



# Research on Veterans and Military Families at the University of North Carolina

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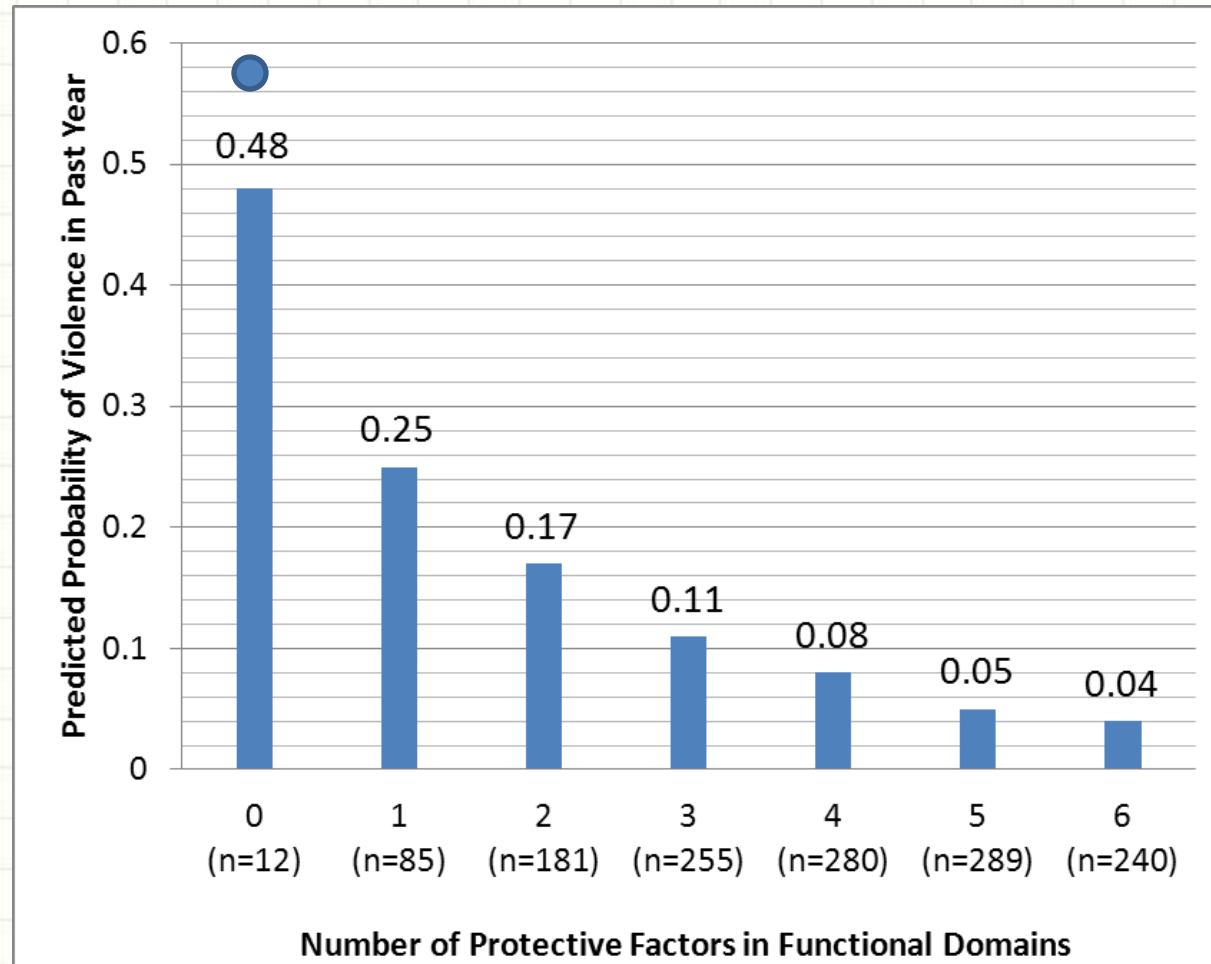
# Currently Funded Veterans Research

- **NIMH** – Developing Tools to Reduce Post-Deployment Violence and Aggression
- **DOD** – Improving Brain Function in Veterans with Traumatic Brain Injury (TBI) and Posttraumatic Stress Disorder (PTSD)
- **DoE** – Enhancing Financial Literacy and Money Management in Disabled Veterans

# NIMH: PTSD and Violence in Veterans

Risk Factor		Severe Violence in Next Year	Statistical Significance
PTSD	Yes	19.52%	yes
	No	6.41%	
Alcohol Misuse	Yes	17.43%	yes
	No	5.97%	
PTSD + Alcohol Misuse	Yes	35.88%	yes
	No	6.84%	
Alcohol Misuse Only	Yes	10.57%	no
	No	8.37%	
PTSD Only	Yes	9.96%	no
	No	8.61%	

# NIMH: Protective Factors in Veterans



Protective factors indicate health and well-being in the following domains:  
living, work, financial, psychological, physical, and social

# DOD: Improving Brain Function

- Up to half of military service members with traumatic brain injury (TBI) also meet criteria for Posttraumatic Stress Disorder (PTSD).
- Both may result in cognitive problems like poor concentration, impulsivity, and disinhibition.
- DOD study of cognitive rehabilitation called **Cognitive Apps for Life Management (CALM) with N=100 pairs of military family members and Iraq/Afghanistan Veterans with TBI+PTSD.**

# DoE: Money Management in Veterans

- Obtained DoE funding to test intervention to teach money management skills to Veterans with psychiatric disabilities like PTSD.
- \$teps for Achieving Financial Empowerment (\$AFE) intervention helps Veterans learn how to save money, create a viable budget, work while on disability, and access resources.
- Preliminary data show \$AFE is associated with reduced debt, greater savings, and increased work outcomes in Veterans.



# From Science to Policy: Impact

- Results presented to Veterans Affairs (VA), National Center for PTSD, Veterans Justice Outreach Programs, Army, Navy, and Marines.
- Translated data into a violence risk screening tool in early stages of implementation at all VA hospitals in the United States.
- Cognitive rehabilitation (CALM) and money management (\$AFE) interventions being tested to directly improve lives of Veterans and military families.