



Armed Forces Staff Network Bulletin

June – July 2023

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice.

For more information on Lincolnshire's armed forces population go to the following summaries prepared by the Lincolnshire County Council Public Health Intelligence Team:

- [Armed Forces](#)
- [Armed Forces – Characteristics](#)

Fighting with Pride & Northumbria University

[Lost and Found: The LGBT+ Veteran Community and the Impacts of the Gay Ban](#)

A ground-breaking research report shines a light on the lifelong impact of the 'gay ban' in the Armed Forces.

House of Commons Library

[Support for UK Veterans](#)

This briefing paper details the support available to armed forces veterans in Great Britain and Northern Ireland.

Ministry of Defence

[Armed Forces Suicide Prevention Strategy and Action Plan](#)

This Armed Forces Prevention Strategy by the MoD provides the strategic framework within which the MoD will take further action to reduce suicide and better support those affected by it.

Office for National Statistics

[Living arrangements of UK armed forces veterans, England and Wales, Census 2021](#)

UK armed forces veteran population from Census 2021 data, includes residence type, type of communal establishment and household characteristics. Characteristics of spouses, partners, children and stepchildren who live with UK armed forces veterans.

A systematic review of treatments for problem anger in veteran and military populations with PTSD.

Aggression and Violent Behavior, 2023, p.101837.

Emerging research has highlighted the strong and unique relationship between anger and posttraumatic stress disorder (PTSD) in veteran and military populations, yet traditional treatments for PTSD do not address adequately problem anger. The aim of this systematic review was to map, synthesise and appraise the evidence for promising treatments targeting anger symptoms in veteran and military populations with PTSD.

Email for full access: clinical.librarian@ulh.nhs.uk

Evaluation of the NHS England 'Op COURAGE' High Intensity Service for military veterans with significant mental health problems.

BMJ Military Health, 2023



In November 2020, The NHS for England launched a pilot High Intensity Service (HIS) programme for treating military veterans complex mental health problems. Seven regional grants were awarded to manage the HIS, including NHS Solent, in South East England. This paper details an evaluation of the HIS, which was conducted from February 2021 to August 2022.

Click here for full access: [BMJ Military Health](#)

Exploring the health and well-being of a national sample of UK treatment-seeking veterans.

Psychological trauma: theory, research, practice, and policy, 2023, 15(4), p.672

The aim of this study was to explore the complexity of health and well-being needs among a national clinical sample of veterans. Common mental disorders, such as anxiety and depression, were the most frequently reported mental health difficulty (80.7%), followed by loneliness (79.1%) and perceived low social support (72.2%). Rates of PTSD were also high (68.7% any PTSD), with most participants experiencing complex PTSD (CPTSD; 62.5%) compared with PTSD (6.2%). Comorbidity appeared to be the norm rather than the exception within treatment-seeking veterans. As such, it seems important for veteran mental health services to take a holistic approach when supporting veterans.

Pre-print version available here: [King's College London Research Portal](#)

Email for published version: clinical.librarian@ulh.nhs.uk

Meaning(s) of transition(s) from military to civilian life at the intersection with mental health: implications for clinical settings

Frontiers in Psychology, 2023

The experiences of military personnel moving into civilian life can be varied for the individual, families and communities. This paper aims to shed light on the various meanings of the multiple and “nested” transitions of military personnel to civilian life in the context of attending a mental health service in the UK.

Click here for full access: [Frontiers in Psychology](#)

Standard nurse phone triage versus tele-emergency care pilot on Veteran use of in-person acute care: An instrumental variable analysis.

Academic Emergency Medicine, 2023

Use of acute care telemedicine is growing, but data on quality, utilization, and cost are limited. We evaluated a Veterans Affairs (VA) tele-emergency care (tele-EC) pilot aimed at reducing reliance on out-of-network (OON) emergency department (ED) care, a growing portion of VA spending. With this service, an emergency physician virtually evaluated selected Veterans calling a nurse triage line.

Click here for full access: [Academic Emergency Medicine](#)

The military spouse experience of living alongside their serving/veteran partner with a mental health issue: a systematic review and narrative synthesis

PloS One, 2023

Military healthcare studies have reported a wide range of mental health issues amongst military personnel. Globally, mental health issues are one of the main causes of ill health. Military personnel have a greater prevalence of mental health issues than that of the general population. The impact of mental health issues can be wide and far reaching for family and carers. This systematic narrative review explores the military spouse experience of living alongside their serving or veteran partner with a mental health issue.



Click here for full access: [PloS One](#)

PhD Thesis

**British Army Veterans' Experiences of the Transition into Civilian Life: An Ultra-Realist Perspective
Emma Armstrong, Teesside University, 2023**

Over the last few decades, the academic and public gaze has increasingly focused on military veterans. Research literature has documented a wealth of problems that emerge once a service leaver enters civilian life. However, most scholarly attention has concentrated on the few veterans who encounter extreme transitions. The aim of this thesis was to shed light on the vast majority who are deemed to have an 'unproblematic' transition on account of their employment status and lack of serious social or health issues.

Click here to read in full: [Teesside University](#)