61 Veterans who were on the registry of Gulf War I Veterans and who had obtained any type of care at the VA Boston Healthcare System completed a survey. Data was used to assess deployment-related and demographic predictors of posttraumatic growth. Posttraumatic growth (including the two subscales of “relating to others” and “personal strength”) was most strongly predicted by postdeployment social support.

### Key Findings:
- Overall, demographic, deployment, and postdeployment variables were most predictive of various aspects of posttraumatic growth. Predeployment variables had little influence in the final model.
- The strongest predictor of the “appreciation of life” posttraumatic growth subscale was perceived threat.
- The posttraumatic growth subscales of “relating to others” and “personal strength” were most strongly predicted by postdeployment social support.
- The posttraumatic growth subscale of “new possibilities” was best predicted by minority status (ethnic minorities reported more growth).
- Exposure to warfare was not associated with any index of growth.

### Implications for Programs:
- Programs could develop educational modules for Service members, Veterans and families about potential positive outcomes or posttraumatic growth that could emerge after deployment.
- Programs could develop family-based activities to bolster post-deployment social support for both families and Service members.

### Implications for Policies:
- Policies could provide continued funding for programs which enhance postdeployment social support.
- Policies could recommend the inclusion of screening for posttraumatic growth as part of routine assessments for Service members after deployment.

### Avenues for Future Research:
- Future studies could explore the relationship between PTSD and posttraumatic growth, particularly in regards to high and low level stressors.
- Additional research could use larger and more representative samples and examine posttraumatic growth among Veterans of other conflicts.
This study used a subsample from another study. Veterans were identified as those who were on a registry of Gulf War I Veterans who had obtained any type of care at the VA Boston Healthcare System. Demographic and military questions were asked, as well as assessments of predeployment, deployment and postdeployment stressors, perceived threat, deployment and postdeployment social support, and posttraumatic growth. Correlations assessed relationships between variables, and regression analyses tested the associations between deployment factors, demographics, and posttraumatic growth.

61 Gulf War I Veterans participated (57% male). 85% Caucasian, 8% African American, 5% Latino, 53% married, 41% had some college education, 21% high school. 47% were deployed from Active Duty units. No information on military branch was presented.

The sample was small and primarily Caucasian; these results may not generalize to other samples of Veterans. This study was cross-sectional and claims of causation are beyond its scope. Personality and other variables that may impact the results were not measured; the variables assessed for only accounted for approximately 25% of the variance. There was incomplete demographic and statistical reporting.

### Research Design and Sample

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### Research Methods

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### Limitations

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### Implications

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Not applicable because authors do not discuss implications

**Overall Quality Rating**: 3/5