Psychological Problems and Stress Faced by Soldiers in Asymmetric Warfare Operations by Giuseppe Caforio
Asymmetric warfare is a form of war in which a weak party, as opposed to a strong party, use non-conventional instrument of struggle in order to bridge the gap between the two sides.
### Slide 5 – The sample

<table>
<thead>
<tr>
<th>Country/ rank</th>
<th>Officers</th>
<th>NCOs</th>
<th>Privates</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Bulgaria</td>
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<td>7</td>
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<tr>
<td>Denmark</td>
<td>18</td>
<td>6</td>
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<td>Italy</td>
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<td>28</td>
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<tr>
<td>Netherlands</td>
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<td></td>
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<tr>
<td>Philippines</td>
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<td>15</td>
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<td>Slovenia</td>
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<td>South Africa</td>
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<td>5</td>
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<td>Turkey</td>
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<td></td>
<td>34</td>
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<tr>
<td><strong>Total by rank</strong></td>
<td><strong>254</strong></td>
<td><strong>140</strong></td>
<td><strong>165</strong></td>
<td><strong>560</strong></td>
</tr>
</tbody>
</table>
Slide 6 – natural environment
Dutch Lieut. Geert: I first flew to Minhad, where I participated in the acclimatization programme. The climate was inconceivable here: it was uncannily warm and enormously humid at the same time.
Slide 8- Human environment
TURA03: Smell and vision of misery and chaos surrounded me when the doors of the plane are opened. I thought that this 6 months were going to be hard for me.
SIC44: After his airplane landed, he noticed hard injured German soldiers who were transported by the helicopters to the hospital.
Dutch Lieut. Gerwin: It was Monday 31 March. In the surroundings of Mirabad a Fenneck of the ISTAR platoon had hit an IED, causing three seriously wounded. One of them would eventually lose both legs.
Slide 12- The trap of IEDs
Slide 13- PSTD
Slide 14 - Losses suffered
Dutch Lieut. Peter: The action was mentally very taxing. A number of men had looked almost straight into the eyes of the opponent they killed. At the same time, one of their buddies was badly injured.
**SIC47**: He saw how one suicide bomber with the motorbike attacked ANA soldiers who were coming home. He still remembers the date of this attack, which happened 400 m away. He was full of adrenalin, very upset. This was for the first time, he filled the weapon.
DKA04: You go in a high gear during the operations, and it can be difficult to calm down afterwards.
Slide 18- The small group
Slide 19- Emotional stress during and resulting from operations

- No stress: 51
- Moderate stress: 17
- High stress: 10
- No answer: 22
ITC58: Yes, I had problems with my wife, that culminated in a separation three years ago. I am realising that have devoted too few time to my family.
TURA11: Yes I had problems. One of them was my son’s school success worsened.
Slide 22- Stress due to separation from family

- No stress: 45
- Moderate stress: 16
- High stress: 22
- No answer: 17
Dutch Lieut. Gerwin: I think that everyone going away on his first mission, returns a different person... Everybody expresses this in his own way: one person get more aggressive and the other a bit more reserved.
ITC33: When I come back I remained for couple of months rather impulsive: I was irritated by the luxury, by the superficiality. I have seen what it means to live and to combat for surviving, have seen dead and wounded people, it was really hard.
Slide 25- Readaptation in the homeland

- No stress: 40
- Moderate stress: 22
- No answer: 36
Expressions like these—“it is easy to go to war, but hard to get home again” and “you come back home with a different mentality” or “you return a different person”