

A Postwar Picture of Resilience

February 06, 2012

The New York Times:

WHEN the United States announced last week that its combat troops in Afghanistan would be withdrawn by mid-2013, there was obvious relief. But it was followed by familiar concerns.

One of the biggest of those concerns is the prevalence of post-traumatic stress disorder among the tens of thousands of returning veterans, which according to some media reports runs as high as 35 percent. These reports have incited fears that we will soon face a PTSD epidemic. But are such fears justified?

According to mounting scientific evidence, they are not. In fact, the prevalence of PTSD among veterans of recent wars is about 10 percent — substantially lower than is commonly believed. Indeed, the picture emerging is one of remarkable psychological resilience among the military.

Read the whole story: [The New York Times](#)