



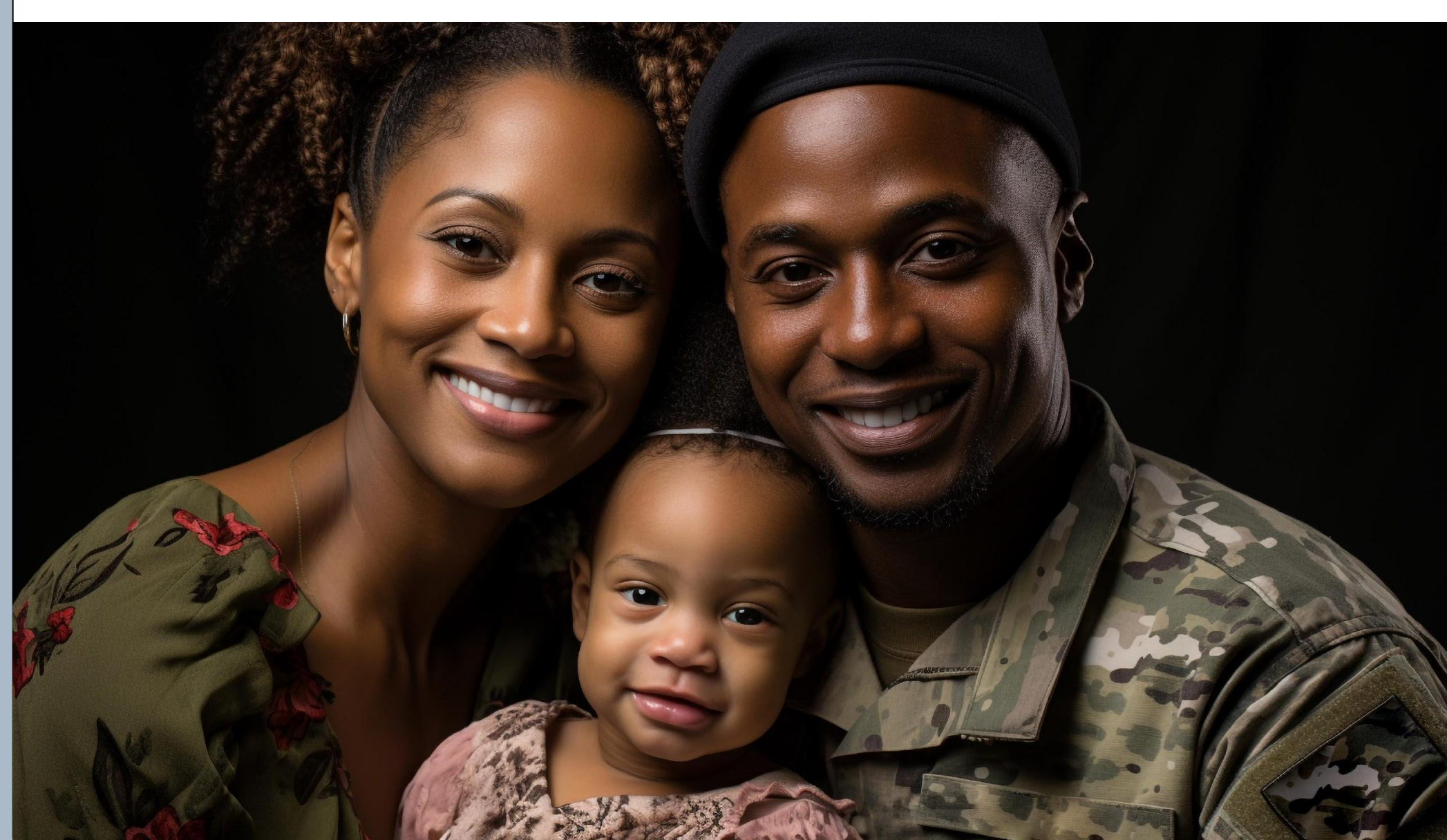
Introduction

This research paper investigates the presence of intergenerational trauma in military families, focusing on PTSD symptoms in the descendants of veterans to serve as indicators of family trauma.

Utilizing a survey questionnaire, this study will examine PTSD symptomology across three generations in both military and non-military families.

Hypothesis

The hypothesis posits that PTSD symptoms in military descendants are significantly associated with the intergenerational transmission of trauma.



Literature Review

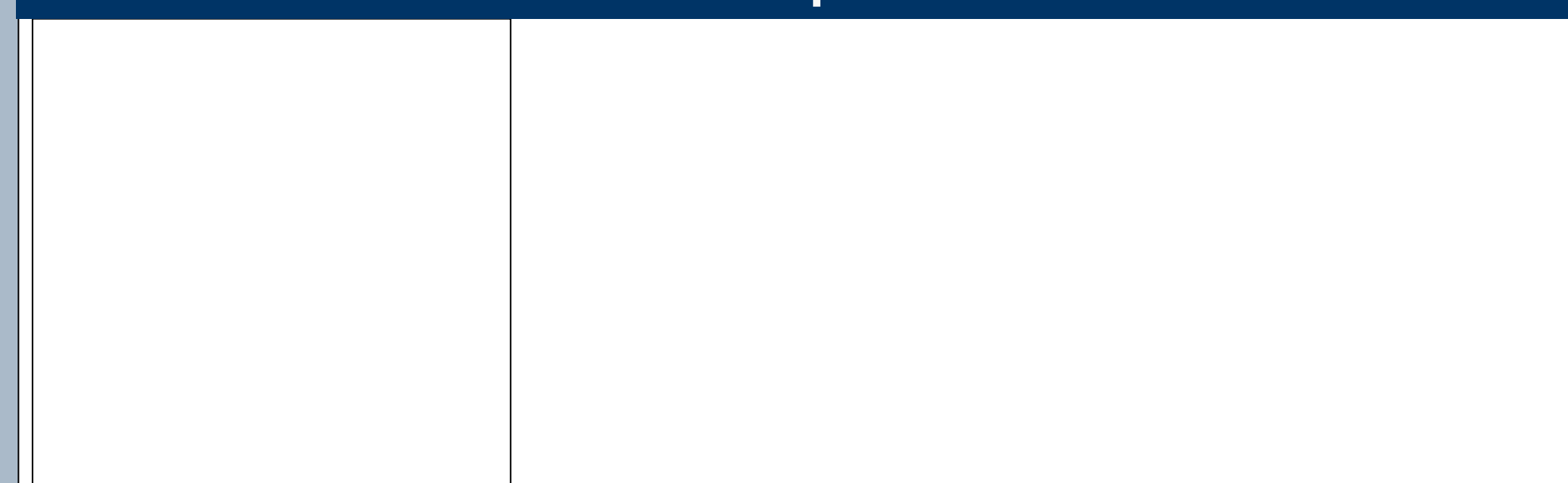
There is strong evidence that trauma in a parent leads to trauma in the child as shown in this literature review

Supporting Research

- ❖ **Bachem et al. (2020)** explains the role of parental negative worldviews, particularly those arising from war experiences, in the transmission of trauma to offspring, thereby affecting successive generations.
- ❖ **O'Toole et al. (2016)** illustrates the enduring effects of combat-related PTSD within the families of Australian Vietnam veterans, emphasizing the long-term impact on children.
- ❖ **Zerach et al. (2016)** contribute to this narrative through their longitudinal study on captivity trauma, revealing how a father's post-traumatic stress influences the mother's post-traumatic stress, which is subsequently transmitted to their children.
- ❖ **Hoffman et al. (2023)** highlight the importance of family functioning in mitigating the adverse effects of trauma, suggesting that supportive environments can foster resilience amidst adversity.
- ❖ **May et al. (2023)** explores the unique challenges faced by children of military and first responder parents with PTSD, demonstrating significant impacts on their psychological well-being and social functioning.
- ❖ **Muhtz et al. (2014)** links parental military deployment to higher rates of mental health issues among children, illustrating the pervasive impact of military-related stressors.
- ❖ **Howard (2020)** presents a causal model of vicarious traumatization, proposing that children experience trauma symptoms indirectly through their parents' experiences.

- ❖ **Kelstrup and Carlsson (2022)** focus on the neurobiological impacts on children and the necessity of interventions to mediate the transmission of intergenerational trauma and promote resilience.
- ❖ **Walden et al. (2022)** assess trauma in biological mothers and their preschool children, emphasizing early childhood as a critical period for intervention to break the cycle of trauma transmission.
- ❖ **Vivrette et al. (2018)** explore the impact of impaired caregiving and trauma exposure on children's psychosocial functioning, highlighting the importance of supportive family environments for resilience.

Graphs



Methods

This study will recruit a diverse sample of participants through social media, academic channels, and community outreach, ensuring a balanced representation of military and non-military families.

Participants will complete a detailed survey on PTSD symptoms experienced by themselves, their parents, and their grandparents. Data will be analyzed using IBM-SPSS to explore correlations between PTSD symptoms and family history, aiming to provide robust evidence of intergenerational trauma transmission.

Prospective Outcomes

The anticipated results are expected to reveal higher levels of PTSD symptoms in descendants of veterans compared to controls, supporting the hypothesis of intergenerational trauma. This research aims to contribute to the broader understanding of intergenerational trauma and inform the development of targeted therapeutic approaches to improve mental health outcomes for affected families.