

Moral Injury in the Context of Military Service: An Updated Review

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Moral injury is a term that relates to the lasting psychological, biological, spiritual, behavioral, and social impact of perpetrating, failing to prevent, or bearing witness to actions that transgress deeply held moral beliefs and expectations, or experiencing the betrayal of trusted others in high stakes situations. This article reviews the characteristics of this phenomenon, as well as the similarities and differences between moral injury and post-traumatic stress disorder. In addition, the treatment methods for this disturbing syndrome are presented, and several practical recommendations are reviewed. Considering the high rate of moral injury and its impact on mental and physical health, clinicians in the military, as well as commanders, should familiarize themselves with it and consider strategies to reduce its rate.

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