

Moral Injury

JUST THE FACTS



DON'T SPEND YOUR LIFE SUFFERING IN PUNISHING,
SELF-SOLITARY SILENCE. YOU'RE NOT ALONE.

What is Moral Injury?

Moral injury happens when a person's core moral foundations are violated in high stakes situations. This violation recasts the way people see themselves, others, and the world and causes changes in behavior that signal a loss of trust, connection, self-worth, and meaning.

MORAL INJURY IS A RELATIVELY NEW FIELD, SO STATISTICS ARE NOT READILY KNOWN. WE DO KNOW THAT ...

MILITARY

25-34%

Of combat-related PTSD has resulted in moral injury



1 in 3 soldiers deployed to Iraq have killed an enemy combatant



65%

of Iraq and Afghanistan vets were exposed to dead bodies or human remains



60%

of Iraq and Afghanistan vets saw wounded civilians and couldn't help.



HEALTHCARE

Potential moral injury in health care workers during COVID-19 pandemic were similar to rates among U.S. military veterans who served after September 11, 2001.



LAW ENFORCEMENT

In one study of police officers, moral injury predicted PTSD as well as symptom groups.

46% of military veterans & 50% of healthcare workers

experienced other-induced moral injury

24% of military veterans & 18% of healthcare workers

experienced self-induced moral injury

73%

of refugees have other-induced moral injury or both self- and other-induced moral injury



Michele is a therapist, clinical ethicist, writer, and researcher who's spent the last two decades on a "souljourney," studying trauma generally, moral injury and lost innocence specifically, and resilience.

Michele DeMarco, PhD, Rev.
micheledemarco.com

Moral injury can happen to anyone.

Don't go it alone.

