

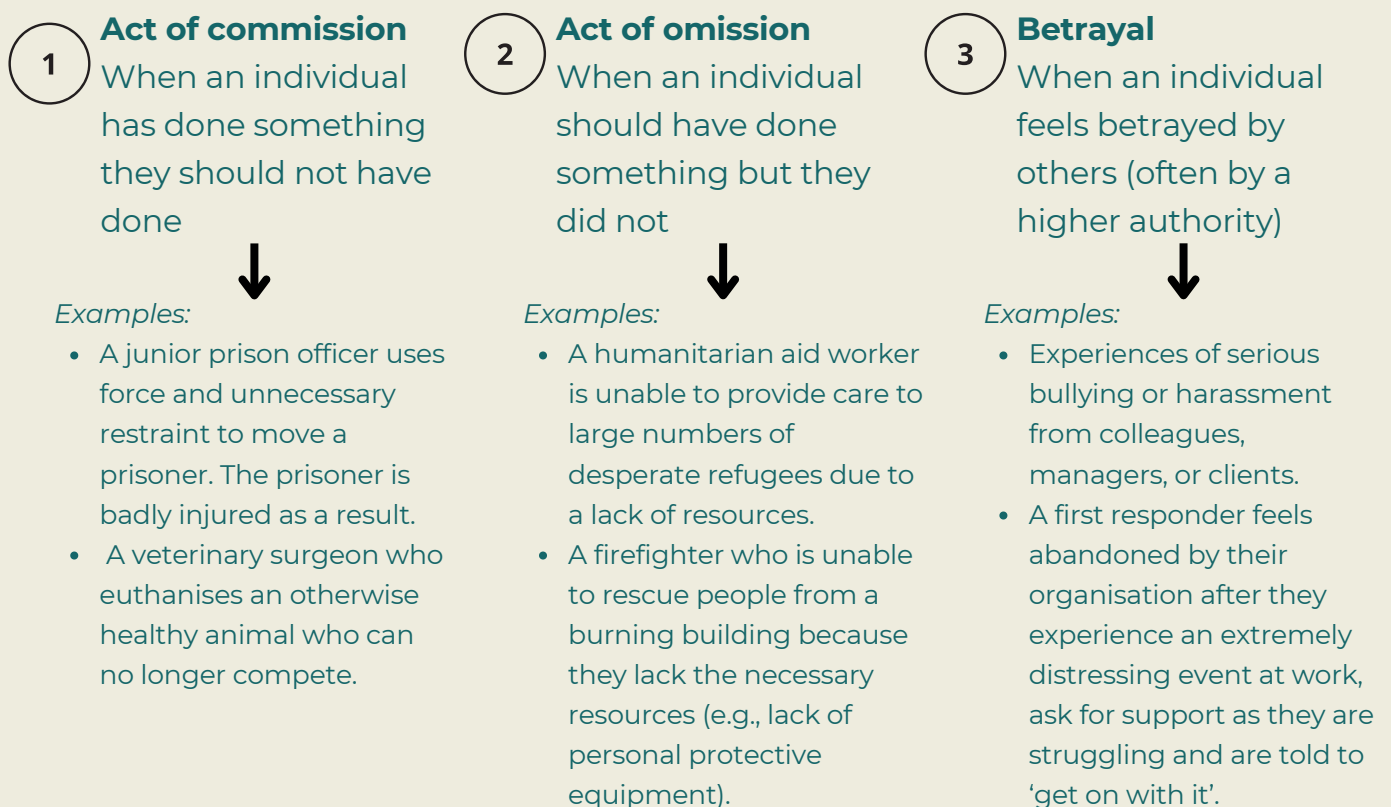
Moral Injury Fact Sheet

WHAT IS MORAL INJURY?

Moral injury is described as **intense psychological distress which results from actions, or lack of actions, which violate an individual's moral or ethical code.**

Simply put, moral injury occurs when you do something – or are unable to do something – that goes against your core values.

How does moral injury occur?



The effect of moral injury

Although moral injury is not classified as a mental health condition, people may experience profound feelings of **shame, guilt, blame and anger**. These symptoms can impact their day-to-day functioning and family life.

A study conducted suggests that UK veterans who experience moral injury are at a higher risk of developing severe mental health issues, including post-traumatic stress disorder (PTSD), depression, and suicidal thoughts.



Is moral injury the same as post-traumatic stress disorder (PTSD)

- Unlike PTSD, which can occur following threat-based trauma, potentially morally injurious events do not necessarily involve a threat to life.
- As such, distress from morally injurious events can lead to different symptom profiles than distress from traumatic events that elicit a fear-based reaction.
- Unlike post-traumatic stress disorder, moral injury is not considered a mental illness.
- Though moral injury is not the same as PTSD, both may exist alongside each other, and ex-Service personnel with moral injury or traumatic events were more likely to meet the criteria for PTSD, depression, and anxiety than those who reported no challenging events during service.

Does moral injury only effect veterans?



No

Though much of the early moral injury research was conducted in military personnel and veterans, moral injury is also prevalent in other populations. Many professionals encounter ethical dilemmas throughout their careers and moral injury is not limited by occupation. Anyone can experience moral injury.

Visit this website to explore the concept of moral injury and discover what current research reveals.

The website brings together our research findings, educational resources, and support tools to help individuals, employers and healthcare providers better understand and address the psychological impact of moral injury.



Link: moral-injury.co.uk