

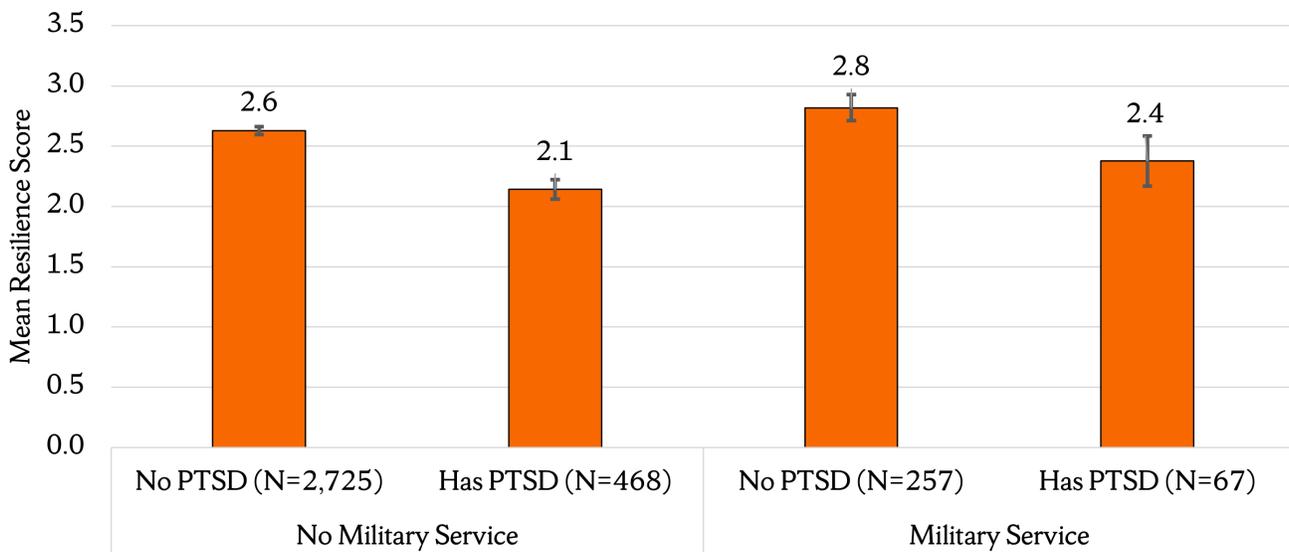


**DATA SLICE #53** June 14, 2022

**Resilience is Low among Both Military and Non-Military Populations with Post-Traumatic Stress Disorder**

Kelsey E. Roberts, Janet M. Wilmoth, and Shannon M. Monnat

Post-traumatic stress disorder (PTSD) affects the lives of [12 million people](#) in the United States. PTSD is commonly thought of in relation to military personnel and veterans, but PTSD is also common in the non-military population. PTSD can develop after exposure to a traumatic event, such as injury or assault, disasters, or witnessing a death or injury. Resilience - the ability to cope with stressful events - is essential for recovering from PTSD. Figure 1 shows that among U.S. adults ages 18-64, resilience is significantly lower among those with PTSD than those without. Individuals who have military service experience have slightly higher mean resilience scores than those who have not served in the military. This is the case for both those with and without PTSD. Individuals who have served in the military might gain resilience skills through their military training and experiences. They also can access mental health services through the Department of Veterans Affairs if their PTSD is service connected. This additional layer of mental health service access may contribute to resilience by helping those with PTSD manage anxiety and depression, which often accompany PTSD. Improving access to mental health services is essential to fostering resilience among people with PTSD.



**Figure 1: Mean Resilience Scores by PTSD and Military Service Status, U.S. Adults ages 18-64**

Data Source: Lerner Center for Health Promotion National Well-Being Survey, 2021. N=3,517

Note: Error bars represent 95% confidence intervals.

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