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EMDR and the Military in Action E-Newsletter | August 2017



EMDR AND THE MILITARY IN ACTION E-NEWSLETTER

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This is a monthly E-newsletter created primarily for our colleagues trained in Eye Movement Desensitization and Desensitization (EMDR) who work with military, veterans, and their families. The purpose of **EMDR and the Military in Action** is to promote continued dialogue regarding the efficacy and current developments with EMDR and its use with these special populations.

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Researchers!

If you are interested in doing research that addresses EMDR topics related to the military and you need additional funding, consider applying for a \$25,000 research award through the EMDR Research Foundation. Go to <http://emdrresearchfoundation.org/research-grants/research-grant-awards> for details. If you need access to expertise for a research project, don't hesitate to apply for a \$1,000 research consultation award. For details go to <http://emdrresearchfoundation.org/research-grants/research-consultation-awards>.

Citations – EMDR therapy and Anxiety

Bhagwagar, H. (2016). [EMDR in the treatment of panic disorder with agoraphobia: A case description](#). *Journal of EMDR Practice and Research*, 10(4), 256–274.

The results of preliminary research investigating the application of eye movement desensitization and reprocessing (EMDR) treatment in panic disorder and panic disorder with agoraphobia

suggests that reprocessing of past traumas produces significant reduction of anxiety and consequently, remission from panic attacks and avoidance behavior. This article describes the case study of a 30-year-old working professional where EMDR treatment, used to target early childhood traumas, led to reduction in symptoms of panic disorder with agoraphobia. Panic attacks diminished after 17 sessions of EMDR treatment, which followed Leeds's treatment model. Treatment gains were maintained 5 years after termination. The study shows the value of solid preparation work, and of addressing the current triggers and recent events, before targeting historical traumas. EMDR worked as a first-line treatment to resolving the roots of the panic attacks, suggesting that the resolution of traumatic childhood memories can make a significant difference to current symptoms of panic disorder with agoraphobia.



Citations – EMDR therapy and the Military

Asad Zandi, M., Sayari, R., Ebadi, A., & Sanainasab, H. (2011). [Abundance of depression, anxiety, and stress in militant nurses.](#) *Journal of Military Medicine*, 13(2): 103–108.



Asad Zandi, M., Sayari, R., Ebadi, A., & Sanainasab, H. (2011). Abundance of depression, anxiety, and stress in militant nurses. *Journal of Military Medicine*, 13(2): 103–108.

Aims: Nurses are among professional groups that are affected by psychological factors and stress and anxiety and stress are their common problems. The objective of this study was to examine the abundance of depression, anxiety and stress among a group of military nurses.

Methods: This descriptive cross-sectional study was performed from February 2008 until April 2009 on 272 nurses working in a selected military hospital who were selected by probable multistage sampling method. Data was collected by a two-part questionnaire containing individual data and DASS-21 Standardized Questionnaire. The test consists of 21 items including three 7-question subscales of depression, anxiety and stress. Analysis was done by SPSS 15 software.

Results: Results showed 24.9% rate of depression, 27.9% anxiety and 23.8% stress among military nurses. Depression scores were higher among female nurses. There was co-relation between prevalence of stress and anxiety with level of education and ward.

Conclusion: The high prevalence of depression, anxiety and stress symptoms among military nurses is alarming. The development of adequate and appropriate support services for this group leads to healthy nurses and therefore health promotion.

Sipols, M. L., Yair Bar-Haim, Y., Abend, R., Adler, A. B., & Bliese, P. D. (2014). Postdeployment threat-related attention bias interacts with combat exposure to account for PTSD and anxiety symptoms in soldiers. *Depression and Anxiety*, 31(2): 124–129.

Background

Recent studies suggest that assessment of threat-related attention bias may be useful in identifying soldiers at risk for clinical symptoms. The present study assessed the degree to which soldiers experienced combat events and showed attentional threat avoidance affected their reported levels of post-traumatic stress disorder (PTSD) and anxiety symptoms.

Methods

Four months after a combat deployment to Iraq, 63 US soldiers completed a survey assessing combat exposures and clinical symptoms as well as a dot-probe task assessing threat-related attention bias.

Results

Significant three-way interactions regressing threat reaction times (RTs), neutral RTs, and combat exposure on PTSD and anxiety symptoms were observed. Specifically, soldiers with high levels of combat exposure, who were more likely to demonstrate attentional bias away from threat, were also more symptomatic.

Conclusion

These results demonstrate the potential of threat-related attention bias as a behavioral marker of PTSD and anxiety symptoms in a high-risk military occupational context.

Archives

For a complete list of Military In Action Archives, [click here](#).

Nov 2014 Volume 2, Issue 11 and Jan 2016 Volume 4, Issue 1 were focused on EMDR Therapy and Anxiety

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