Opinion
Volume 13:02, 2024

Journal of Trauma & Treatment

ISSN: 2167-1222 Open Access

Adapting the Conservation of Resources (COR) Model: Trauma in U.S. Veterans

Chadna Emitikiyan*

Department of Psychiatry, University of Michigan Medical School, Ann Arbor, MI 48109, USA

Introduction

The Conservation of Resources (COR) model, originally proposed by Stevan E. Hobfoll, serves as a robust theoretical framework for understanding how individuals navigate stressors and maintain psychological well-being. Grounded in the principle that individuals strive to protect and conserve their valued resources, the COR model offers valuable insights into the psychological impact of traumatic experiences, particularly within the context of military service among U.S. veterans. With trauma being an inherent aspect of military service, many veterans grapple with the aftermath of combat exposure, deployment-related stressors and other traumatic events, which can have profound and enduring effects on their mental health and overall functioning. In recent years, researchers have increasingly turned to the COR model to elucidate the mechanisms underlying posttraumatic stress, resilience and adaptation in U.S. veterans. By adapting the COR model to the unique challenges faced by veterans, researchers aim to shed light on how veterans acquire, maintain and deplete their resources in the aftermath of trauma exposure. This includes tangible resources such as social support, financial stability and access to healthcare, as well as intangible resources such as coping strategies, self-efficacy and sense of purpose [1].

Description

Trauma is an inherent aspect of military service, with many veterans exposed to life-threatening situations, combat operations and other harrowing experiences during deployment. These traumatic events can have profound and lasting effects on veterans' mental health, interpersonal relationships and overall quality of life. Drawing on the COR model, researchers seek to examine how veterans navigate the challenges posed by trauma, particularly in terms of resource acquisition, conservation and depletion. Central to the COR model is the concept of resources, which encompass a broad range of tangible and intangible assets, including social support, coping strategies, financial stability and self-esteem. When confronted with trauma, veterans may experience a depletion of these resources, leading to increased vulnerability to stress, mental health disorders and impaired functioning. Conversely, individuals who possess adequate or replenished resources may exhibit greater resilience and adaptive coping in the face of adversity [2,3].

By applying the COR model to the experiences of U.S. veterans, researchers aim to identify key factors that contribute to resource acquisition and depletion following trauma exposure. This may include examining the role of social support networks, access to mental health services, employment opportunities and community reintegration programs in promoting veterans' well-being and recovery. Furthermore, researchers seek to explore how individual differences, such as personality traits, coping styles and pre-existing vulnerabilities, interact with trauma exposure to influence resource dynamics and psychological outcomes. Furthermore, the adaptation of the COR model offers valuable insights into the complex interplay between individual, interpersonal and contextual factors that shape veterans' experiences of trauma and posttraumatic adaptation. By examining how veterans navigate the challenges of resource acquisition, conservation and depletion in the aftermath of trauma, researchers can identify potential points of intervention to enhance veterans' well-being and promote recovery [4].

One key area of focus within the adaptation of the COR model is the exploration of barriers to resource access and utilization among U.S. veterans. Many veterans face systemic challenges in accessing healthcare, mental health services and other supportive resources, which can exacerbate the impact of trauma and hinder recovery efforts. By identifying and addressing these barriers, policymakers, healthcare providers and community organizations can improve veterans' access to critical resources and support their long-term recovery and reintegration into civilian life. Additionally, the COR model provides a framework for understanding the role of resilience factors in mitigating the impact of trauma on veterans' well-being. Resilience factors, such as social support, coping skills and positive psychological traits, play a crucial role in buffering against the adverse effects of trauma and promoting adaptive functioning. By fostering resilience through targeted interventions and support programs, clinicians and policymakers can empower veterans to overcome adversity, build on their strengths and thrive in the face of ongoing challenges [5].

Conclusion

In conclusion, the adaptation of the Conservation of Resources (COR) model to the experiences of trauma in U.S. veterans holds promise for advancing our understanding of posttraumatic stress, resilience and adaptation in this population. By examining the interplay between trauma exposure, resource dynamics and psychological outcomes, researchers can inform targeted interventions aimed at bolstering veterans' resilience, promoting resource replenishment and facilitating recovery. Moreover, the application of the COR model underscores the importance of adopting a holistic, strengths-based approach to supporting veterans' well-being, recognizing their inherent strengths and assets in the aftermath of trauma. Moving forward continued research efforts are needed to further refine our conceptualization of resource dynamics in veteran populations and develop evidence-based interventions that address their unique needs and challenges.

Acknowledgement

None.

Conflict of Interest

There are no conflicts of interest by author.

***Address for Correspondence:** Chadna Emitikiyan, Department of Psychiatry, University of Michigan Medical School, Ann Arbor, MI 48109, USA, E-mail: chadnaemitikiyan@gmail.com*

Received: 02 March, 2024, Manuscript No. jtm-24-134060; **Editor Assigned:** 04 March, 2024, PreQC No. P-134060; **Reviewed:** 16 March, 2024, QC No. Q-134060; **Revised:** 21 March, 2024, Manuscript No. R-134060; **Published:** 28 March, 2024, DOI: 10.37421/2167-1222.2024.13.610

References

1. Cordova, Matthew J., Robyn Walser, Janet Neff and Josef I. Ruzek. "Predictors of emotional adjustment following traumatic injury: Personal, social and material resources." *Prehosp Disaster Med* 20 (2005): 7-13.
2. Dekel, R. and S. E. Hobfoll. "The impact of resource loss on Holocaust survivors facing war and terrorism in Israel." *Aging Ment Health* 11 (2007): 159-167.
3. Hall, Brian J., George A. Bonanno, Paul A. Bolton and Judith K. Bass. "A longitudinal investigation of changes to social resources associated with psychological distress among Kurdish torture survivors living in Northern Iraq." *J Trauma Stress* 27 (2014): 446-453.
4. Heath, Nicole M., Brian J. Hall, Eric U. Russ and Daphna Canetti, et al. "Reciprocal relationships between resource loss and psychological distress following exposure to political violence: An empirical investigation of COR theory's loss spirals." *Anxiety Stress Coping* 25 (2012): 679-695.
5. Egozi Farkash, Hadas, Mooli Lahad, Stevan E. Hobfoll and Dima Leykin, et al. "Conservation of resources, psychological distress and resilience during the COVID-19 pandemic." *Int J Public Health* 67 (2022): 1604567.

How to cite this article: Emitikiyan, Chadna. "Adapting the Conservation of Resources (COR) Model: Trauma in U.S. Veterans." *J Trauma Treat* 13 (2024): 610.