



MILITARY FAMILIES

IMPACT OF DEPLOYMENTS: RESERVE COMPONENT SPOUSES

Results from the 2019 Survey of Reserve Component Spouses



Deployment Statistics for Reserve Spouses

There are 363,462* spouses of Reserve component members. The 2019 Survey of Reserve Component Spouses provides insights into how member deployments impact their spouses.

In the past 2 years...

42% have had their Reserve component member activated

21% have had their Reserve component member deployed for 30 days or more

Top-Cited Issues During Member's Deployments

Includes applicable spouses who indicated that these were problems to any extent.



92%

Increase in stress levels



89%

Loneliness



84%

Feelings of anxiety or depression



85%

Home/car repairs/maintenance and/or yard work

Top-Cited Deployment Coping Factors

Includes applicable spouses who indicated these factors were important to any extent.

100% Ability to communicate with deployed spouse

96% Pre-deployment information

99% Knowing the expected length of deployment

96% Having no change in the length of deployment

96% Deployment pay

92% Level of support family receives from the civilian community

*This data point taken from the 2019 Demographics Report of the United States Military
Sponsored by Military Community and Family Policy, conducted by the Office of People Analytics



50%

Reported that their Reserve component member's deployment was to a combat zone

1.7

Average deployments in last two years

Post-Deployment

13%

of Reserve spouses have had a member return home from a deployment in the past 24 months

77%

of Reserve spouses indicate that readjustment and reintegration are going well for them

53%

of all Reserve spouses support their husband/wife staying in the Reserve even with the possibility of lengthy/frequent deployments

RESOURCES FOR FAMILIES

Military spouses can receive support at no cost, including family life counseling, at:

**MILITARY
ONESOURCE**

800-342-9647

www.militaryonesource.mil