



Clinical Considerations and Life Circumstances Impacting Veterans

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This graphic presents a conceptual model illustrating the range of circumstances and conditions that service members, Veterans, and their families (SMVF) may experience during their lifetime.

The model highlights two categories that influence mental health and wellness: biopsychosocial conditions and life circumstances. Biopsychosocial conditions and clinical factors have a direct effect on mental health and wellness. Broader life circumstances, such as housing, employment, and legal issues have an indirect influence on overall well-being.

Although these areas are presented separately, they are not discrete or disconnected. SMVF may face numerous challenges across multiple circumstances, and comorbid or chronic conditions can exacerbate one another.

This model is not intended to pathologize military service or imply that SMVF are universally impaired or impacted by that service. Most Veterans do not screen positive for mental health conditions and demonstrate substantial resilience (Fogle et al., 2020).

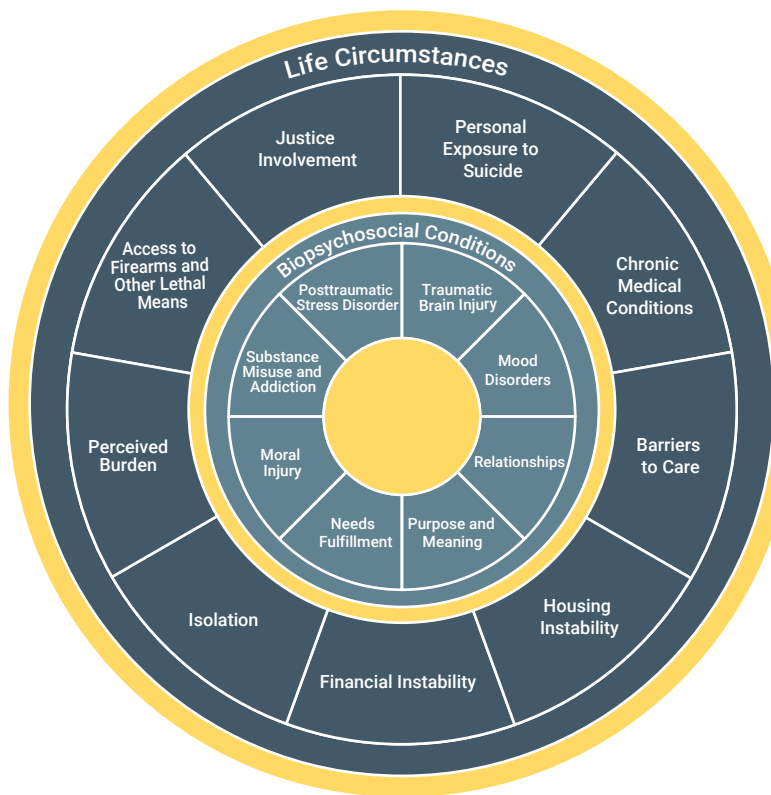


Figure 1. Clinical Considerations and Life Circumstances Impacting Veterans

Biopsychosocial Conditions

Figure 2 illustrates common clinical conditions that some service members and Veterans experience. This can include common clinical concerns, such as post-traumatic stress disorder, traumatic brain injury, substance use disorders, and mood disorders.

It also illustrates concepts related to transition stress (Mobbs and Bonanno, 2018), such as moral injury, challenges related to purpose and meaning, and difficulties in needs fulfillment and relationships.

Life Circumstances

Figure 3 illustrates life circumstances that some service members and Veterans can experience that influence overall well-being.

These include involvement in the criminal legal system, suicide risk factors, and barriers to meeting material and healthcare needs.

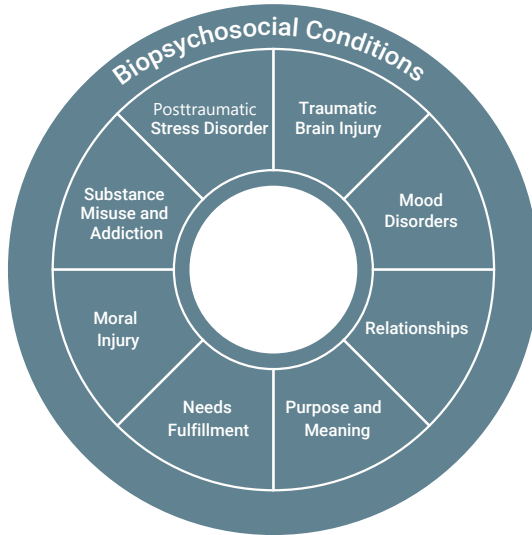


Figure 2. Biopsychosocial Conditions

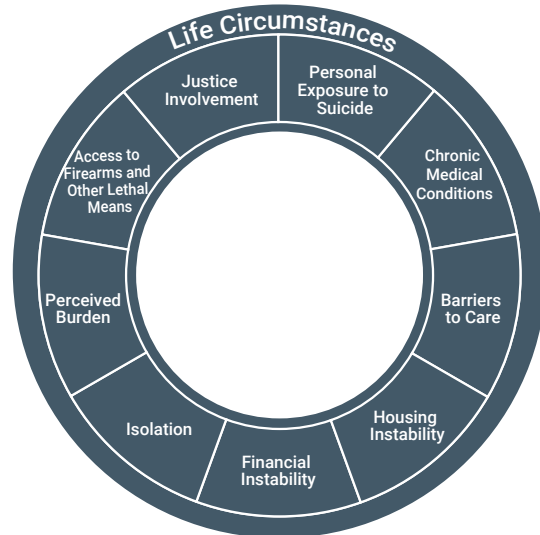


Figure 3. Life Circumstances

References

- Mobbs, M. C., & Bonanno, G. A. (2018). Beyond war and PTSD: The crucial role of transition stress in the lives of military Veterans. *Clinical Psychology Review*, 59, 137–144
- Fogle, B. M., Tsai, J., Mota, N., Harpaz-Rotem, I., Krystal, J. H., Southwick, S. M., & Pietrzak, R. H. (2020). The national health and resilience in Veterans study: A narrative review and future directions. *Frontiers in Psychiatry*, 11, 538218

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