

(<https://www.hillandponton.com/status-update-from-hill-and-ponton-on-covid-19-and-our-cases/>)  
COVID-19 and  
Your VA Claim

Get a Case Evaluation  
(/free-case-evaluation/)

# Hill & Ponton, P.A. PTSD and Veterans: Breaking Down the Statistics

Post-traumatic stress disorder is a mental health condition that occurs in people who have lived through a traumatic event. These types of events can include a serious accident, natural disaster, or incident of violence such as physical assault and sexual abuse to name some examples. This document is a summary of available research on Veterans and PTSD. The sources used here are referenced at the end of the document.



According to the American Psychiatric Association and health professionals, the most common symptoms of PTSD (<https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>) can be summed up into four main categories:

- **Intrusive Thoughts:** involuntary re-experiencing of memories, nightmares, flashbacks
- **Avoiding Reminders:** avoiding people, activities, etc. that remind them of the event
- **Negative Thoughts and Feelings:** negative self-talk, fear, anger, shame, detachment, etc.
- **Arousal and Reactive Symptoms:** angry outbursts, reckless behavior, sleep problems, poor concentration, etc.

While this condition can occur following a variety of traumatic events, combat experience is a strong predictor of a diagnosis of PTSD[1]. We're breaking down the numbers and rates of PTSD to provide a clearer picture for military veterans, their

## Table of contents

- [PTSD statistics across all veterans](#)
- [Statistics on military sexual harassment](#)
- [PTSD statistics by Age Groups and specific wars](#)
  - [Iraq and Afghanistan](#)
  - [Gulf War](#)
  - [Vietnam](#)
- [Health conditions are associated with PTSD](#)
- [Effectiveness of PTSD treatment](#)
- [Further PTSD Research](#)

family members, and loved ones the secondary health conditions associated with it, and overall access to PTSD treatment.

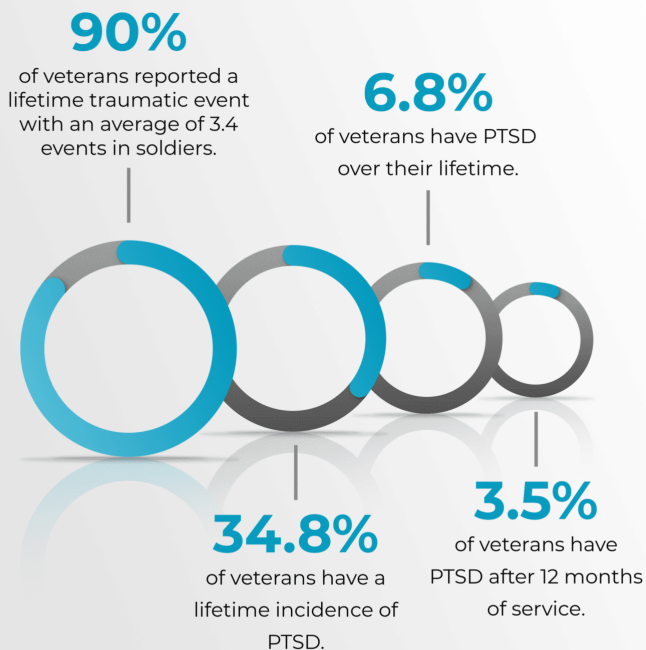
## **Overall Veterans PTSD Statistics**

**PTSD statistics among all veterans**

**Statistics on military sexual harassment and PTSD**

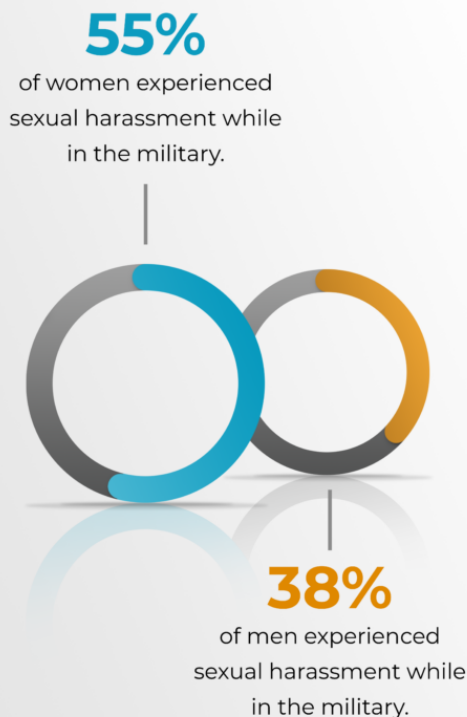
## How common is PTSD among veterans?

There are many estimates out there as to how many veterans develop PTSD during their lifetimes. The major facts about PTSD prevalence can be summed up into a few statistics.



**HP** Hill & Ponton  
Disability Attorneys

## How common is sexual harassment in the military?



Currently, women make up about 9.4% of the total veteran population, but this number is estimated to go up to 16% by 2040

**HP** Hill & Ponton  
Disability Attorneys

There are many estimates out there as to how many veterans develop PTSD during their lifetimes. However, the major facts about the prevalence of PTSD can be summed up into a few statistics.

- Up to 34.8% of veterans have a lifetime incidence of PTSD.[2]
- 3.5% of veterans have PTSD after 12 months of service and 6.8% over

But it's not just active combat that causes PTSD associated with military service. Instances of sexual assault are also a factor, particularly involving female veterans. Currently, women make up about 9.4% of the total veteran population, but this number is estimated to go up to 16% by 2040.[5]

- 40% of 2583 female veterans in California reported a sexual assault

their lifetime.[3]

- Nearly 90% of veterans reported a lifetime traumatic event with an average of 3.4 traumatic events in soldiers.[4]

during their military service, which was a substantial contributor to PTSD symptoms.[6]

- Among veterans who use VA health care, about 23% of women reported sexual assault while in the military. [5]
- About 55% of women and 38% of men experienced sexual harassment while in the military.[5]

## PTSD statistics by Age Groups and specific Wars

Among the nearly half a million veterans alive today, those aged 70–74 make up the largest portion. This group is followed closely by those aged 65–69 and 75–79 respectively.[7] However, data shows that instances of PTSD may be higher among younger veterans [8].

- Veterans discharged during the mid-1980s had a rate of PTSD of 16.9% for theater veterans 60 years and older over their entire lives and 5.5% for non-theater veterans.[9]
- Veterans discharged during the mid-1980s that were younger than 60 years old had a PTSD incidence rate of 22% (theater) and 15.7% non-theater.[9]

We can also break down PTSD instances by specific wars.

## Iraq and Afghanistan

- PTSD affects 12-24% of veterans returning from Iraq and Afghanistan.[1]
- About 20% of women veterans who served in Iraq and Afghanistan have been diagnosed with PTSD.[5]
- Before deployment to the Iraq War, PTSD rates in the soldiers were 7.4%. After the deployment, rates were 10.5%. At an 8-year follow-up, the rate of PTSD was 24.7%.[20]

## Gulf War

- About 12% of Gulf War veterans have PTSD in any given year.[5]

## Vietnam

- The VA estimates that about 30% of Vietnam veterans will have PTSD in their lifetime. [5]
- More than 30 years after serving in Vietnam, veterans still continue to have PTSD symptoms.[9]
- About 27% of women Vietnam veterans suffered from PTSD following the war.[5]

# What health conditions are associated with PTSD?

PTSD presents a wide range of symptoms and may be associated with secondary health conditions. Below are statistics on these.

## Mental & Behavioral Health

- In 2012, 22% of veterans diagnosed with PTSD had a dual diagnosis of substance use disorder.[15]
- 33–52.3% of older veterans have a dual diagnosis of depression along with PTSD.[16] With the risk of having both bipolar disorder and major depression being greater among women veterans.[8]
- 50.1% of all veterans and 72% of veterans who screened positive for PTSD reported at least 'moderate' post-traumatic growth in relation to their worst traumatic event.[21]

## Cardiovascular Health

- Once a veteran has a history of chest pain, there is a 31% increase in the development of PTSD.[10] With, PTSD being the main predictor of high blood pressure.[11]
- Compared to veterans without PTSD, those with it had an 80% higher risk for cerebrovascular disease, 56% higher risk for congestive heart failure, 82% higher risk for heart attack and 60% higher risk for peripheral vascular disease. [12]

## How effective is PTSD treatment?

**Former service members with PTSD can seek counseling for their condition – and the data shows that this counseling is effective.**

- Veterans who had at least one PTSD symptom and underwent family counseling had significant reductions in PTSD symptoms after the first session.[18]
- Women veterans with depression and PTSD that had 8 or more sessions of family counseling showed the strongest symptom reductions of all veterans.[18]

**Younger veterans may be more likely to seek PTSD help than older.**

- Older veterans especially 80 years and older, with a new diagnosis for PTSD, are most likely to not receive mental health treatment that is appropriate and timely.[19]
- Veterans with multiple psychiatric diagnoses were more likely to have more medical appointments associated with PTSD treatment. [19]

**For More Information**

[Introduction – PTSD Guide \(https://www.hillandponton.com/introduction-ptsd-guide/\)](https://www.hillandponton.com/introduction-ptsd-guide/)

[PTSD – Basic Criteria \(https://www.hillandponton.com/ptsd-basic-criteria/\)](https://www.hillandponton.com/ptsd-basic-criteria/)

[Age, PTSD, & Your VA Disability Claim \(https://www.hillandponton.com/age-ptsd-disability-claim/\)](https://www.hillandponton.com/age-ptsd-disability-claim/)

[C & P Exam For PTSD: Your Complete Guide \(https://www.hillandponton.com/part3-compensation-and-pension-](https://www.hillandponton.com/part3-compensation-and-pension-)



[exams-for-ptsd/\)](#)

[PTSD & Depression \(https://www.hillandponton.com/veterans-statistics/ptsd/ptsd-depression/\)](https://www.hillandponton.com/veterans-statistics/ptsd/ptsd-depression/)

[PTSD & Meditation \(https://www.hillandponton.com/veterans-statistics/ptsd/ptsd-meditation/\)](https://www.hillandponton.com/veterans-statistics/ptsd/ptsd-meditation/)

## Sources

Last updated 6/2020.

- [1] (<https://academic.oup.com/milmed/article/182/5-6/e1632/4158861>) Steele, 2017
- [2] (<https://www.ncbi.nlm.nih.gov/pubmed/25555625>) Beristianos, 2016
- [3] ([https://www.va.gov/vetdata/veteran\\_population.asp](https://www.va.gov/vetdata/veteran_population.asp)) National Center For Veterans Analysis and
- [4] (<https://psycnet.apa.org/record/2015-49326-008>) Kintzle, 2015
- [5] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [6] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [7] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [8] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [9] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [10] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [11] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [12] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [13] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [14] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [15] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017
- [16] Duke University, 2019
- [17] Nashville VA Medical Center, 2016
- [18] Laws, 2019
- [19] (<https://www.ncbi.nlm.nih.gov/pubmed/25494>) Burg, 2017

- [3] (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5526531/#pone.0181647.ref006?>) National Vietnam Veterans Study, Xue 2015
- [4] (<https://www.ncbi.nlm.nih.gov/pubmed/25551234>) Wisco, 2014
- [5] (<https://www.ptsd.va.gov/index.asp>) National Center For PTSD, U.S. Department of Veterans Affairs
- [6] (<https://www.ncbi.nlm.nih.gov/pubmed/27997229>) Ramsey, 2017
- [7] (<https://www.ncbi.nlm.nih.gov/pubmed/26560508>) Goldberg, 2016
- [8] (<https://www.ncbi.nlm.nih.gov/pubmed/27997229>) Ramsey, 2017
- [9] (<https://www.ncbi.nlm.nih.gov/pubmed/26560508>) Goldberg, 2016
- [10] (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5526531/>) Stanford University, 2015
- [11] (<https://www.ncbi.nlm.nih.gov/pubmed/30588665>) Kang, 2019
- [12] (<https://www.ncbi.nlm.nih.gov/pubmed/25513763>) Bowe, 2015
- [13] Mt. Sinai Icahn School of Medicine, 2018
- [14] (<https://www.ncbi.nlm.nih.gov/pubmed/30588665>) Kang, 2019
- [15] (<https://www.ncbi.nlm.nih.gov/pubmed/25513763>) Bowe, 2015
- [16] (<https://www.ncbi.nlm.nih.gov/pubmed/25772341>) Smith, 2016
- [17] (<https://www.ncbi.nlm.nih.gov/pubmed/25772341>) Smith, 2016
- [18] (<https://www.ncbi.nlm.nih.gov/pubmed/25772341>) Smith, 2016
- [19] (<https://www.ncbi.nlm.nih.gov/pubmed/25772341>) Smith, 2016
- [20] (<https://www.research.va.gov/programs/csp/vasterling-et-al-2016.pdf>) Vasterling, 2016
- [21] (<https://www.ncbi.nlm.nih.gov/pubmed/25065450>) Tsai, 2015

# Helping Veterans Nationwide. You Don't Have To Do This Alone.

Get A Free Case Evaluation →  
(<https://www.hillandponton.com/free-case-evaluation/>)

## OUR FIRM

Our firm was founded in 1986 in Orlando, Florida. Since that time, we have provided compassionate yet assertive representation for our clients.

## OFFICE LOCATIONS

Please call for an appointment before visiting:  
Mail Processing Center: P.O. Box 449, Deland, FL 32721

While we still have our home base in Florida,

we represent clients nationwide.

Learn more about us

(<https://www.hillandponton.com/about-us/>)

## FREE CASE EVALUATION

Click to complete our:

Veterans Disability Claim

(<https://www.hillandponton.com/free-case-evaluation/va-evaluation/>)

Social Security Disability Claim

(<https://www.hillandponton.com/free-case-evaluation/ss-evaluation/>)

OR CALL

1-888-373-9436 (tel:1-888-373-9436)

Sitemap

(<https://www.hillandponton.com/sitemap/>)

Orlando, FL: 605 E. Robinson Street Suite 635, Orlando, FL 32801

Deland, FL: 1607 South State Road 15A Suite 12 Deland, FL 32720

Satellite Offices

Melbourne, FL: 100 Rialto Place, Suite 700 Melbourne, FL 32901

Washington, D.C.: 1776 I Street, NW, 9th Floor, Washington, D.C 20006

Houston, TX: 2925 Richmond Ave, 12th Floor, Houston, TX 77098

Los Angeles, CA: 10880 Wilshire Blvd., Ste 1101, Los Angeles, CA 90025

San Jose, CA: 2880 Zanker Road, Ste. 203, San Jose, CA 95134

Phoenix, AZ: One Renaissance Tower, Two North Center Avenue, 18th & 19th Floor, Phoenix, AZ 85004

Tucson, AZ: One South Church Avenue, 12th Floor, Tucson, AZ, 85701

Chicago, IL: 55 E. Monroe Street, Suite 3800, Chicago, IL, 60603

Brooklyn, NY: 300 Cadman Plaza West, One Pierrepont Plaza, 12th Floor, Brooklyn, NY, 11201

Cincinnati, OH: 300 E Business Way, Suite 200, Summit Woods Corporate Center, Cincinnati, OH, 45241

Cleveland, OH: 600 Superior Ave. East, Fifth Third Building, Suite 1300, Cleveland, OH, 44114

Columbus, OH: 100 E. Campus View Boulevard, Suite #250, Columbus, OH, 43235

Portland, OR: 650 N. E. Holladay Street, Suite 1600,

Portland, OR, 97232

Philadelphia, PA: 1 International Plaza, Suite 550,  
Philadelphia, PA, 19113

Pittsburgh, PA: 201 Penn Center Boulevard, Suite 400,  
Pittsburgh, PA, 15235

Charleston, SC: 4000 S. Faber Place Drive, Suite 300,  
Charleston, SC, 29405

Richmond, VA: 7400 Beaufont Springs Drive, Suite  
300, Richmond, VA, 23225

Seattle, WA: 801 Second Avenue Seattle, Suite 800,  
Seattle, WA, 98104

**f (<https://www.facebook.com/hillandponton>)**  
**▶ (<https://www.youtube.com/hillandponton>)**

**Copyright © 2020 Hill & Ponton, P.A.. All Rights Reserved.**