

VIETNAM WOMEN VETERANS

Mental Health Issues

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http://media.cleveland.com/science_impact/photo/kent-state-may-4-1970-8728622jpg-4be627efabfd5f26.jpg

Kent State University



04.05.70

NYDailyNews.com

SELECTIVE SERVICE SYSTEM

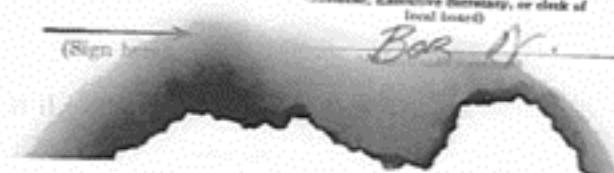
This is your Notice of Classification, advising you of the determination of your selective service local board that you have been classified in accordance with Selective Service Regulations. The various classifications are described on the reverse side of this communication. You are required to have a Notice of Classification in your personal possession.

When a subsequent Notice of Classification is received you should destroy the one previously received, retaining only the latest.

FOR INFORMATION AND ADVICE
GO TO ANY LOCAL BOARD

35/114

DETACH ALONG THIS LINE

(Sign here) 

SELECTIVE SERVICE SYSTEM
NOTICE OF CLASSIFICATION

(First name) (Middle initial) (Last name)

Selective Service No.

is classified in Class 1-A
until DEC 7 1967
by Local Board unless otherwise
checked below:
 by Appeal Board
vote of 3 to 0.
 by President

L.A. Becker
(Date of mailing)
Chairman, Executive Secretary, or clerk of
local board
Bob N.

(Fold along this line)

LOCAL BOARD NO. 133
ORANGE COUNTY
1138 E. 17TH ST.
SANTA ANA, CALIF. 92701

(LOCAL BOARD STAMP)
SEE OTHER SIDE

The law requires you to have this Notice in addition to your Registration Certificate, in your personal possession at all times and to surrender it upon entering active duty in the Armed Forces.

The law requires you to notify your local board in writing within 30 days after it occurs, (1) of every change in your address, physical condition and occupational (including student), marital, family, dependency and military status, and (2) of any other fact which might change your classification.

Any person who alters, forges, knowingly destroys, knowingly mutilates or in any manner changes this certificate or who, for the purpose of false identification or impersonation, has in his possession a certificate of another or who delivers his certificate to another to be used for such purpose, may be fined not to exceed \$10,000 or imprisoned for not more than 5 years, or both.



FALL OF SAIGON
30 April 1975

War neurosis

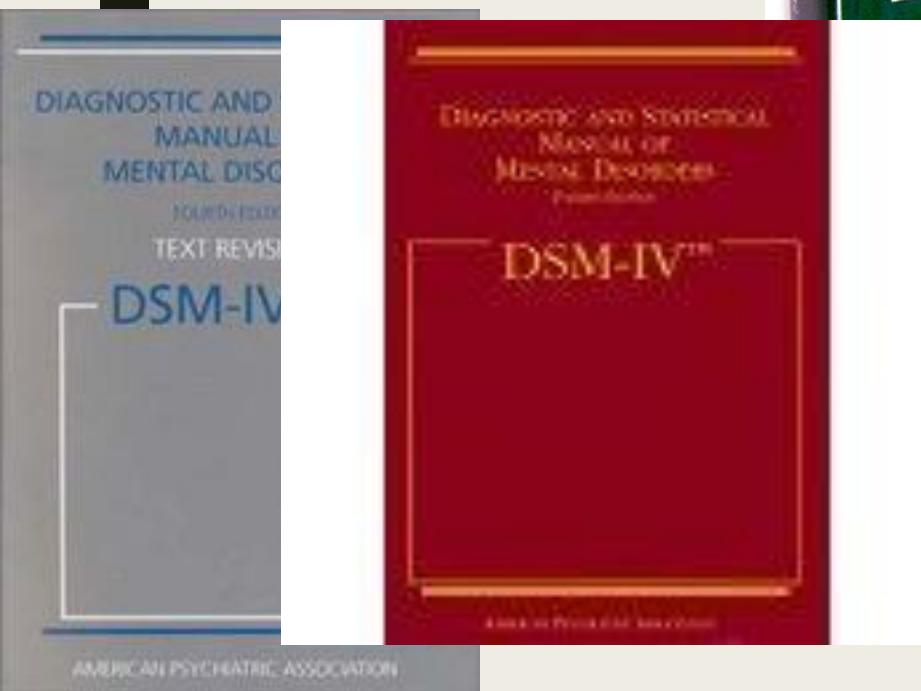
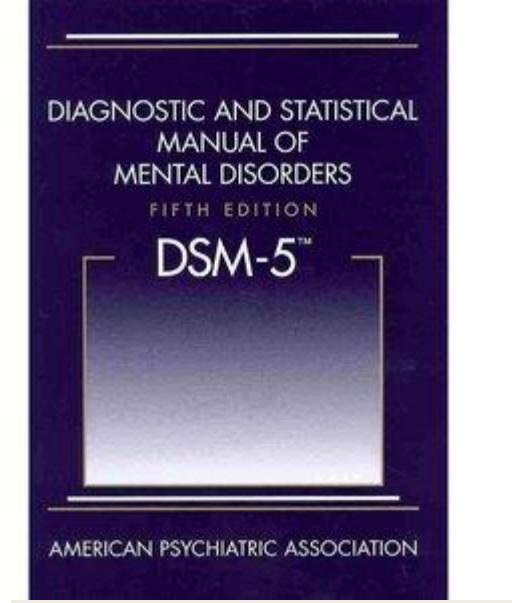
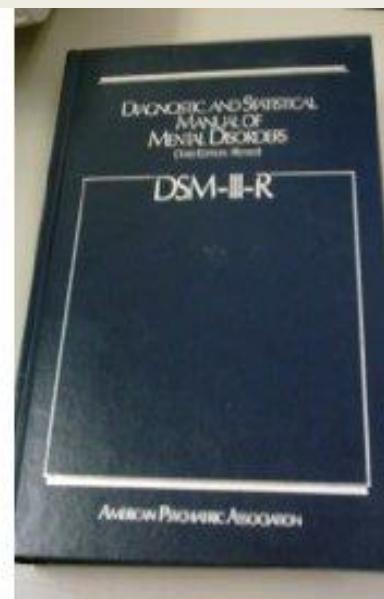
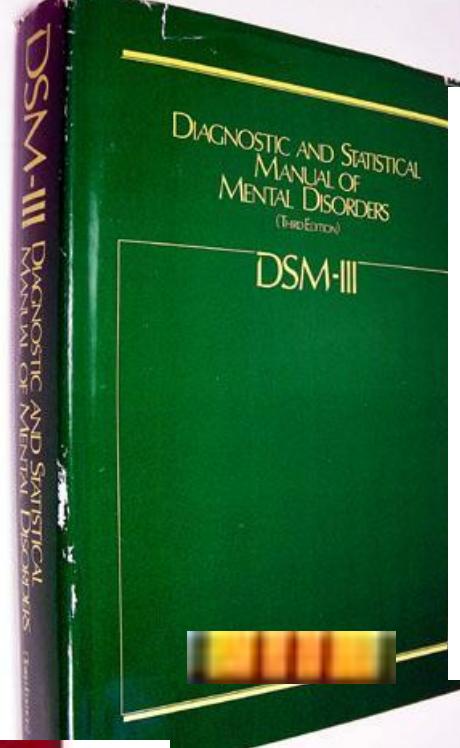
Soldier's heart
Shell shock
Battle fatigue
Combat neurasthenia
Vent du boulet
Traumatic neurosis

Jeff

Nha Trang, Vietnam



DSM I	1952
DSM II	1968
DSM III	1980
DSM III-R	1987
DSM IV	1994
DSM IV-TR	2000
DSM V	2013
DSM V-TR	2022



Vietnam & PTSD

Vietnam War

- 1975 Fall of Saigon
- 1988 1st epidemiologic studies of PTSD in VN veterans begin
- 2007-13 2nd wave of epidemiologic studies of PTSD in VN veterans
 - VA CSP 569 *A Twin Study of the Course & Consequences of PTSD in Vietnam Era Veterans*
 - VA CSP 579 *Determining the Physical & Mental Health Status of Women Vietnam Veterans*

Post-traumatic Stress Disorder

- 1980 DSM III recognizes PTSD
- 1987 DSM III-R significantly revises PTSD criteria
- 1994 DSM IV more PTSD revisions
- 2013 DSM V more PTSD revisions
- 2022 DSM V-TR more PTSD revisions

Women Serving in Vietnam

- >265,000 women served during the Vietnam Era
 - *Nurses*
 - *Intelligence analysts*
 - *Communication specialists*
- ~11,000 served in Vietnam
 - 90% were *nurses*
 - *Usually served 1 year tours*
 - *All were volunteers*



<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwigssPN7u70AhUFxSYKHe8xC6wQjRwlBw&url=http%3A%2Fwww.illyria.com%2Fvnwnurse.html&psig=AFQjCNGAomlv3tTsvGaEMJ88zOU0ZuR0Ew&ust=1472843195382252>

Study Design

- Mail and telephone survey
 - *Structured psychiatric interview to determine current and lifetime PTSD (CIDI)*
 - *Wartime stressors*
 - *Other health problems (e.g., diabetes)*
 - *Service areas: Vietnam, near Vietnam, US*
- Used identical instruments in both studies to compare VN veteran women's and men's health
- Response
 - *4219 complete (both mail and telephone)*
 - *1045 partial*

PTSD Prevalence* -- Women

	Vietnam		Near VN		US	
	%	95% CI	%	95% CI	%	95% CI
Lifetime	20.1	18.3, 21.8	11.5	9.1, 13.9	14.1	12.4, 15.8
Current	15.9	14.3, 17.5	8.1	6.0, 10.2	9.1	7.7, 10.5

* Weighted using 2 tiered propensity cell method by locatability and response status

Magruder, Serpi, Kimerling, Kilbourne, Collins, Cypel, Frayne, Furey, Huang, Gleason, Reinhard, Spiro, & Kang, 2015

PTSD Prevalence* -- Women and Men

♀	Vietnam		Near VN		US	
	%	95% CI	%	95% CI	%	95% CI
Lifetime	20.1	18.3, 21.8	11.5	9.1, 13.9	14.1	12.4, 15.8
Current	15.9	14.3, 17.5	8.1	6.0, 10.2	9.1	7.7, 10.5

♂	Vietnam	Non-Vietnam
Lifetime	17.6% (14.8-20.8)	8.9 (7.8-10.2)
Current	12.8 (10.2-16.0)	5.6 (4.7-6.8)

PTSD Prevalence by Onset Time:

Women VN Veterans

		Vietnam		Near VN		US
Lifetime PTSD	%	95% CI	%	95% CI	%	95% CI
Pre-military onset	2.9	2.2, 3.7	2.9	1.7, 4.2	5.0	3.9, 6.1
Military or post-military onset	16.9	15.3, 18.6	8.5	6.4, 10.7	8.9	7.5, 10.3
Current PTSD						
Pre-military onset	2.2	1.6, 2.9	2.2	1.2, 3.4	2.9	2.1, 3.8
Military or post-military onset	13.5	12.0, 15.0	5.8	3.9, 7.6	6.1	4.9, 7.3

Selected Subscales of Women's Wartime Exposure Scale (WWES)

Sexual discrimination and harrassment

- How often did you feel extremely isolated by virtue of being a woman?
- How often did you encounter unfair treatment because of your gender?
- Did you encounter disturbing or threatening comments of a sexual nature?
- Did you experience unwanted sexual touching or fondling?
- Did you have a sexual experience that was unwanted and involved the use or threat of force by someone you knew?
- Did you have a sexual experience that was unwanted and involved the use or threat of force by someone you did not know?
- Did you have intimate relationships that turned out to be deceiving?

Triage or death

- How often were you involved in the post-mortem preparation and/or evacuation of bodies?
- How often did you assist someone in their request to die?
- How often did you sit with someone who was dying?
- How often did you have to decide who would receive lifesaving care?
- How often did you feel responsible for making the decision to allow someone to die?
- During the Vietnam era, how many men and women that you were close to were killed, wounded or listed as POW/MIA?

Women's Wartime Exposure Scale - Revised

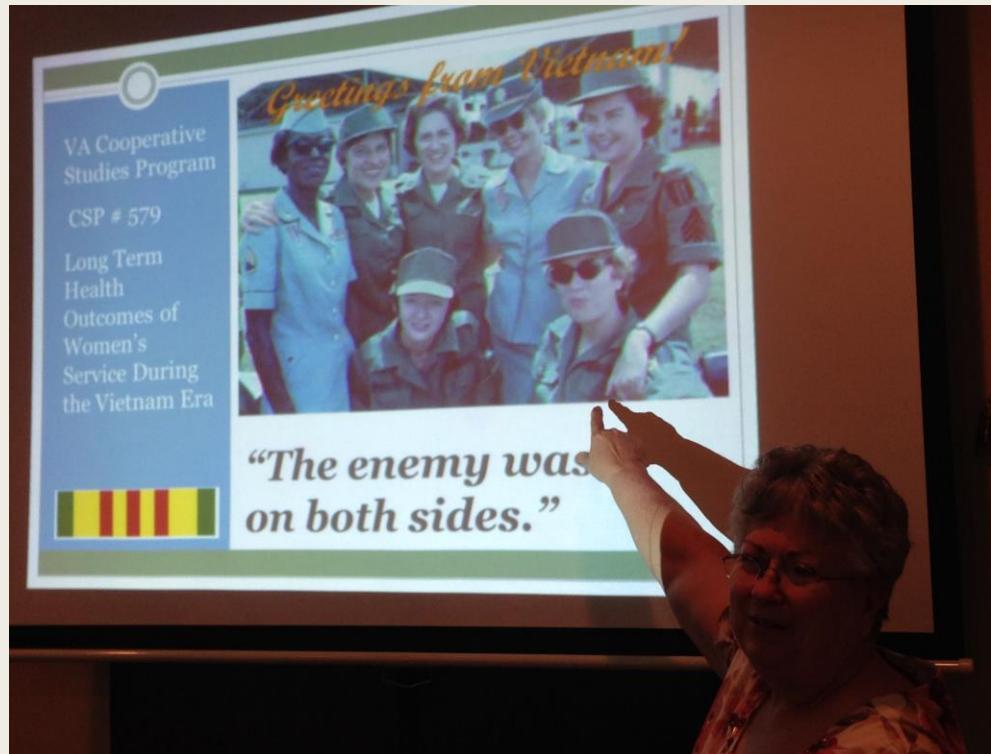
	Vietnam		Near Vietnam		US	
Women's Wartime Exposure Scale – Revised (WWES-R) Scores	Mean	95%CI	Mean	95%CI	Mean	95%CI
Sexual Discrimination/harassment	50.6*	50.1 – 51.0	50.2 ⁺	49.4 – 51.0	48.6	48.2 – 49.1
Casualties/Environmental-related stress	57.0*	56.6 – 57.5	45.2 ⁺	44.6 – 45.7	43.2	43.0 – 43.5
Performance Pressure	52.5*	52.0 – 53.0	47.9	47.1 – 48.6	47.1	46.7 – 47.5
Triage/Death	52.7*	52.2 – 53.2	47.1	46.5 – 47.7	47.2	46.9 – 47.6
Danger/threat	55.0*	54.5 – 55.5	46.7 ⁺	46.1 – 47.2	45.4	45.2 – 45.7
Overwork	54.0*	53.6 – 54.5	48.9 ⁺	48.2 – 49.7	45.6	45.2 – 46.0

PTSD Summary

- PTSD prevalence for both women and men who served in VN was higher than for those who served elsewhere
- PTSD prevalence (current and LT) for women was higher than for males in the VN and nonVN strata
- The elevated prevalence for women veterans serving in VN was not due to pre-military PTSD
- Wartime exposure to sexual discrimination/harassment, performance pressure, and triage/death contributed to elevated prevalence for those women in VN



40+ years later





Vietnam Women's Memorial, Washington, D.C.
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Glenna Goodacre, Sculptor