Post-Traumatic Stress Disorder is often shared among military people, especially war veterans because they are exposed in a war environment (Shea et al., 2010). Post-Traumatic Stress Disorder (PTSD) is a long-lasting medical ailment that happens after contact to a threatening or scary event and is characterized by hurting psychological and mental complications such as intrusive memories, nightmares and flashbacks and can led to blood pressure among other health problems (Shea et al., 2010). This is driven by a number of factors such as witnessing their fellow colleagues being killed, receiving death threats or sexual trauma among others. Post-Traumatic Stress Disorder (PTSD) among soldiers is caused by a number of factors such as low levels of education, drug, alcohol and substance abuse, poor social support and a history of mental illness.

According to Raskind et al. (2018), Post-Traumatic Stress Disorder (PTSD) compromises mental and physiological ability of soldiers hence it is necessary to resort to indomitable strategies of curing it. Previously, soldiers were seen as strong people and no study was conducted to address their psychological and mental needs on timely basis. The process of curbing spiritual and mental problems has never been a walk in the park. Raskind et al. (2018) opines stress inoculation therapy complemented by effective administration of drugs is one of the best interventions of curing Post-Traumatic Stress Disorder (PTSD). However, there are limited studies to make this assertion credible. It is necessary for people in military to be taught how to reduce stress levels and embrace healthy habits such as eating well balanced diets, getting enough sleep and avoiding over drinking and abusing other illegal substances.

Conferring to Mithoefer et al. (2018), Post-Traumatic Stress Disorder (PTSD) amongst army personnel has become highly prevalent. This is contributed by a number of drivers such as limited research to understand its prevalence and nature of the problem and social stigma among other significant drivers. It is indeed justifiable that the ability of the society to address health needs as caused by Post-Traumatic Stress Disorder (PTSD) among military people requires embracing the best skills. It is evident that the manifestation of problems such as suicidal behavior, comorbidity and disability is linked with Post-Traumatic Stress Disorder (PTSD) amid army workers, especially war veterans. Psychological counselors should be ready to embrace the best therapeutic intervention in order to ensure that military personnel are able to live a normal life that is free of morbid thoughts and other common social complications (Mithoefer et al., 2018).

According to authors Shea et al, (2010), there is an association between Post-Traumatic Stress Disorder (PTSD) and psychological malfunctions amongst war veterans. The authors also stated that relentlessness and particular suffering are some of the nauseating difficulties of Post-Traumatic Stress Disorder (PTSD) among war veterans that require urgent interventions. Additionally, Post-Traumatic Stress Disorder (PTSD) leads to a huge gap between individual expectations and psychological stability and unfortunately it is a shared issue among war veterans and soldiers not only in the United States of America but other areas of the world. Consequently, it is fundamental to understand the implications of the haunting effects of P Post-Traumatic Stress Disorder (PTSD) in order to ensure that soldiers can live their life as normal as possible. Authors, Mithoefer et al. (2018) believes that it is patent that therapeutic intervention assisted by the administration of various drugs are the best strategy of addressing psychological and mental effects of Post-Traumatic Stress Disorder (PTSD) among military soldiers.

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