

**Emerson College Polling Society
National Poll on Post-Traumatic Stress Disorder
December 1 through 5, 2012**

Executive Summary

- 69% of those surveyed said they either served or knew someone who served in the U.S. Military.
 - 40% of respondents either served or had someone in their family serve in the U.S. Military
 - 15% of respondents said they served or are currently serving in the U.S. Military
 - Of those who have served or are serving in the military 42% have been in for 1-3 years, 34% for 4-7 years and 25% were for 8 or more years.
- 23% of service members said they returned from deployment with depression, anger, mistrust, panic, guilt and violent behavior, physical pain, dizziness or trouble sleeping.
 - 33% of people who knew a service member said they knew of personal that returned from deployment with depression, anger, mistrust, panic, guilt and violent behavior, physical pain, dizziness or trouble sleeping.
- 18% of service members said they had suffered from symptoms related to traumatic stress or Post Traumatic Stress Disorder
 - Forty-six (46%) of these service members said they never received help or counseling
 - 71% wish they had received help.
- 41% of service members knew of someone who has suffered from symptoms seemingly related to traumatic stress or Post Traumatic Stress Disorder.
 - Twenty-five percent (25%) of this group did not seek help or counseling.
- 35% of people that knew someone who has served in the U.S. Military know of any Service members who have suffered from symptoms seemingly related to traumatic stress or Post Traumatic Stress Disorder.
 - Forty-six percent (46%) said these Service members you know never received help or counseling
- The most important reason according to service members as why military personal does not seek counseling for post-traumatic stress were;
 - embarrassment at 24%,
 - negative impact on civilian career at 11%
 - negative impact on military career at 10%

- lack of trust of mental health professionals at 10%
- not wanting to identify themselves in order to get treatment at 10%
- People that knew military personal the most important reason why a Service member would not seek counseling for post-traumatic stress was;
 - Embarrassment at 26%
 - Saying negative impact on military career at 12%
 - not wanting to identify themselves in order to get treatment at 11%
 - lack of trust of mental health professionals at 11%
 - negative impact on civilian career at 10%
- 68% of service personal said individuals would seek help if they did not have to identify themselves.
 - Of people who knew a member of the U.S. Military, 81% said that if an option were available by which individuals did not have to identify themselves, Service members and Veterans would be more likely to seek help.
- 71% of service personal said individuals would more frequently reach out for help if treatment options were available from private organizations
- For 8% of service personal live within 5 minutes of a treatment center, 25% live less than 15 minutes away, 42% live within 1 hour of a treatment center and 25% live further than 1 hour away.

Methodology (Caller ID)

All respondents interviewed in this study were part of a fully representative sample of the United States using a probability sampling method of landlines for a split sample of N=414 U.S. Military personal and N= 1,164 respondents that knew a member of the U.S. Military. The Margin of Error for the samples was +/- 4.8% and +/- 2.8% respectively with a confidence level of 95%.

The survey was administered using an Automated Telephone Interviewing (ATI) system. The ATI system allows data to be entered directly into a computerized database through the numbers on interviewee's phone, providing a highly reliable system of data collection.

A random sample of citizens from the United States was purchased from Aristotle Voter Lists, a leading supplier of voter lists to the survey research industry.

The survey was administered between December 1 through December 5, 2012.

Data Analysis

The results presented in this report include univariate and bivariate analysis of the data. Frequency distributions for each item included on the questionnaire are shown in the tables. In all cases, cross-

tabulation results are also shown. This type of bivariate analysis examines differences between sub-groups of the overall population.

Survey data was not weighted.

Survey Instrument

Version A

- 1- Do you know of anyone who serves or has served in the U.S. Military?
 - a. Yes (go to question 2)
 - b. No (end survey)

- 2- Has any members of your household members ever been or are currently in the U.S. military?
 - a. Yes (go to question 3)
 - b. No (go to version b of survey)

- 3- Have you served in the military?
 - a. Yes (go to question 4)
 - b. No (go to version b of survey)

- 4- How many years have you served or did you serve in the Military?
 - a. 1-3
 - b. 4-7
 - c. 8 or more

- 5- Did you return from any deployment with depression, anger, mistrust, panic, guilt and violent behavior, physical pain, dizziness or trouble sleeping?
 - a. Yes
 - b. No

- 6- What would you say is the most important reason why a Service member would not seek counseling for post-traumatic stress?
 - a. embarrassment
 - b. negative impact on military career
 - c. negative impact on civilian career
 - d. pressure from colleagues, family or friends
 - e. lack of trust of mental health professionals
 - f. not wanting to identify themselves in order to get treatment
 - g. psychological issues work themselves out
 - h. reaching out won't help
 - i. other (specify)

- 7- Do you know of any Service members who have suffered from symptoms seemingly related to traumatic stress or Post Traumatic Stress Disorder?
 - a. Yes (go to question 8)

- b. No (go to question 9)
- 8- Have any of these Service members you know received help or counseling?
- a. Yes
 - b. No
- 9- Have you suffered from symptoms related to traumatic stress or Post Traumatic Stress Disorder?
- a. Yes (go to question 10)
 - b. No (go to question 12)
- 10- Have you ever received help or counseling?
- a. Yes (go to question 12)
 - b. No (go to question 11)
- 11- If you have not received help or counseling, do you wish you had or could?
- a. Yes
 - b. No
- 12- How far is the closest treatment center to you?
- a. Less than 5 minute drive
 - b. Less than 15 minute drive
 - c. Less than 60 minute drive
 - d. More than 60 minutes away
- 13- Right now, the U.S. Military and Government agencies provide support for Service members and Veterans, but require that these individuals identify themselves in order to receive treatment. If an option were available by which individuals did not have to identify themselves, do you think that Service members and Veterans would be more likely to seek help?
- a. Yes
 - b. No
- 14- Given the fact that the U.S. Military and Government agencies provide support for Service members and Veterans, do you think that Service members and Veterans would more frequently reach out for help if treatment options were available from private organizations that are not part of the U.S. Military or Government?
- a. Yes
 - b. No
- 15- Gender
- a. Male
 - b. Female
- 16- Ethnicity
- a. White/Caucasian
 - b. Black/African-American

- c. Asian
- d. Hispanic/Latino
- e. American Indian
- f. Other

17- What is your Age category?

- a. 18-34
- b. 35-54
- c. 55+

18- What is the highest level of education you have completed?

- a. Did not graduate high school/no GED
- b. High school diploma or GED
- c. Associates or Bachelors degree
- d. Master's Degree or higher

19- What is your marital status?

- a. Single
- b. Married
- c. Divorced
- d. Widowed

20- Do you have children?

- a. No children
- b. 1
- c. 2
- d. 3
- e. 4 or more

Version B (if answered no to question 2 or 3 in Version A)

- 1- What would you say is the most important reason why a Service member would not seek counseling for post-traumatic stress?
 - a. embarrassment
 - b. negative impact on military career
 - c. negative impact on civilian career
 - d. pressure from colleagues, family or friends
 - e. lack of trust of mental health professionals
 - f. not wanting to identify themselves in order to get treatment
 - g. psychological issues work themselves out
 - h. reaching out won't help
 - i. other (specify)

- 2- Do you know of any Service members who have suffered from symptoms seemingly related to traumatic stress or Post Traumatic Stress Disorder?
 - a. Yes
 - b. No

- 3- Have any Service members you know received help or counseling?
 - a. Yes
 - b. No

- 4- Right now, the U.S. Military and Government agencies provide support for Service members and Veterans, but require that these individuals identify themselves in order to receive treatment. If an option were available by which individuals did not have to identify themselves, do you think that Service members and Veterans would be more likely to seek help?
 - a. Yes
 - b. No

- 5- Gender
 - a. Male
 - b. Female

- 6- Ethnicity
 - a. White/Caucasian
 - b. Black/African-American
 - c. Asian
 - d. Hispanic/Latino
 - e. American Indian
 - f. Other

- 7- What is your Age category?
- a. 18-34
 - b. 35-54
 - c. 55+
- 8- What is the highest level of education you have completed?
- a. Did not graduate high school/no GED
 - b. High school diploma or GED
 - c. Associates or Bachelors degree
 - d. Master's Degree or higher
- 9- What is your marital status?
- a. Single
 - b. Married
 - c. Divorced
 - d. Widowed
- 10- Do you have children?
- a. No children
 - b. 1
 - c. 2
 - d. 3
 - e. 4 or more