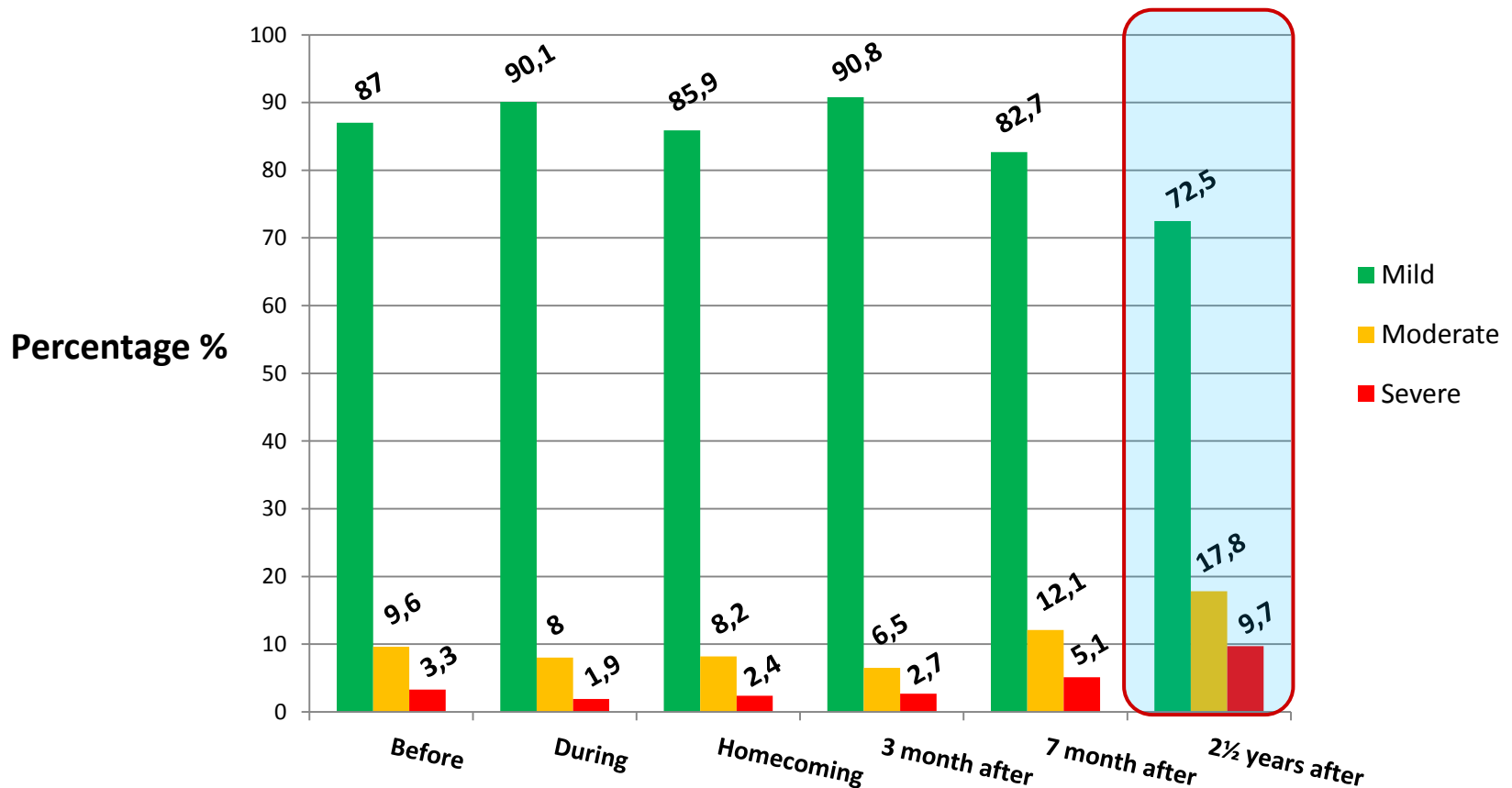




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PTSD symptoms 2,5 years after homecoming

The percentage with mild, moderate or severe symptoms of PTSD at all 6 measure times





Delayed onset of PTSD

In Denmark & Europe:

International Classification of Diagnosis (ICD-10) -
- Symptoms must be present within 6 month from
occurrence of traumatic event

In USA:

*Diagnostic and Statistical Manual of Mental
Disorders (DSM IV)*

- Delayed onset PTSD exist as a unique diagnosis



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Delayed onset of PTSD

N	PTSD within 6 month	PTSD later than 6 month Delayed PTSD	No PTSD
496	25 5.0%	32 6.5%	439 88.5%



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Depression measured by BDI

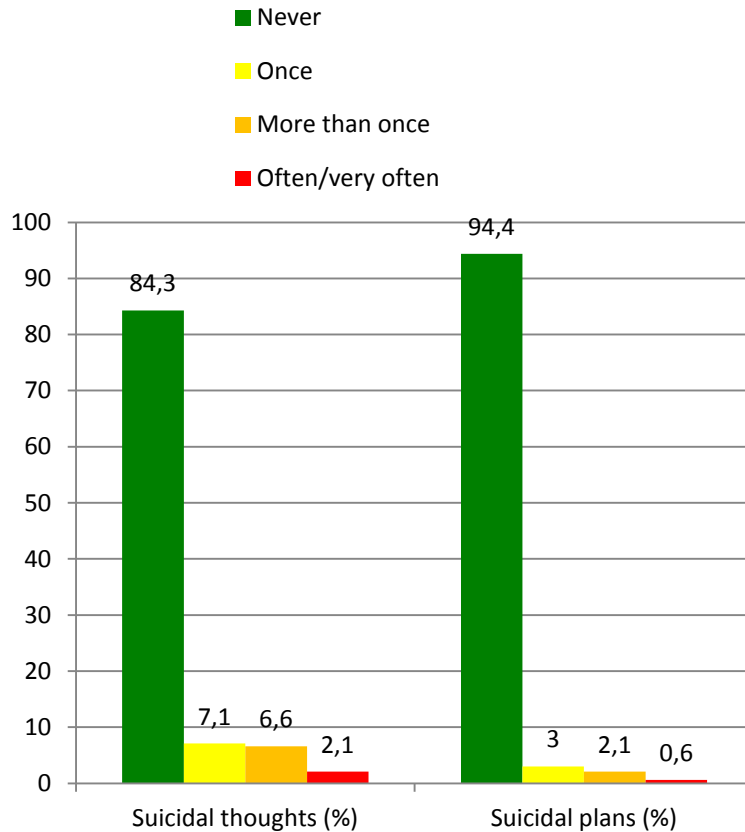
BDI - II	Before (%)	During (%)	Home-coming (%)	3 month after home-coming (%)	7 month after home-coming (%)	2,5 years after home-coming (%)
Minimal depression (0 - 13)	90,5	94,0	92,6	91,1	84,2	83,7
Mild depression (14 - 19)	7,1	4,2	5,2	5,2	9,9	7,1
Moderate depression (20 - 28)	2,0	0,7	1,7	2,2	3,3	5,1
Severe depression (29 - 63)	0,3	1,1	0,6	1,5	2,6	4,1
Total	592	568	543	325	304	534



Suicidal thoughts and -attempt

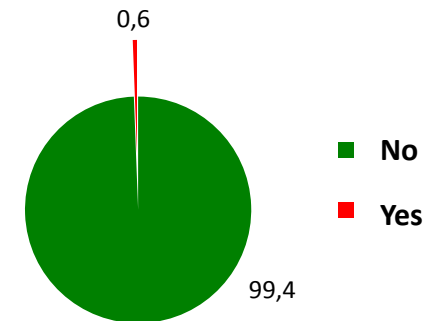
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Did you have suicidal thoughts or plans within the last year?

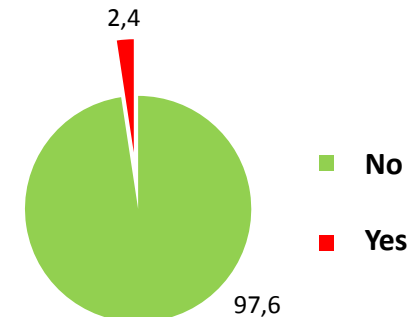


Did you attempt suicide?

Within the last year (%)



Ever (%)





Use of alcohol og hash

No. of alcoholic units	Before (%)	3 months follow-up (%)	3 years follow-up (%)
0-20 units	92,5	90,0	95,9
> 20 units	7,5	10,0	4,1
Participants (n)	603	319	534

Do you use hash?	Before (%)	3 months follow-up (%)	3 years follow-up (%)
No	95,9	93,4	96,1
Yes	4,1	6,6	3,9
Participants (n)	608	318	534



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Posttraumatic growth (PTG)

The average posttraumatic score in five domains, average for the total scale and the proportion (%) of soldiers with moderate to high growth.

Domains	Average score	Proportion with moderate or high growth (%)
Relations to others	1,54	16,4
New opportunities	1,61	17,5
Personal strength	2,17	35,5
Spiritual development	0,75	6,6
Greater appreciation of life	2,17	35,9
Total posttraumatic growth	1,69	14,7



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Summary

Psychiatric status 2,5 years following deployment to Afghanistan

- **A larger proportion with severe PTSD symptoms(9,7 %)**
- **6,5 % had a delayed onset of severe PTSD symptoms**
- **A larger proportion with moderate/severe depression (9,2 %)**
- **A large proportion with suicidal thoughts (15,7 %)**



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Summary continued...

- **A smaller proportion with a critical alcohol intake (4,1 %)**
- **Fewer used cannabis (3,9 %)**
- **35% had a moderate to high posttraumatic growth in personal strength and appreciation of life**



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Thanks for your attention