



The impact of losing a fellow service member

Complicated grief is prolonged grief over a lost loved one that does not ease within a normal time frame—say, six months to a year. The findings below are based on 204 post-9/11 service members and Veterans with PTSD.

79%

reported an important lifetime loss

47%

reported the loss of a fellow service member

31%

of the bereaved group overall showed signs of complicated grief (41% of those who had lost a fellow service member, and 17% of other bereaved participants)

Conclusion: Complicated grief was associated with greater PTSD severity, functional impairment, and trauma related guilt, and more lifetime suicide attempts. . . . “Clinicians working with this population should inquire about bereavement, including the loss of a fellow service member, and screen for complicated grief.”

Source: [“The loss of a fellow service member: Complicated grief in post-9/11 service members and veterans with combat-related posttraumatic stress disorder,”](#) *Journal of Neuroscience Research*, January 2018. Infographic by VA Research Communications, February 2018. Photo: Marine Corps Sgt. Brittney Vella