

## Accepted Manuscript

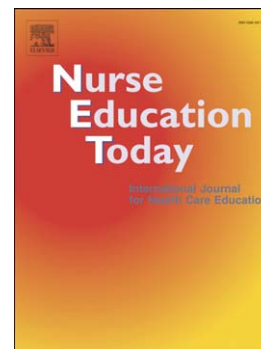
Resilience, Post-traumatic Stress, and Posttraumatic Growth: Veterans' and Active Duty Military Members' Coping Trajectories following Traumatic Event Exposure

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## Contemporary Issues

Resilience, Post-traumatic Stress, and Posttraumatic Growth:  
Veterans' and Active Duty Military Members' Coping Trajectories following  
Traumatic Event Exposure

Keywords: veteran, military, post-traumatic stress, resilience, post-traumatic growth, Joining Forces, PTSD, PTG

How veterans and active duty military members (ADM) (veterans/ADM) psychologically respond to traumatic event exposure during military service is an international nursing issue. In 2012, the White House and nationwide nursing leaders announced nursing's commitment to the "Joining Forces" initiative ("JFI"). United States nursing organizations pledged to educate 3.1 million nurses on the unique health challenges facing veterans/ADM and their families. A specific challenge the JFI highlighted is post-traumatic stress disorder (PTSD). PTSD is pathological response to an event described as a seismic psychological "shattering" of core beliefs (Janoff-Bulman, 1992) and is considered an "invisible wound of war." The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V) (2013) defines PTSD as exposure to a specific type of trauma (actual or threatened death, serious injury or sexual violation through directly experiencing, witnessing in person, learning that the event occurred to a close family member or friend, or experiencing repeated exposure to aversive details of the event) which produces symptoms of re-experiencing, avoidance of event related stimuli, negative changes in beliefs and feelings, and hyperarousal. Chronic PTSD can impact veterans/ADM mortality and social welfare through stress related disease and loss of quality of life and wellbeing.

The JFI is positioned to save many lives by raising awareness of PTSD and educating

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