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Ocena zespołu stresu pourazowego w łotewskim kontyngencie w ramach działań międzynarodowych

Posttraumatic stress disorder assessment at Latvian contingent of international operations

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Introduction: Latvian combats - being on duty in Latvia and deploying as Contingent of International Operations (CIO) in Peace Support Missions (PSM) suffer from various stressors; sometimes Posttraumatic Stress Disorder (PTSD) develops.

Objectives: To assess PTSD level during PSM, it's necessary to know both PTSD levels: before PSM – Baseline (BL) and after returning from PSM – Post-Mission Level (PML). According to available literature data PTSD BL is reported from 1.0 to 9.3 %, PTSD PML – from 4.0 to 11.2 % in deployed CIO of various countries. Indeed there are difficulties in rating and interpreting because of inhomogeneous in gender, race, age and deployment factor – reservists or regular personnel, different stressful military experiences in various PSM.

Aims: To assess PTSD levels – BL and PML in Latvian CIO.

Methods: Prospective study of Latvian CIO before and after deployment in PSM in Afghanistan. Totally 143 participants of the same PSM – regular personnel (males, Europeans, average age of 27.4) were examined. Worldwide-recognized questionnaires PCL-M, valid Latvian language version were used for PTSD evaluation. The questionnaire includes 17 questions, corresponding to DSM-IV. Respondents are asked about certain troubles during last month; the answers are evaluated by 5-point scale. PCL were worked out at PTSD National Centre, USA in 1993. The PCL has a variety of purposes, including screening individuals for PTSD, diagnosing PTSD, monitoring symptom change during and after treatment. PCL-M is military version, asks about symptoms in response to "stressful military experiences" and used for active service members and veterans. The PCL-M can be completed by participants of a research study in approximately 5-10 minutes. Interpretation of the PCL-M should be completed by a clinician. PCL-M has high correlations with Mississippi scale for Combat-related PTSD (0.93), PK Scale of the MMPI (0.77), Impact of Event Scale (0.90), has high Internal consequence coefficient (0.92-0.93).

Results: BL study: response rate 97.9%. Answers of respondents corresponded to PTSD diagnosis necessary criterions, constituent 1.4%. PML study: response rate 93.8%. Answers of respondents corresponded to PTSD diagnosis necessary criterions, constituent 6.7%.

Conclusion: According to available literature data PTSD BL of Latvian CIO is lower than PTSD BL USA CIO (2.4-9.3% [Riddle JR et all, 2007], [Hoge CW et all, 2004]) and is also lower than PTSD BL UK CIO (2.4% [Iversen AC et all, 2009]). PTSD PML is lower than PTSD PML USA CIO (11.2% [Hoge CW et all, 2004]) and is close to PTSD PML UK CIO (4.0-9.5% [Hotopf M et all, 2006], [Iversen AC et all, 2009]). It means that Latvian CIO PTSD predisposition level is close to the level in their counterparts from UK and rather lower than US CIO has.

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