

UAP and Your Patients

Identifying Health-related Effects from UAP Exposure

Due to societal stigma, individuals exposed to unidentified anomalous phenomena (UAP) are reluctant to share health-related effects of their experiences with healthcare providers.¹⁻³ These health-related effects may include burns, eye irritation, localized paralysis, mental health trauma, as well as cognitive, neuromuscular, sensory, and neuropsychiatric side effects.⁴⁻⁶

Questions to ask your patients to help identify UAP health-related effects⁴⁻⁶

Physiological Effects	Psycho-Social Effects
<ul style="list-style-type: none"> <input type="checkbox"/> Sleep Disturbances: Have there been changes in your sleep patterns? <input type="checkbox"/> Headaches: Do you frequently suffer from headaches? <input type="checkbox"/> Fatigue: Have you felt unusually tired or fatigued? <input type="checkbox"/> Appetite Changes: Have you had changes in appetite or eating habits? <input type="checkbox"/> Skin Reactions: Have you had any unexplained rashes or burns? <input type="checkbox"/> Dizziness or Nausea: Have you felt dizzy/lightheaded or nauseated without a known cause? <input type="checkbox"/> Heart Palpitations: Have you had any episodes of rapid or irregular heartbeat? <input type="checkbox"/> Muscle Aches: Have you been experiencing unexplained muscle aches or pains? 	<ul style="list-style-type: none"> <input type="checkbox"/> Anxiety: Do you feel a persistent sense of anxiety or panic? <input type="checkbox"/> Depression: Have you felt unusually sad or hopeless? <input type="checkbox"/> Intrusive Thoughts/Flashbacks: Do you have recurring, distressing thoughts or memories? <input type="checkbox"/> Avoidance Behavior: Do you avoid specific places, people, or activities? <input type="checkbox"/> Emotional Numbness: Do you feel emotionally numb or detached from others? <input type="checkbox"/> Hypervigilance: Are you unusually alert or easily startled? <input type="checkbox"/> Concentration Issues: Do you have trouble concentrating or remembering things? <input type="checkbox"/> Mood Swings: Have you been experiencing sudden and intense changes in mood?

~3 Month Delay

According to a recent study, UAP experiencers wait almost 3 months on average before reporting an encounter.⁷



UAP Health-related Effects May Become Chronic and Persistent

According to the United States government, UAP health-related effects “...*may appear **at any time** after an event occurs, therefore any reported health implications related to UAP will be tracked and examined if and when they emerge.*”^{8,9}

By thoroughly assessing a patient’s experience(s), healthcare providers can better evaluate the severity and functional impact of UAP health-related effects, recognize concurrent disorders, and offer appropriate differential diagnosis.^{3-6,10}

Assessing UAP Exposure in Your Patients^{3-6,10}

Symptoms Severity	Functional Impact
<ul style="list-style-type: none">● Mild: Symptoms cause minor impairment in daily functioning.● Moderate: Symptoms cause moderate impairment in daily functioning.● Severe: Symptoms cause significant impairment in daily functioning.	<ul style="list-style-type: none">● Social Functioning: Difficulties in maintaining personal relationships.● Occupational Functioning: Challenges in performing job duties.● Daily Activities: Trouble with everyday tasks, which may rise to the level of disability.
Concurrent Disorders/Differential Diagnosis	
<ul style="list-style-type: none">● Anxiety Disorders: Presence of generalized anxiety, panic attacks, etc.● Mood Disorders: Occurrence of depression, bipolar episodes, etc.● PTSD: Co-existing posttraumatic stress disorder symptoms.● Unrelated Conditions: Other diagnosed physical or mental health issues.	

Evaluate the impact of UAP exposure

Develop a personalized symptom management and care plan to help mitigate persistent and chronic UAP health-related effects.



UAPMed is an interdisciplinary team of healthcare professionals, first responders, and academics focused on UAP health-related and psycho-social effects.

UAPMed supports healthcare professionals who find themselves working with experiencers of UAP, helping to address stigmas that may undermine diagnoses, treatments, and successful health outcomes. We promote the development of professional training to raise awareness of the health-related effects of UAP exposure. We advocate for public policies that support novel research, address the needs of UAP experiencers, and usher in new institutional support mechanisms.

Access more resources at uapmed.org.

Interested in contributing to our mission? Contact us at uapmedicalcoalition@gmail.com.

References: **1.** Office of the Director of National Intelligence. Preliminary assessment: unidentified aerial phenomena. Accessed April 19, 2024. <https://www.dni.gov/index.php/newsroom/reports-publications/reports-publications-2021/3550-preliminary-assessment-unidentified-aerial-phenomena> **2.** Stangl AL, Earnshaw VA, Logie CH, et al. The Health Stigma and Discrimination Framework: a global, crosscutting framework to inform research, intervention development, and policy on health-related stigmas. *BMC Medicine*. <https://bmcmedicine.biomedcentral.com/articles/10.1186/s12916-019-1271-3> **3.** Steiner, JR. A discussion of extra-ordinary/anomalous experiences and the importance of assisting individuals in processing, integrating, and utilizing the experience. *opusnetwork.org*. Accessed December 12, 2024. https://www.opusnetwork.org/files/ugd/4dd4b1_27108cef8966494c8a95be75701c0da7.pdf **4.** Schuessler, JF. A catalog of ufo-related human physiological effects. *Geo Graphics*; 1996. **5.** Defense Intelligence Agency. Anomalous acute and subacute field effects on human biological tissues. Accessed April 19, 2024. <https://www.dia.mil/FOIA/FOIA-Electronic-Reading-Room/FileId/170026/> **6.** De la Torre GG. Psychological aspects in unidentified anomalous phenomena (UAP) witnessed. *IJA*. 2024;23:e4, 1–7. doi: [10.1017/S1473550423000289](https://doi.org/10.1017/S1473550423000289) **7.** Fernando J. Antonio, Andreia S. Itami, Jônatas F. Dalmedico, Renio S. Mende. On the dynamics of reporting data: A case study of UFO sightings. *Physica A*. 2022.603(127807)1-8. <https://www.sciencedirect.com/science/article/abs/pii/S0378437122005295?via%3Dihub> **8.** Office of the Director of National Intelligence. 2022 Annual report on unidentified aerial phenomena. Released June 5, 2021. Accessed April 19, 2024. <https://www.dni.gov/index.php/newsroom/reports-publications/reports-publications-2023/3667-2022-annual-report-on-unidentified-aerial-phenomena> **9.** Office of the Director of National Intelligence. 2023 Annual report on unidentified aerial phenomena. Accessed April 19, 2024. <https://www.dni.gov/index.php/newsroom/reports-publications/reports-publications-2023/3733-2023-consolidated-annual-report-on-unidentified-anomalous-phenomena> **10.** Perrotta G. Clinical evidence in the phenomenon of alien abduction. *Ann Psychiatry Treatm*. 2021;5(1):107-115. doi:[10.17352/apt.000037](https://doi.org/10.17352/apt.000037).