



Enhancing Psychological Stability in Military priorities: An Effective Approach

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DESCRIPTION

Military psychiatrists are trained to diagnose and treat various psychological disorders that may arise from exposure to combat, trauma, stress, and other military-related factors. Military psychiatrists also provide consultation, prevention, and intervention services to enhance the resilience and performance of military members and units. Military personnel are exposed to various risk factors that may increase their vulnerability to psychological disorders. Military personnel often face extraordinary stressors that can impact their mental health. Deployment to conflict zones, exposure to life-threatening situations and witnessing traumatic events can lead to conditions such as Post-Traumatic Stress Disorder (PTSD), anxiety, and depression. Additionally, the challenges of military life, including long hours, frequent relocations, and the necessity for rapid decision-making, can contribute to stress-related disorders. Military psychiatry places a strong emphasis on prevention and early intervention to address mental health concerns before they escalate. Mental health assessments are routinely conducted during pre-deployment, deployment, and post-deployment phases to identify individuals at risk and provide timely support. Educational programs are also implemented to raise awareness about mental health, reduce stigma, and encourage service members to seek help proactively.

Combat stress reactions are common in military settings, where exposure to danger and high-stress situations is routine. These reactions are normal responses to abnormal situations and may include symptoms such as hypervigilance, nightmares, and irritability. Military psychiatrists work to differentiate between normal stress reactions and more severe mental health conditions, providing appropriate support and treatment as needed. PTSD is a prevalent mental health concern among military personnel who have experienced traumatic events. Symptoms may include flashbacks, nightmares, avoidance behaviors, and hyperarousal. Military psychiatrists employ evidence-based therapies such as Cognitive-Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) to help service members cope with and overcome the

effects of trauma. Medication may also be prescribed to manage symptoms and improve overall functioning.

Building mental resilience is a key component of military psychiatry. Resilience training equips service members with coping skills to navigate the challenges of military life and cope with stressors effectively. These programs focus on enhancing emotional regulation, problem-solving skills, and social support networks. By promoting resilience, military psychiatrists aim to reduce the risk of mental health issues and enhance overall well-being. The transition from military to civilian life can be a significant source of stress for service members. Military psychiatrists play a potential role in assisting with this transition, addressing issues such as employment, relationships, and the reintegration process. Support services are often provided to help veterans navigate these challenges successfully and access the mental health care they may need in civilian settings.

Stigma surrounding mental health issues remains a barrier to seeking help in military environments. Military psychiatry actively works to reduce this stigma through education, awareness campaigns, and fostering a culture that encourages open discussions about mental health. By normalizing help-seeking behavior, military psychiatrists aim to create an environment where service members feel comfortable seeking assistance without fear of judgment. Effective military psychiatry relies on collaboration with military leadership to integrate mental health considerations into overall mission planning and execution. Leaders are educated on recognizing signs of mental distress in their subordinates and encouraged to promote a supportive environment.

This collaboration helps ensure that mental health is prioritized at all levels of the military hierarchy. It is a vital component of the overall health and readiness of the Armed Forces. By addressing the unique challenges faced by service members, from the rigors of deployment to the complexities of transitioning to civilian life, which plays an important role in fostering mental resilience and well-being. Through prevention, early intervention, and ongoing support, military psychiatry contributes to the overall mission success while ensuring that those who serve have the mental strength to face the challenges of their noble profession.

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