

Anxiety and Depression among Military Service Members

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PSY 326

Dr. Schneider

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Anxiety and Depression among Military Service Members

Depression is considered a mood disorder that results in feelings of sadness and loss of interest. Depression impacts how people behave, think, and feel, thus, causing physical and emotional issues. Depressed individuals have difficulty performing daily activities and at times, get suicidal thoughts.¹ Anxiety is referred to as unease fear or worry and is usually a reaction to stress.² Anxiety is a disorder that causes both mental and physical symptoms including headache, stomachache, fast heartbeat, panic, and muscle tension.³ Just like depression, if anxiety becomes persistent, it impacts daily life. Anxiety and depression are mental health problems that have associated with military service; Military veterans that have served in the army are most likely to showcase symptoms of anxiety and depression.⁴ These mental problems result from the happenings in the war, including the cruelty and long distance from home.⁵ This paper argues about anxiety and depression among military servicemen and women.⁶ Three articles will help establish the scope of the problem in this cohort.

‘Religious Involvement, Anxiety/ Depression, and PTSD Symptoms in U.S. Veterans and Active Duty Military’ is an article written by Harold G Koenig and was published in 2018.⁷ The article postulates that religious interventions are connected to mental health as well as the health of the non-military population. The article represents a study conducted to understand the association between PTSD symptoms and religiosity and the mediating impacts of depression and anxiety in Veterans and Active Duty Military.⁸ This article is significant for the research topic as it stresses the effects of depression and anxiety in Veterans⁹ and ADM as well as how religion assists them in dealing with the situation. According to the authors, little is well-known about the part that religion plays in helping Veterans and ADM to handle severe stress that hails from combat operation.¹⁰ The present research depicts that religious interventions are linked to PTSD¹¹

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Cite your source. [Steven Schneider]

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c [Steven Schneider]

3. Sometimes. [Steven Schneider]

4. Wording or spelling error. [Steven Schneider]

5. Your topic and title refers to military service members, but your articles cover veterans. They are related, but different. [Steven Schneider]

6. Military veterans that have served in the army are most likely to showcase symptoms of anxiety and depression.

What about those who served in the marines, air force or navy? [Steven Schneider]

7. These mental problems result from the

happenings in the war, including the cruelty and long distance from home.

Cite your source. [Steven Schneider]

8. This paper argues about anxiety and depression among military servicemen and women.

What does it argue? [Steven Schneider]

9. Harold G Koenig and was published in 2018.

Incorrect citation format. [Steven Schneider]

10. PTSD symptoms and religiosity and the mediating impacts of depression

and anxiety in Veterans and Active Duty Military.

Used the words or ideas of others without properly citing the source; did not use quotation as required by the APA in addition to the plagiarism, this is not

in your own words [Steven Schneider]

11. Veterans

How does this relate to your topic? Your topic is not veterans. [Steven Schneider]

12. well-known about the part that religion plays in helping Veterans and ADM to handle severe stress that hails from

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[Steven Schneider]

symptoms in this cohort. Some studies indicate that V/ADM who are religious have few PTSD symptoms and experience a more significant reduction in PTSD symptoms with time.¹

Furthermore, the article posits that the relationship between anxiety, depression, and religiosity is inversely related and most seen in stressed populations.² The author stresses that when an examination was stratified in terms of ethnicity and race, blacks were more likely to have an inverse relationship.³

The second article is 'Depression among military spouses:⁵ Demographic, military, and various researchers coauthor service member psychological health risk factors. The authors posit that depression has been pointed out as a significant issue for military spouses and service members. This article is useful for the research topic as it stresses studies conducted to understand depression in service members. Besides, these studies have stressed the importance of treating and comprehending depression in military spouses. The authors depict that spouses undergo recurrent situational separations from the service member. Therefore, they must find ways to deal with circumstances when service members deploy to combat. On that note, having relations with a service member may lead to high-stress levels and disorientated interactions which could add to depression and reduced psychological well-being. The authors identify the risk factors noted to be linked to depression in military spouses. Some of these factors linked to depression among spouses in military spouses include the number of children, ethnicity, race, gender, employment, and income status. This article is vital for the research topic because it highlights the military-specific factors linked to depression.⁶ According to the authors, deployment is one of the factors connected to depression among military spouses. This is so because the service component either National Guard, reserves, or active duty, poses various challenges for each military man.

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With what? [Steven Schneider]

4. Cite your source. [Steven Schneider]

5. military spouses:

How does this relate to your topic? [Steven Schneider]

6. the military-specific factors linked to depression.

For spouses, not the military member. [Steven Schneider]

The third article is Self-Reported Sleep, Anxiety, and Cognitive Performance in a Sample¹ of U.S. Military Active Duty and Veterans.² The article was published online in 2019 and talks about how unhealthy sleep can impact U.S. military service men's cognitive and affective functioning.³ Besides, sleep can result in accidents and injury risks. The article talks about a study done to understand the relationship between cognitive performance, anxiety, self-reported sleep, and U.S. veterans and active duty. According to the authors, those veterans and active duty militants with longer active duty service, abstained from sleep aids and higher education had low levels of anxiety and better sleep. This article helps establish that anxiety and depression among military service members can be reduced by better sleep.

These articles are significant for the research report because they will identify some of the factors linked to depression and anxiety among military service members. Besides, these articles establish some of the ways or changes that should be addressed to assist this cohort. Religion, for instance, has been associated with reduced levels of stress, anxiety, and depression. These studies inscribed in the articles are helpful because they establish a ground for assistance. As such, they can be used to lessen the impacts of depression and anxiety.

1. Cite your source. [Steven Schneider]

2. **Military Active Duty and Veterans.**

By including veterans, you introduce a variable that might make it difficult to draw conclusions. [Steven Schneider]

3. **unhealthy sleep can impact U.S. military service men's cognitive and affective**

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References

Depression among military spouses: Demographic, military, and service member psychological health risk factors. (2018). *Wiley online library*, 1137-1144.

Koenig, H. G. (2018). Religious Involvement, Anxiety/ Depression and PTSD Symptoms in U.S. Veterans and Active Duty Military. *Journal of Religion and Health*, 2325-2342.

Schroedert, P. J., & Rice, V. J. (2019). Self-Reported Sleep, Anxiety, and Cognitive Performance in a Sample of U.S. Military Active Duty and Veterans. *Military Medicine*, 488-497.

1. You forgot the author. This was not cited. [Steven Schneider]

2. Koenig, H. G. (2018). Religious Involvement, Anxiety/ Depression and PTSD Symptoms in U.S. Veterans and Active Duty Military. *Journal of Religion and Health*, 2325-2342.

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Whatever you put in the reference section must be cited in the body of your text.
[Steven Schneider]