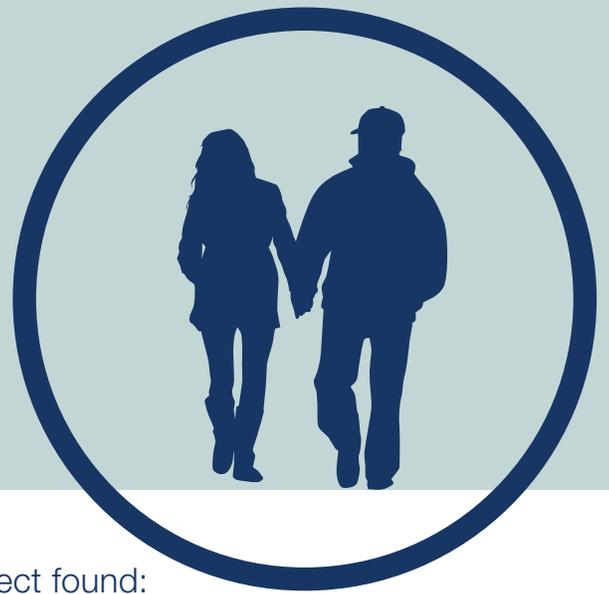


IMPACT OF MILITARY LIFE ON SPOUSES OVER TIME



The **Department of Defense** Military Family Life Project found:

➤ **Spouses who become unemployed are less satisfied with the military way of life**

A recent permanent change-of-station move can hurt a family's financial well-being in the following ways:

14% less likely for spouses to be employed

35% have difficulty making ends meet



A financially secure spouse is:

38% more satisfied with the military way of life

20% more likely to support staying on active duty

➤ **The majority of military families save each month**

Current deployments can impact a spouse's emotional well-being in the following ways:



13% higher stress levels

5% higher depressive and anxiety symptoms



spouse stress, depression, or anxiety



military satisfaction



support to stay on active duty



The Military Life Family Project, sponsored by the Department of Defense, was created to understand the impact of multiple deployments and permanent change-of-station moves on Active Duty military families over years of combat operations. Data were collected from the same military spouses over three years.

For more study findings, visit <http://www.militaryonesource.mil/MilFamStudy>