

Anger and Post Traumatic Stress Disorder Among Military Veterans

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What is PTSD?

PTSD is a psychological disorder that can be found in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). PTSD is usually a possible cognitive impairment resulting from trauma.



PTSD vs. Anger – The Association



Signs That PTSD Anger Is Becoming an Issue

- Increased or constant irritability, hostility, or resentment
- Anger and/or aggression that negatively impacts your relationships
- Anger is interfering with your ability to function appropriately in one or more areas of your life
- You are using anger as an excuse to justify threats or abuse
- Your angry reaction is much “bigger” than the specific situation warrants
- Increased reliance on alcohol or other substances to numb angry feelings
- Increased negative self-talk and/or participation in self-punishing behavior

Durham VA Medical Center

A study was approved by the Durham VA Health Care System and Duke University Medical Center Institutional Review Boards (Dillon et al., 2024) to test the use of the Mobile Anger Reduction Intervention (MARI) on military veterans with PTSD and ≥ 12 for elevated anger on the Dimensions of Anger Reactions (DAR-5).



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How to Help Someone Who's Experiencing **PTSD**



ANY
QUESTIONS?

