



# Armed Forces Staff Network Bulletin

October - November 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](#)

## UK armed forces veterans, health and unpaid care national data

Data from [the Office for National Statistics Census 2021](#) for UK armed forces veterans and their family members includes self-reported general health, disability and unpaid care by personal characteristics.

## Adversity during military service: the impact of military sexual trauma, emotional bullying and physical assault on the mental health and well-being of women veterans.

Despite making up about 11% of the UK military, there remains limited investigation on the impact of adversity women experience during their service in the UK military. Military adversity can result in a range of well-being difficulties that may persist following transition out of military. The present study therefore examined the prevalence and correlates of different types of military adversity (defined as sexual harassment, sexual assault, emotional bullying and physical assault) within a community sample of UK women veterans.

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

## Body image and psychosocial well-being among UK military personnel and veterans who sustained appearance-altering conflict injuries.

A modest but significant number of military personnel sustained injuries during deployments resulting in an altered-appearance (e.g., limb loss and/or scarring). Civilian research indicates that appearance-altering injuries can affect psychosocial wellbeing, yet little is known about the impact of such injuries among injured personnel. This study aimed to understand the psychosocial impact of appearance-altering injuries and possible support needs among UK military personnel and veterans.

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

## Post-traumatic growth amongst UK armed forces personnel who were deployed to Afghanistan and the role of combat injury, mental health and pain: the ADVANCE cohort study.

Post-traumatic growth (PTG) is a positive psychological consequence of trauma. The aims of this study were to investigate whether combat injury was associated with deployment-related PTG in a cohort of UK military personnel who were deployed to Afghanistan, and whether post-traumatic stress disorder (PTSD), depression and pain mediate this relationship.

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



**Prevalence and risk factors of suicide and suicidal ideation in veterans who served in the British Armed Forces: a systematic review.**

Research into the factors resulting in suicide in the military veteran population has yet to reach a consensus. Available research is concentrated on a small number of countries, and there is a lack of consistency with contradictory conclusions. The USA has produced a significant amount of research in a country where suicide is identified as a national health crisis, but in the UK, there is little research regarding veterans from the British Armed Forces.

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

**Social and economic costs of gambling problems and related harm among UK military veterans.**

Military veterans are at heightened risk of problem gambling. Little is known about the costs of problem gambling and related harm among United Kingdom (UK) Armed Forces (AF) veterans. We investigated the social and economic costs of gambling among a large sample of veterans through differences in healthcare and social service resource use compared with age-matched and gender-matched non-veterans from the UK AF Veterans' Health and Gambling Study.

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

**Veterans' experiences of moral injury, treatment and recommendations for future support.**

Moral injury (MI) significantly impacts the lives of many UK military veterans however, there is a lack of manualised treatment to address the needs of this population. 10 UK military veterans were interviewed about their experiences of receiving treatment for psychological difficulties after MI, and beliefs about core components of future treatments. Findings provide a useful account of how current post-trauma treatments may be experienced by patients with MI.

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

**Where are all the veterans? A mixed methods assessment of a systematic strategy to increase veteran registration in UK primary healthcare practices.**

The objective of this study was to identify effective initiatives to increase veteran registration in UK primary healthcare (PHC) practices.

**Click here for full access:** [BMJ Open](#)



## Library and Knowledge Services

### Library Services

- **Current awareness:** Would you like to keep up to date with the latest evidence on topics of your choice? Sign up for a current awareness alert:  
<https://www.nhslincslibrary.uk/knowledgeshare-request/>
- **Literature searching:** Can't find the information you need? We can do literature searches for you: <https://www.nhslincslibrary.uk/search-request/>
- **Information skills training:** We can provide training on how to search healthcare databases and resources as well as showing you how to appraise the information that you find:  
<https://www.nhslincslibrary.uk/training/>

### Online Resources

- **BMJ Best Practice** is a clinical decision support tool that provides step-by-step guidance on diagnosis, prognosis, treatment and prevention of a wide variety of conditions:  
<https://bestpractice.bmj.com>
- **ClinicalKey** is a database which supports healthcare professionals by providing access to the latest evidence across specialties: <https://www.clinicalkey.com/>