

Military Sexual Trauma: Current Knowledge and Future Directions

Military sexual trauma (MST) is a serious problem that affects a significant number of service members. MST can have a devastating impact on the lives of victims, including physical, psychological, and emotional harm. It can also lead to difficulty in relationships, employment, and other areas of life.



Military Sexual Trauma: Current Knowledge and Future Directions by Carolyn B Allard

★★★★★ 5 out of 5

Language : English
File size : 2908 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 203 pages
Screen Reader : Supported



This book provides a comprehensive overview of the current state of knowledge on MST, including its prevalence, risk factors, consequences, and treatment. It also discusses future directions for research and policy on MST.

Prevalence of MST

MST is a common problem in the military. A 2015 study found that 20% of women and 4% of men in the military reported experiencing MST in the

past year. This means that over 200,000 service members experience MST each year.

MST can occur in any military setting, but it is most common during deployment. Service members who are deployed are more likely to be exposed to combat, which can be a traumatic experience that can increase the risk of MST.

Risk Factors for MST

There are a number of risk factors for MST, including:

* Being a woman * Being young * Being a member of a minority group *
Having a history of sexual abuse or trauma * Being deployed to a combat zone

Consequences of MST

MST can have a devastating impact on the lives of victims. Victims of MST are more likely to experience:

* Physical injuries * Psychological problems, such as depression, anxiety, and PTSD * Difficulty in relationships * Employment problems * Social isolation

MST can also lead to long-term health problems, such as chronic pain, sexual dysfunction, and heart disease.

Treatment for MST

There are a number of effective treatments for MST, including:

* Therapy * Medication * Self-help groups * Social support

Treatment can help victims of MST to recover from their trauma and to live healthy and productive lives.

Future Directions for Research and Policy

There is still much that we do not know about MST. Future research is needed to:

* Identify the risk factors for MST * Develop more effective prevention programs * Improve the treatment of MST * Reduce the stigma associated with MST

Policy changes are also needed to address the problem of MST. These changes could include:

* Increasing the accountability of perpetrators of MST * Providing more support for victims of MST * Creating a more welcoming and supportive environment for service members who report MST

By working together, we can end the scourge of MST and create a safer and more just military for all.

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This book provides a comprehensive overview of the current state of knowledge on MST, including its prevalence, risk factors, consequences,

and treatment. It also discusses future directions for research and policy on MST.

We must continue to work together to end the scourge of MST and create a safer and more just military for all.

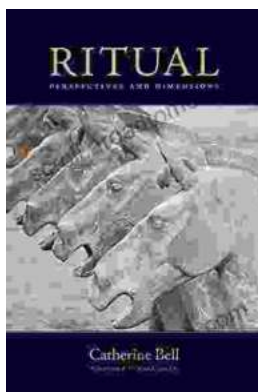


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