

DEPRESSION AMONG SERVICE MEMBER SPOUSES

Military demands can cause stress for spouses



Geographic separations from their service member

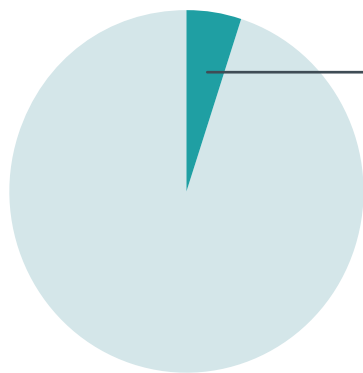


Frequent relocation for new military assignments



Service member deployments into dangerous environments

Most military spouses (95%) are doing well



5% have a probable diagnosis of major depressive disorder

Depression is **4 times more likely** for spouses of service members with PTSD

Factors that increase the likelihood of spouse depression



Less educational attainment



Lack of full-time employment



Prior military service



Large family size



Service member PTSD

Service member PTSD impacts spouse depression



Over a **4-year period**, 14% of spouses of service members with PTSD developed new-onset depression



Service member **effortful avoidance** increased likelihood of spouse depression

How to combat spouse depression

- Be aware of factors that impact depression
- Communicate about service member's PTSD symptoms
- Seek therapy and treatment (e.g., cognitive-behavioral conjoint therapy)

Donoho, C.J., LeardMann, C., O'Malley, C.A., Walter, K.H., Riviere, L.A., Curry, J.F., & Adler, A.B. (2018). Depression among military spouses: Demographic, military, and service member psychological risk factors. *Depression & Anxiety*, 35, 1137–1144.

Walter, K.H., LeardMann, C.A., Carballo, C.E., McMaster, H.S., Donoho, C.J., & Stander, V.A. (under review). Service members' PTSD symptom clusters predict new-onset depression among military spouses.



For more information, go to <http://www.familycohort.org>

The Millennium Cohort Family Study follows nearly 10,000 spouses of junior military personnel for 21 years to help the Department of Defense understand the needs of families and provide better support.

