Could Complementary and Integrative Health Approaches Benefit Veterans Over Time?

Physical and mental health disorders in veterans returning from war zones often cannot be treated with allopathic medicine alone.

Complementary and integrative health (CIH) approaches, which are non-pharmacological treatment alternatives, can be helpful.

2 Veterans Affairs medical centers

401 surveys of patient-reported outcomes

Obtained at five time-points

Baseline

2 months

4 months

6 months

12 months

119 veterans participating in any type of CIH

Overall physical/mental health

Pain intensity

Perceived stress

Engagement in care

Yoga

Decrease in perceived stress

Improved overall physical/mental health

Tai chi

Increased physical functioning at 2, 6, and 12 months

Improved ability to participate in social role activities at 2 months

Meditation

Engagement in care

All CIH

Pain intensity

Specific CIH approaches are associated with improved patient-reported outcomes and are worth considering as non-pharmacological treatment options for enhancing the health and well-being of veterans.

Is participating in CIH associated with improved veterans' patient-reported outcomes over time?