

# ON DEADLINE

Breaking news and must-read stories

by Doug Stanglin

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Oct 05, 2011

## Pentagon: Time between tours risks mental health

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By Gregg Zoroya, USA TODAY

Updated 2011-10-06 2:31 AM

The longer troops are at home between combat tours to Iraq or Afghanistan, the greater chance they have of developing mental health problems from exposure to combat, according to a massive Pentagon study released today.

The research covers the records of nearly 1.4 million U.S. troops serving in combat from October 2001 to December 2010.

Researchers found the rate of post-traumatic stress disorder, anxiety and depression increasing among troops on second or third deployments, before declining as tours continued.

In addition, multiple deployments were linked with higher rates of mental health problems among health care workers in the battle zone than other troops deployed.

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### About Doug Stanglin

Doug is an unrepentant news junkie who loves breaking news and has been known to watch C-SPAN even on vacation. He has covered a wide range of domestic and international news stories, from prison riots in Oklahoma to the Moscow coup against Mikhail Gorbachev. Doug previously served as foreign editor at USA TODAY.



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Sweetwalter

Score: -4

9:28 PM on October 5, 2011

Go figure...my father was a combat engineer in Europe from 1942 until 1945 with Patton's 3rd Army...no relief, just constant combat. Came home without any stress related issues... Went to college and started his own business. I spent two years in 'Nam and also had no stress issues. I think our present kids are a product of their upbringing. Can't take the heat...stay out of the kitchen.

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elfraed

Score: 1

5:56 AM on October 6, 2011

Don't you think that the expectation of another tour might have something to do with it? Should we keep them in combat until the war is over, or go to shorter tours? This news item could have been explored a little more thoroughly.

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TC731

Score: 0

5:31 PM on October 6, 2011

I would be interested in reading the full study. PTSD doesn't just magically disappear...

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ladyjaydc

Score: 0

9:55 AM on October 7, 2011

You can take a look at the entire report through by clicking this link: [http://www.afhsc.mil/viewMSMR?file=2011/v18\\_n09.pdf#Page=02](http://www.afhsc.mil/viewMSMR?file=2011/v18_n09.pdf#Page=02)

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