



Post Traumatic Stress Disorder (PTSD): Native American Veterans' Attitudes, Perceptions, and Beliefs

Greg Urquhart, B.A.
Washington State University

Literature Review

- 5 to 17% of returning Veterans suffer from combat related Post Traumatic Stress Disorder (PTSD)
- Research regarding Native American Veterans is lacking
- Native Veterans greatly underutilize services to treat PTSD
- Equine Therapy is becoming more popular for treatment of PTSD.

Purpose and Participants

This study seeks to gain an understanding of :

- Attitudes toward PTSD
 - Perceptions about PTSD
 - Willingness to engage in therapy
 - Barriers to seeking treatment
 - Facilitators of treatment
-
- Sample - 588 individuals who identify themselves as Native American Veterans.
-
- 478 male
 - 110 female
 - represent all branches of the U.S. military.

Instruments

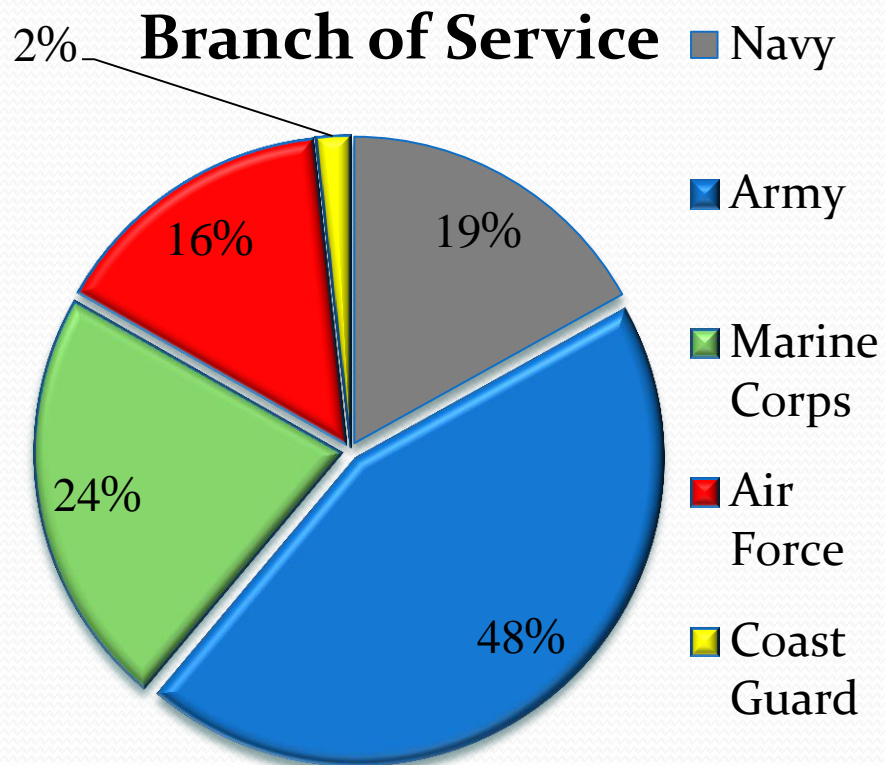
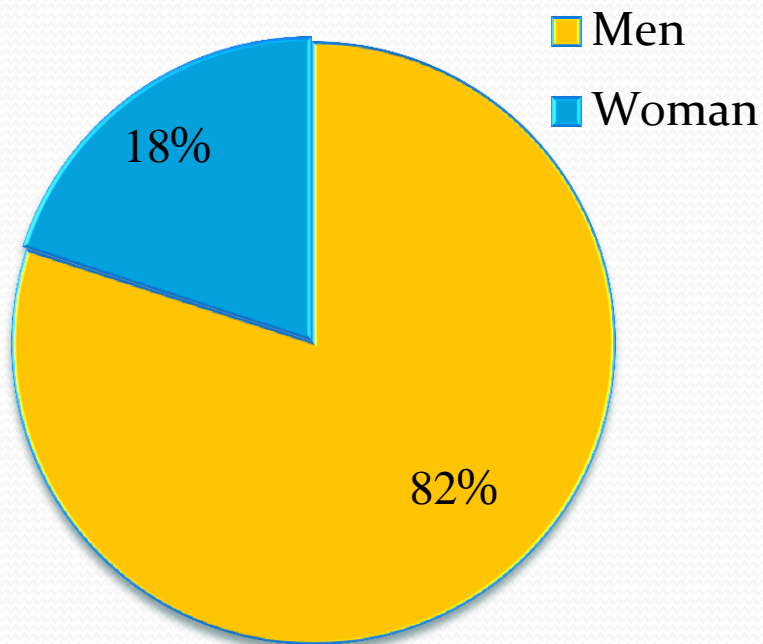
- cross-sectional survey design
- Containing 40 items
- 39 quantitative
- 1 qualitative
- Administered via Survey Monkey.

Procedure

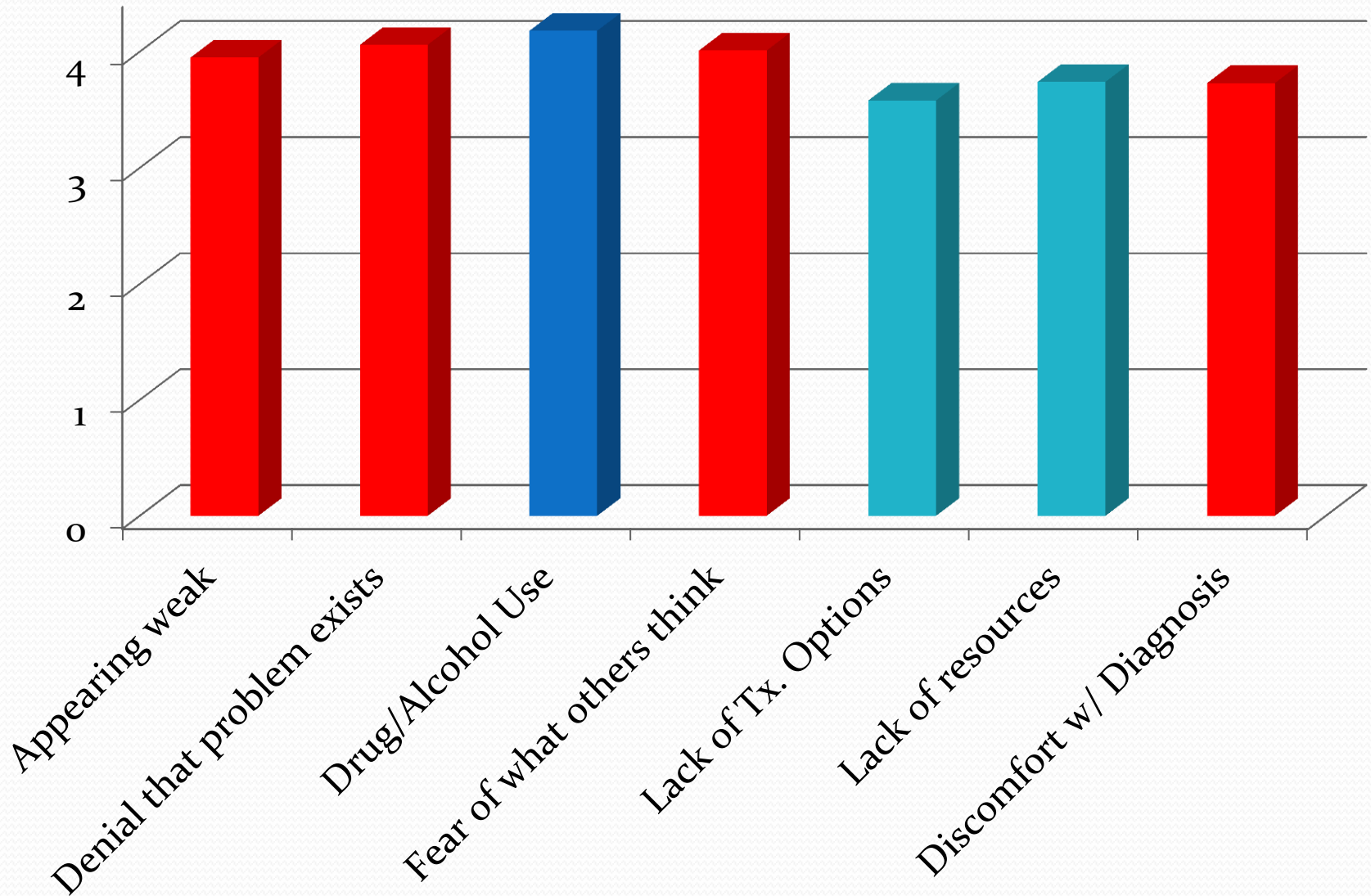
- Contacted social media sites for :
- All federally recognized Veteran Service Organizations
- All state and federally recognized Native American Nations
- Organizations and nations were asked to help circulate word of the study
- Participants has option of requesting a hard copy
- Results imported into SPSS
- Descriptive statistics of data ran.

Results

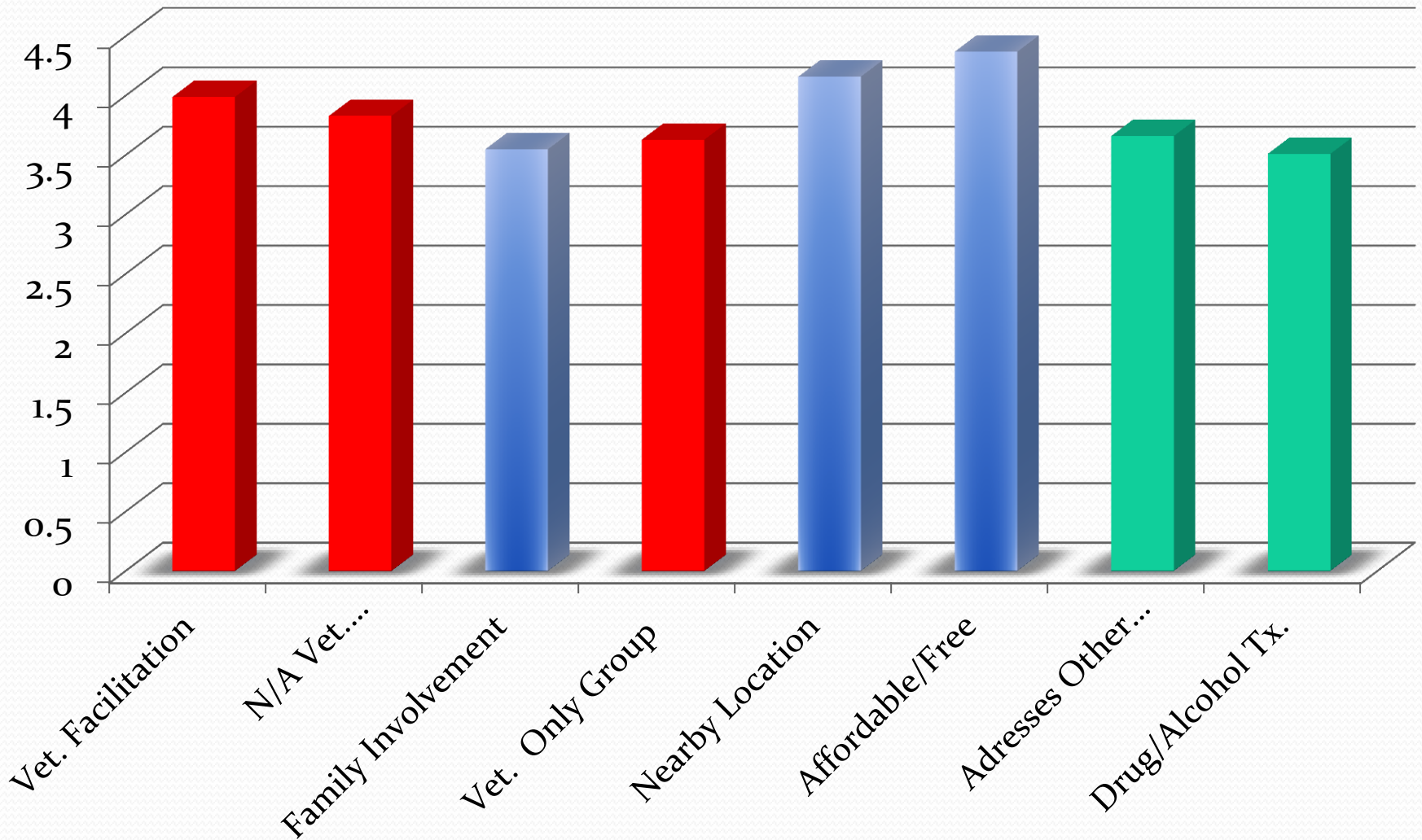
Gender



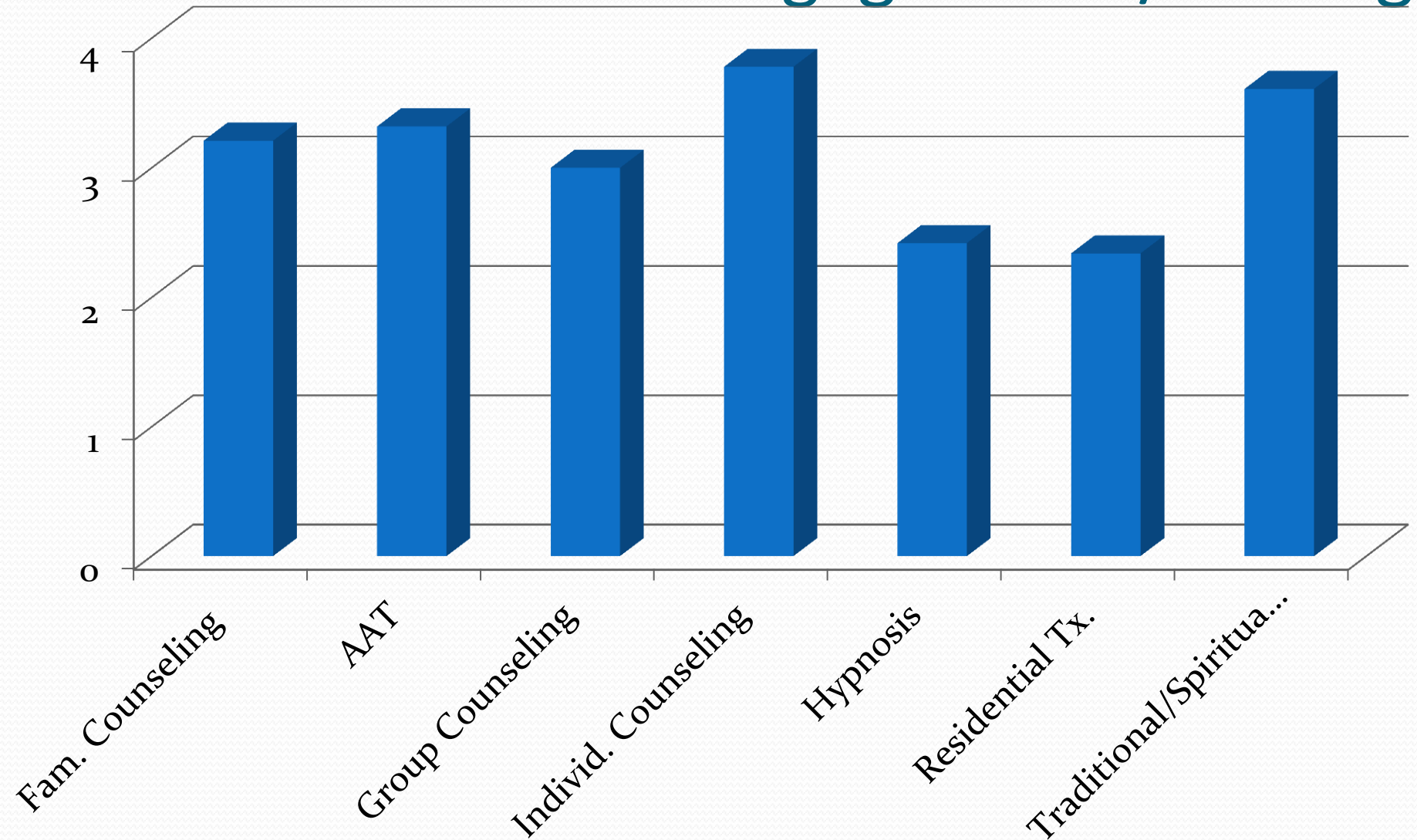
Results: Barriers to treatment



Results: facilitators of Tx.

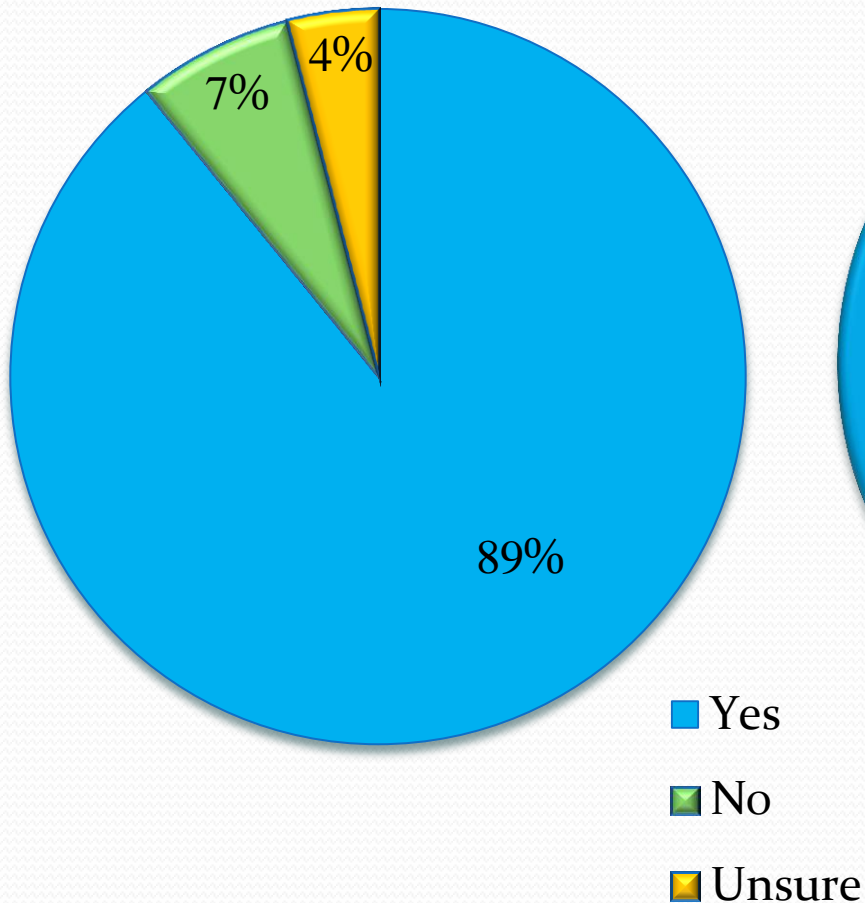


Results: likeliness to engage in TX./healing

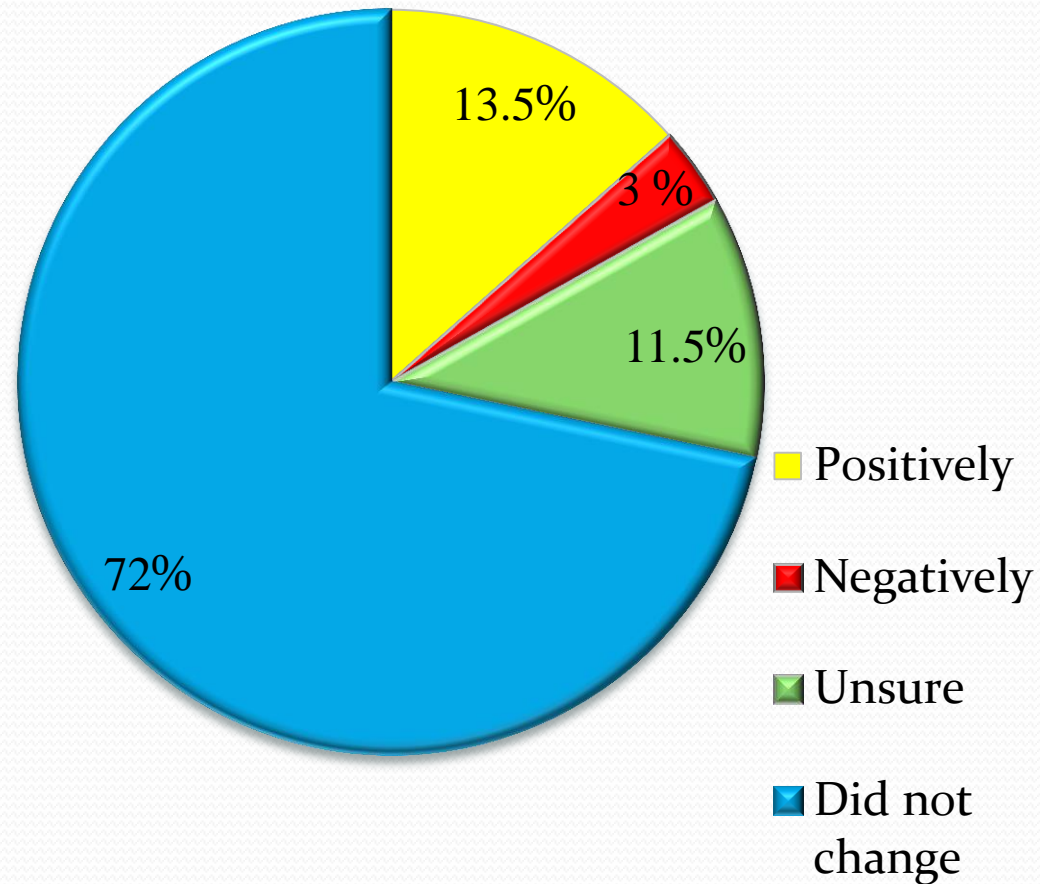


Results

Aware of others diagnosed with PTSD

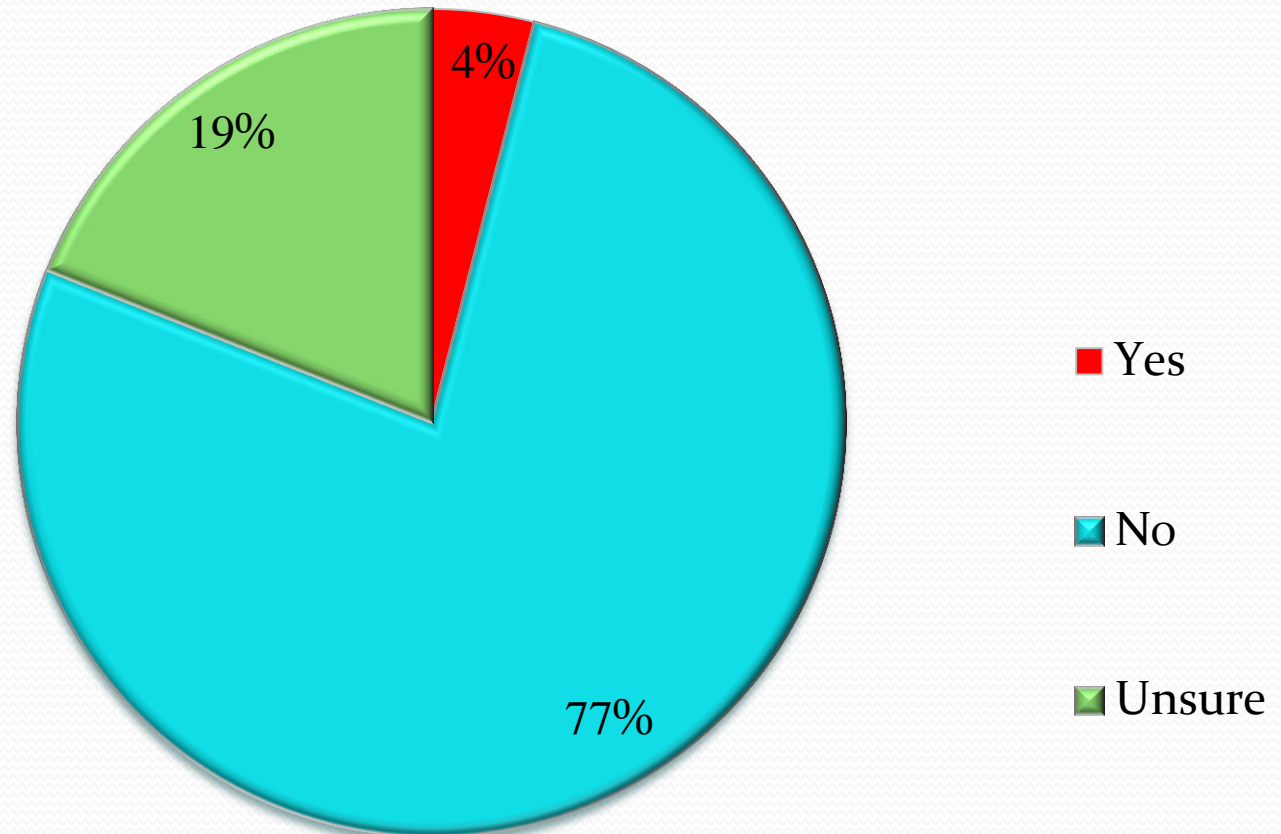


Did your perception of this person change?



Results

Do most veterans who suffer from PTSD receive adequate treatment?



Discussion

- Native Veterans are generally unsatisfied with services provided them and view them as being inadequate.
- They desire programs that have staff that are veterans and who can understand their experiences in the military.
- More facilities and programs designed to treat PTSD should be formed near major populations of Native Veterans.
- Cost for participation in programs should be significantly reduced or free to participants.
- Programs should be designed to address both primary and secondary symptoms of PTSD, such as drug or alcohol abuse.
- They are not likely to have other Native Veterans view them negatively due to having PTSD.

Limitations and Future Directions of Study

- The survey relied on self-report
- Native American are not a homogenous group, cultural aspects can differ slightly from tribe to tribe.
- More studies needed to replicate and strengthen research
- A more detailed look at differences between cohorts should be conducted to see if preferred aspects of treatment differ
- Qualitative study should also be done to provide depth of information on key findings
- Pilot studies should be conducted

This study is open till August 20th.

- To access the study please click on the following link:
- https://www.surveymonkey.com/summary/npQih4TedXyCOxZvdGXNWpjTMW1kOt7zFFmS6Aqax9I_3D
- For more information regarding results from the survey please contact Greg Urquhart at Greg.Urquhart@wsu.edu