# Chapter 45 Combat Stress

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# Abstract

U. S. military personnel engaged in modern combat operations face a multitude of unique stressors that vary in complexity, intensity, course, and duration. This chapter aims to provide an orientation to physical, environmental, and psychological challenges prior to deployments, within warzones, and after returning home. Despite repeated trauma exposure, most service members exhibit resilience. However, a significant minority of service members do experience chronic difficulties, such as posttraumatic stress disorder (PTSD) and other mental health concerns. The text reviews current protocols for triaging care for service members with stress reactions and outlines the biopsychosocial theories associated with PTSD.