2019 Survey of Active Duty Spouses (*2019 ADSS*)

Spouse Military Support
Education, Employment, and Financial Status
Deployment and Reintegration
Spouse and Child Well-being

December 2, 2020

Updated March 2024

Background and Demographics
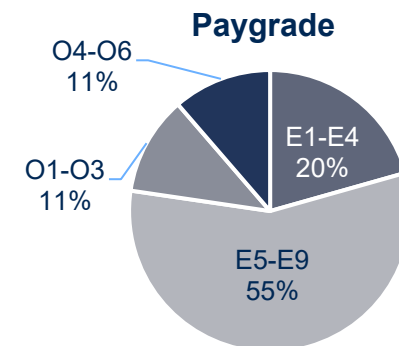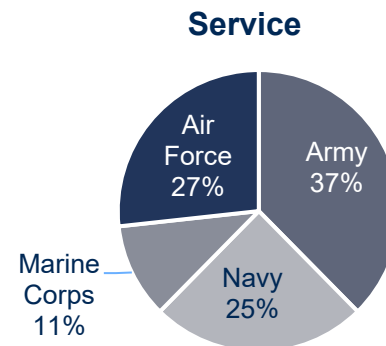
- ## Survey Methods
  - Active Duty Spouse Survey (ADSS) is fielded every two years and uses scientific survey methods
  - 2019 survey was designed to allow comparisons to previous ADSSs
  - ADSS utilizes stratified random sampling and weighting: Results are generalizable to the population of military spouses—only survey of its kind in DoD
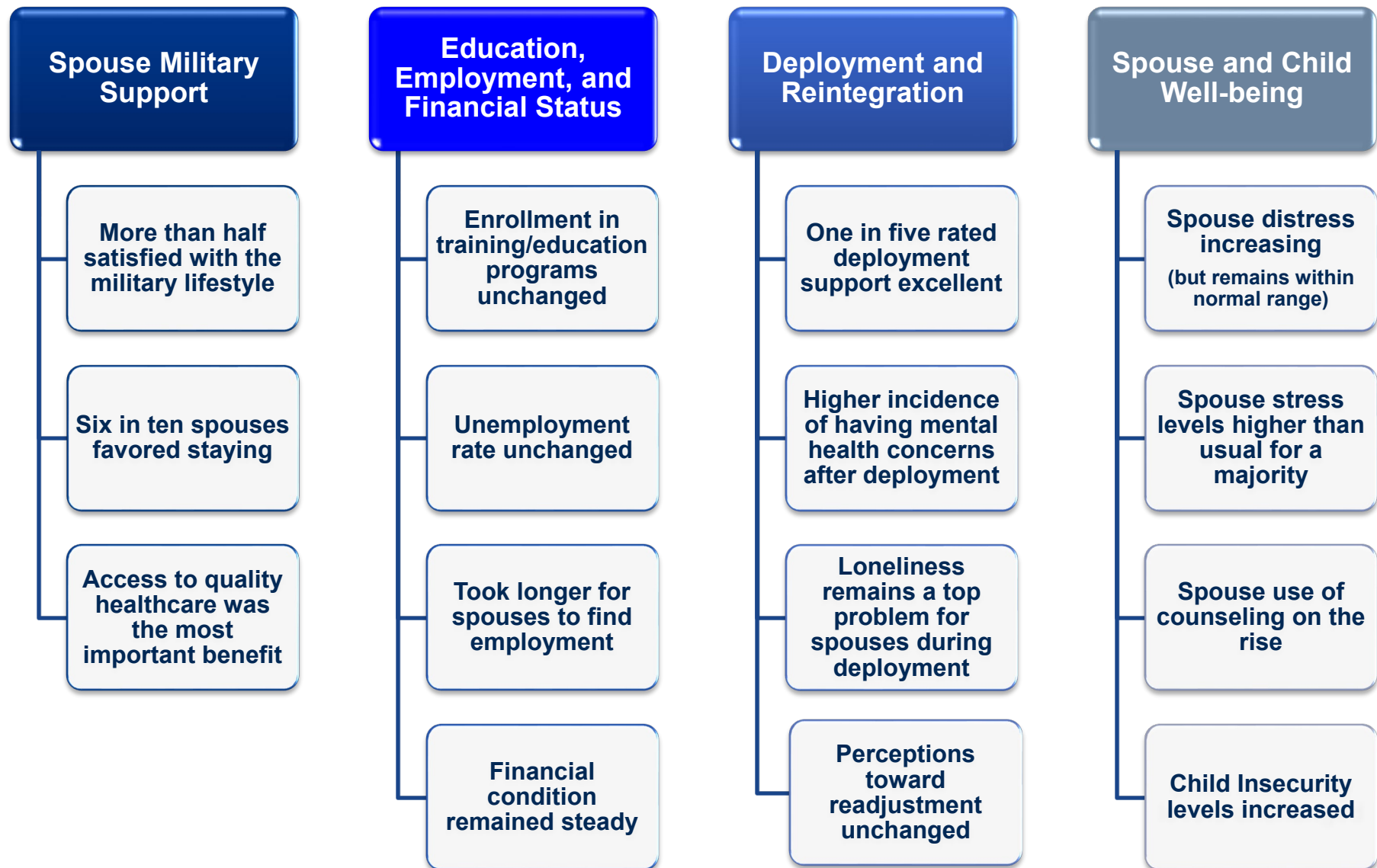
- ## Sample and Response
  - Response rate was 16.5%
  - Sample size was 65,207
  - Survey fielded from July to November 2019
  - Target population for the 2019 ADSS consisted of spouses of active duty members of the Army, Navy, Marine Corps, and Air Force

- ## Key Demographics
  - 67% With Children
  - 88% Female
  - 39% Minority
  - 24% Not Deployed in Career
    - 27% Deployed past 12 months
  - 10% No College, 40% Some College/Vocational Diploma, 33% 4-Year Degree, 17% Graduate/Professional Degree
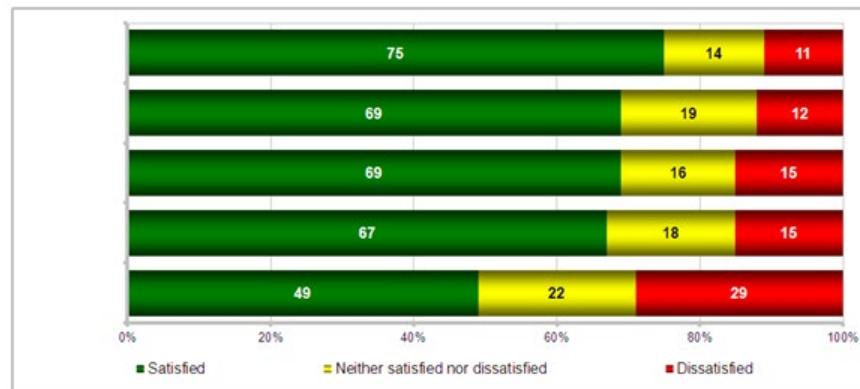
Service

Air Force 27%
Army 37%
Marine Corps 11%
Navy 25%

Paygrade

O4-O6 11%
O1-O3 11%
E1-E4 20%
E5-E9 55%

Results: Overview

Spouse Military Support

- **More than half satisfied with the military lifestyle**
- **Six in ten spouses favored staying**
- **Access to quality healthcare was the most important benefit**

Education, Employment, and Financial Status

- **Enrollment in training/education programs unchanged**
- **Unemployment rate unchanged**
- **Took longer for spouses to find employment**
- **Financial condition remained steady**

Deployment and Reintegration

- **One in five rated deployment support excellent**
- **Higher incidence of having mental health concerns after deployment**
- **Loneliness remains a top problem for spouses during deployment**
- **Perceptions toward readjustment unchanged**

Spouse and Child Well-being

- **Spouse distress increasing (but remains within normal range)**
- **Spouse stress levels higher than usual for a majority**
- **Spouse use of counseling on the rise**
- **Child Insecurity levels increased**

INTRODUCTION
Briefing Includes

- **Graphic displays of overall results**

Margins of error range from ±1% to ±2%
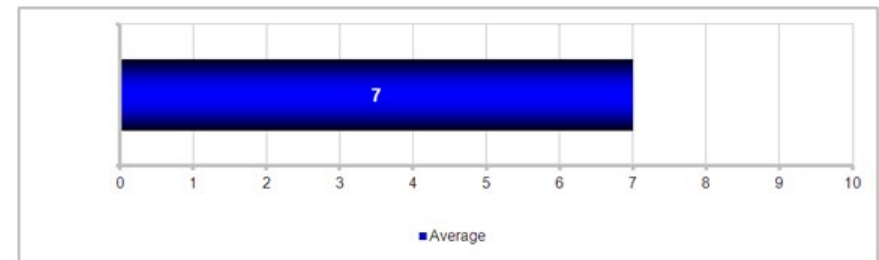
Margins of error do not exceed ±1%

Percentages and means are reported with margins of error based on 95% confidence intervals. The range of margins of error is presented for the question or group of questions/sub items. Where comparisons over years or across groups are shown, <u>only statistically significant</u> differences are highlighted.

INTRODUCTION

- **Trends are shown as estimated percentages or means**
- **Statistical tests are used to compare current results with all previous survey administrations**
  - Highlighted cells reflect **STATISTICALLY SIGNIFICANT** DIFFERENCES
  - Purple cells indicate current survey result is HIGHER
  - Yellow cells indicate current survey result is LOWER

Indicates most recent survey result is statistically significantly higher than past survey result

	YYYY	YYYY	Current Survey
Most recent HIGHER than ▉ Most recent LOWER than ▉			
Total	65	68	68
Army	63	64	69
Navy	67	69	70
Marine Corps	63	71	63
Air Force	66	71	68

Indicates most recent survey result is statistically significantly lower than past survey result

Spouse Military Support
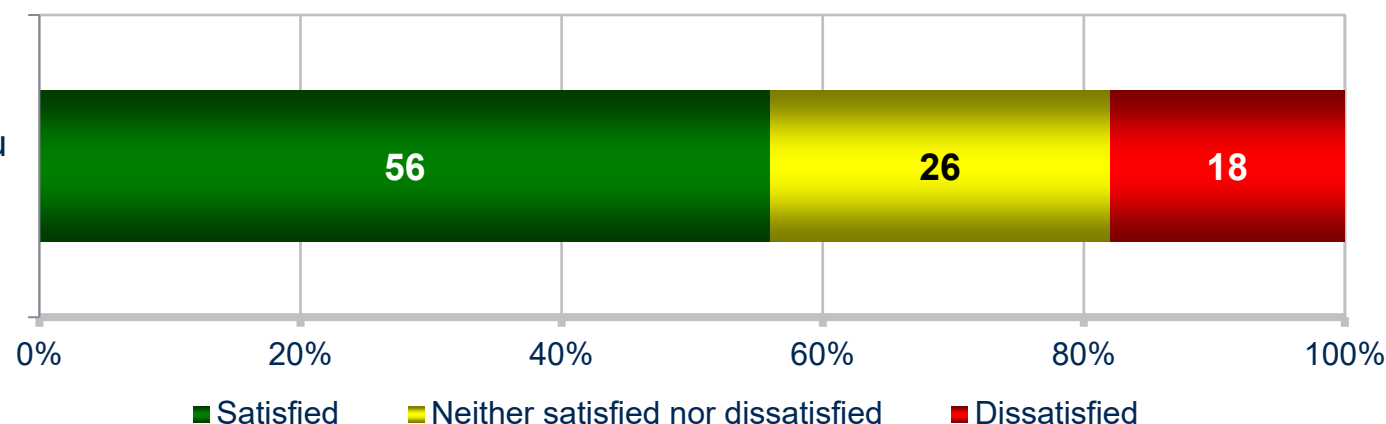
Trends: Spouse Military Support

- **More than half satisfied with the military lifestyle**: 56% satisfied in 2019, significantly lower than 2012–2017

- **Six in ten spouses favor staying**: 59% favored their husband/wife staying in the military, significantly lower than 2012–2015; statistically unchanged since 2017

Satisfaction With Military Way of Life
Percent of All Active Duty Spouses

Overall

Overall, how satisfied are you with the military way of life?

Satisfied	Neither satisfied nor dissatisfied	Dissatisfied
56	26	18

■ Satisfied ■ Neither satisfied nor dissatisfied ■ Dissatisfied

Margins of error do not exceed ±2%

Group Summary

Higher response of *Satisfied* – Air Force (60%); O4-O6 (68%); and those Not in Labor Force (59%)
Higher response of *Dissatisfied* – E1-E4 (23%)

Trends

Satisfied

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	60	56	64	64	60	56
Army	55	50	61	62	60	54
Navy	57	56	62	64	56	54
Marine Corps	59	59	63	60	58	53
Air Force	68	64	72	68	67	60

Margins of error range from ±1% to ±4%

Satisfied

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	60	56	64	64	60	56
E1-E4	45	45	55	53	49	45
E5-E9	61	56	66	65	62	57
O1-O3	65	63	65	67	60	58
O4-O6	78	77	78	76	71	68

Margins of error range from ±1% to ±4%

ADSS 2019 Q81

Support To Stay on Active Duty
Percent of All Active Duty Spouses

Overall

Do you think your spouse should stay on or leave active duty?

I favor staying	**59**
I have no opinion one way or the other	**17**
I favor leaving	**24**

0% — 20% — 40% — 60% — 80% — 100%

■ I favor staying ■ I have no opinion one way or the other ■ I favor leaving
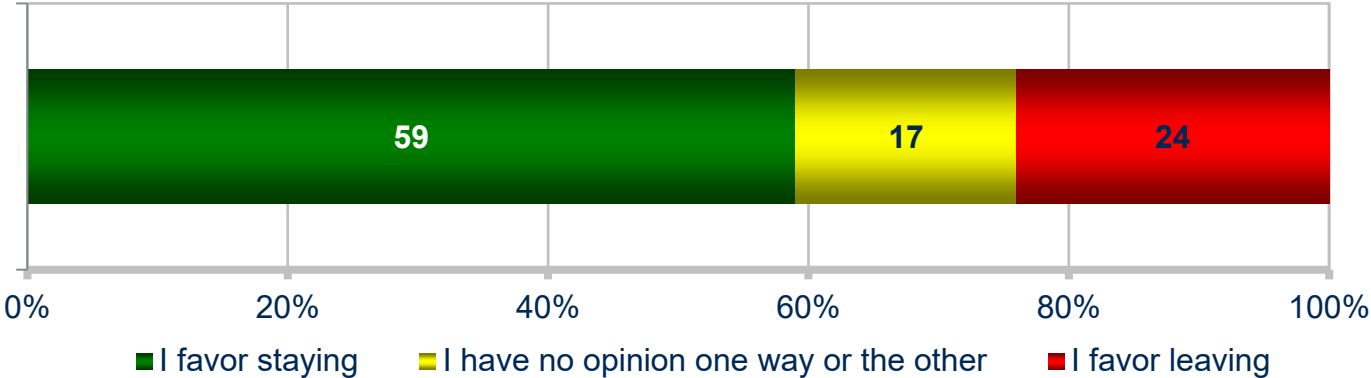
Group Summary

Margins of error do not exceed ±2%

Higher response of *I favor staying* – Air Force (63%); E5-E9 (62%); Not in Labor Force (64%)
Higher response of *I favor leaving* – E1-E4 (27%); O1-O3 (30%); Dual Military (35%)

Trends

Favor Staying

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	61	59	68	66	61	59
Army	56	54	65	65	61	58
Navy	62	60	68	68	60	58
Marine Corps	60	60	67	62	58	57
Air Force	66	63	74	68	64	63

Margins of error range from ±1% to ±4%

Favor Staying

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	61	59	68	66	61	59
E1-E4	50	52	59	56	52	50
E5-E9	64	62	73	70	65	62
O1-O3	64	57	65	64	60	57
O4-O6	65	64	71	70	60	62

Margins of error range from ±1% to ±4%

ADSS 2019 Q82

Importance of Benefits to Spouses and Families
Percent of All Active Duty Spouses

Overall

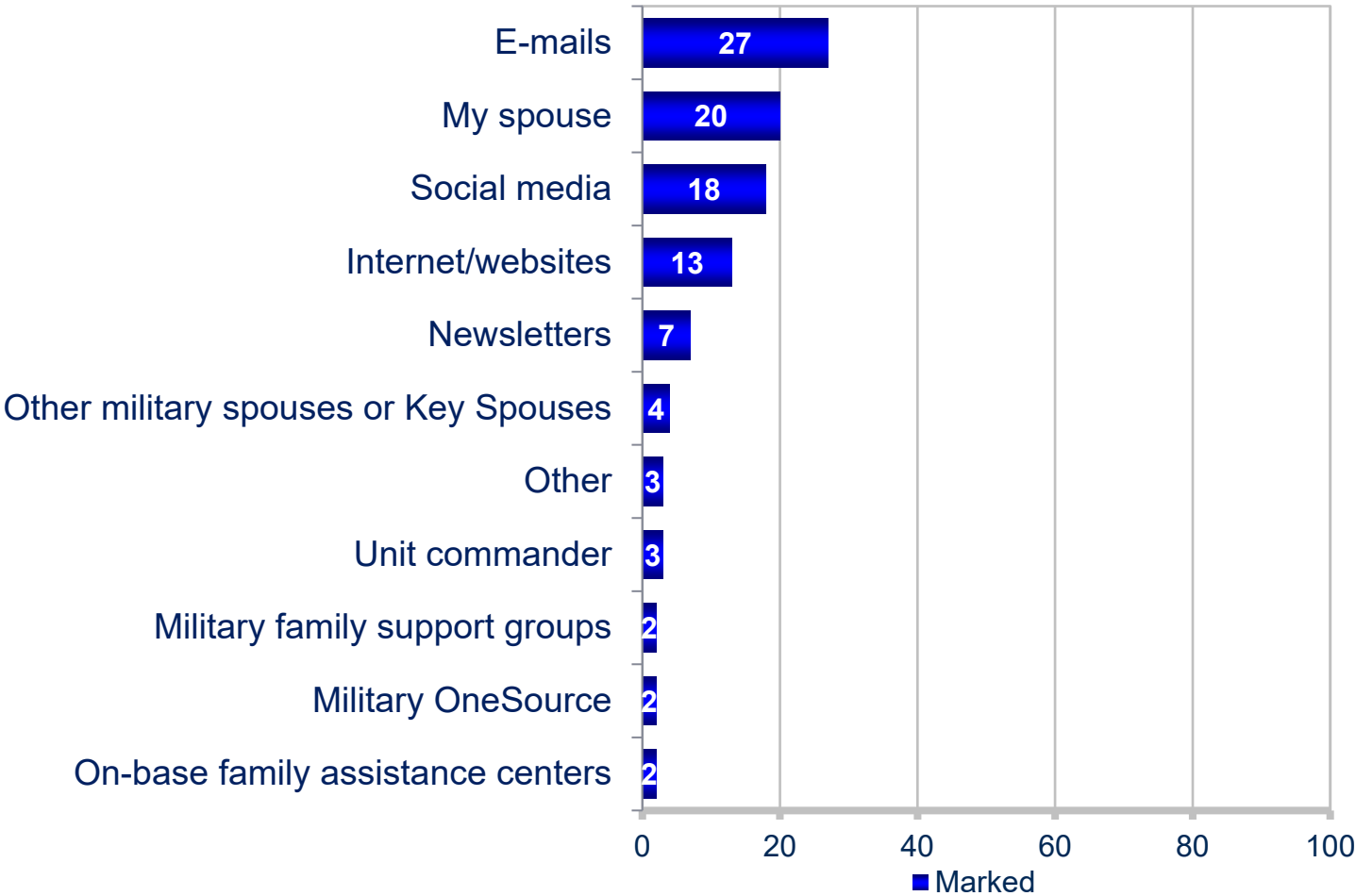| Benefit	Large extent	Moderate/Small extent	Not at all
Access to quality health care	90	9	1
Secure employment for my spouse	89	8	3
A good retirement plan	88	10	2
Health care in retirement	87	11	2
Ability to buy a home	68	25	7
Recreation, fitness, and entertainment activities	54	36	10
Opportunities for travel	52	38	10
Opportunities for my career development	52	28	20
Opportunities for my education	49	31	20
Savings on groceries (commissaries)	48	36	16
Savings on retail merchandise (exchanges)	42	41	17

Margins of error range from ±1% to ±2%

ADSS 2019 Q85

Preferred Method of Communication About Programs and Services
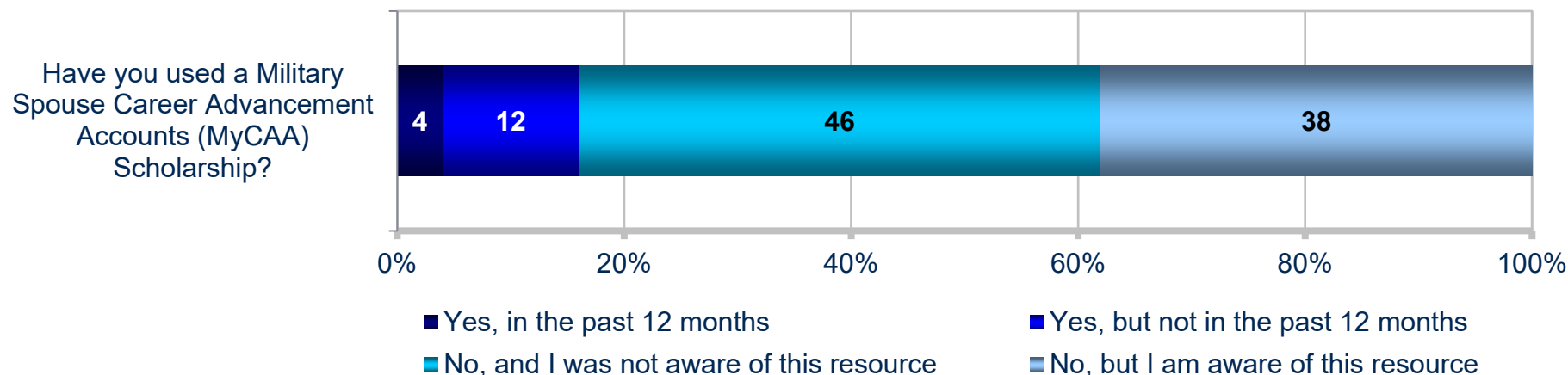
Percent of All Active Duty Spouses

Overall

Method	Marked
E-mails	27
My spouse	20
Social media	18
Internet/websites	13
Newsletters	7
Other military spouses or Key Spouses	4
Other	3
Unit commander	3
Military family support groups	2
Military OneSource	2
On-base family assistance centers	2

■ Marked

ADSS 2019 Q117

Margins of error range from ±1% to ±2%

Education, Employment, and Financial Status

Trends: Education

- Enrollment in school or training programs was steady: 23% of spouses were enrolled at the time of the survey, similar to past surveys since 2015

  – 41% of spouses were not enrolled but would like to be

- *"Opportunities for my education"* was rated as an important benefit 'to a large extent' for 49% of spouses

- Spouses with children between ages 1–2 had greater odds (1.66) of not being enrolled in education programs than spouses with no children

- Using childcare services associated with reduced odds of enrollment in education

Use of Military Spouse Career Advancement Accounts (MyCAA) Scholarship
Percent of All Active Duty Spouses

Have you used a Military Spouse Career Advancement Accounts (MyCAA) Scholarship?

4	
12	
46	
38	

0%　　20%　　40%　　60%　　80%　　100%

- ■ Yes, in the past 12 months
- ■ Yes, but not in the past 12 months
- ■ No, and I was not aware of this resource
- ■ No, but I am aware of this resource

Margins of error range from ±1% to ±2%

- **Main Reason for Not Using a Military Spouse Career Advancement Accounts (MyCAA) Scholarship**

  1. I am not eligible because of my husband/wife's rank (42%)

  2. I have limited time for additional education/training because of family/personal obligations (20%)

  3. I need education, training, or testing not covered by MyCAA (18%)

ADSS 2019 Q15

Main Reason for Not Using a Military Spouse Career Advancement Accounts (MyCAA) Scholarship (Continued)

Percent of Active Duty Spouses Who Did Not Use a MyCAA Scholarship But Who Are Aware of the Resource

Trends

Marked

Most recent HIGHER than ▉ Most recent LOWER than ▉	2015	2017	2019
I am not eligible because of my husband/wife's rank	38	40	42
I have limited time for additional education/training because of family/personal obligations	24	21	20
I need education, training, or testing not covered by MyCAA	17	17	18
I am not interested in additional education/training	11	12	12
I do not feel that additional education/training are important for my career	4	5	4
I will not be eligible long enough to use MyCAA (e.g., spouse promoted or leaving the military)	5	5	4

Margins of error range from ±1% to ±3%

Group Summary

More likely to mark

I am not eligible because of my husband/wife's rank – Army (46%); E5-E9 (50%); O4-O6 (63%)

I have limited time for education/training because of family/personal obligations – E1-E4 (38%); Not in Labor Force (25%)

*I need education, training, or testing not covered by MyCAA* – E1-E4 (32%)

I am not interested in additional education/training – Air Force (16%); Not in Labor Force (16%); Dual Military (23%)

ADSS 2019 Q17

Enrollment in School/Training
Percent of All Active Duty Spouses

Overall

Are you currently enrolled in school/training?

23	36	41

0%　　20%　　40%　　60%　　80%　　100%

■ Yes　　■ No, I do not want or need to be　　■ No, but I would like to be
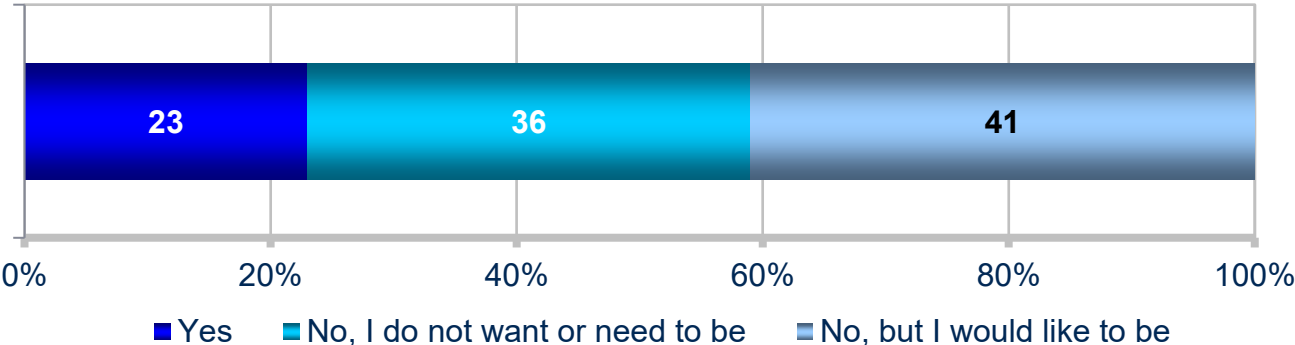
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Group Summary

Higher response of

Yes – E1-E4 (28%); E5-E9 (25%); Unemployed (28%); Dual Military (37%)

No, I do not want/need to be – Air Force (40%); O1-O3 (52%); O4-O6 (63%); Employed (40%); Not in Labor Force (40%)

No, but I would like to be – E1-E4 (49%); Unemployed (50%)

Trends

No, But I Would Like to Be

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	43	43	43	41
Army	44	44	44	43
Navy	45	44	45	42
Marine Corps	43	44	45	40
Air Force	40	40	41	37

Margins of error range from ±1% to ±4%

No, But I Would Like to Be

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	43	43	43	41
E1-E4	46	49	48	49
E5-E9	46	45	47	42
O1-O3	32	32	31	33
O4-O6	31	30	27	28

Margins of error range from ±1% to ±4%

ADSS 2019 Q18

Reasons for Not Attending School/Training

Percent of Active Duty Spouses Who Are Not Currently Enrolled in School/Training and Who Would Like to be Enrolled in School/Training

Overall

Reason	Yes
Costs of education	73
Family responsibilities	69
Hours/location are not convenient	49
Expense of child care	48
Availability of child care	42
Conflicts with my work schedule	39
My spouse's deployments make it difficult to attend school/training	37
I move too often	32
I am a caregiver to a family member	17
Other	15
Transportation problems	12

■ Yes

ADSS 2019 Q20
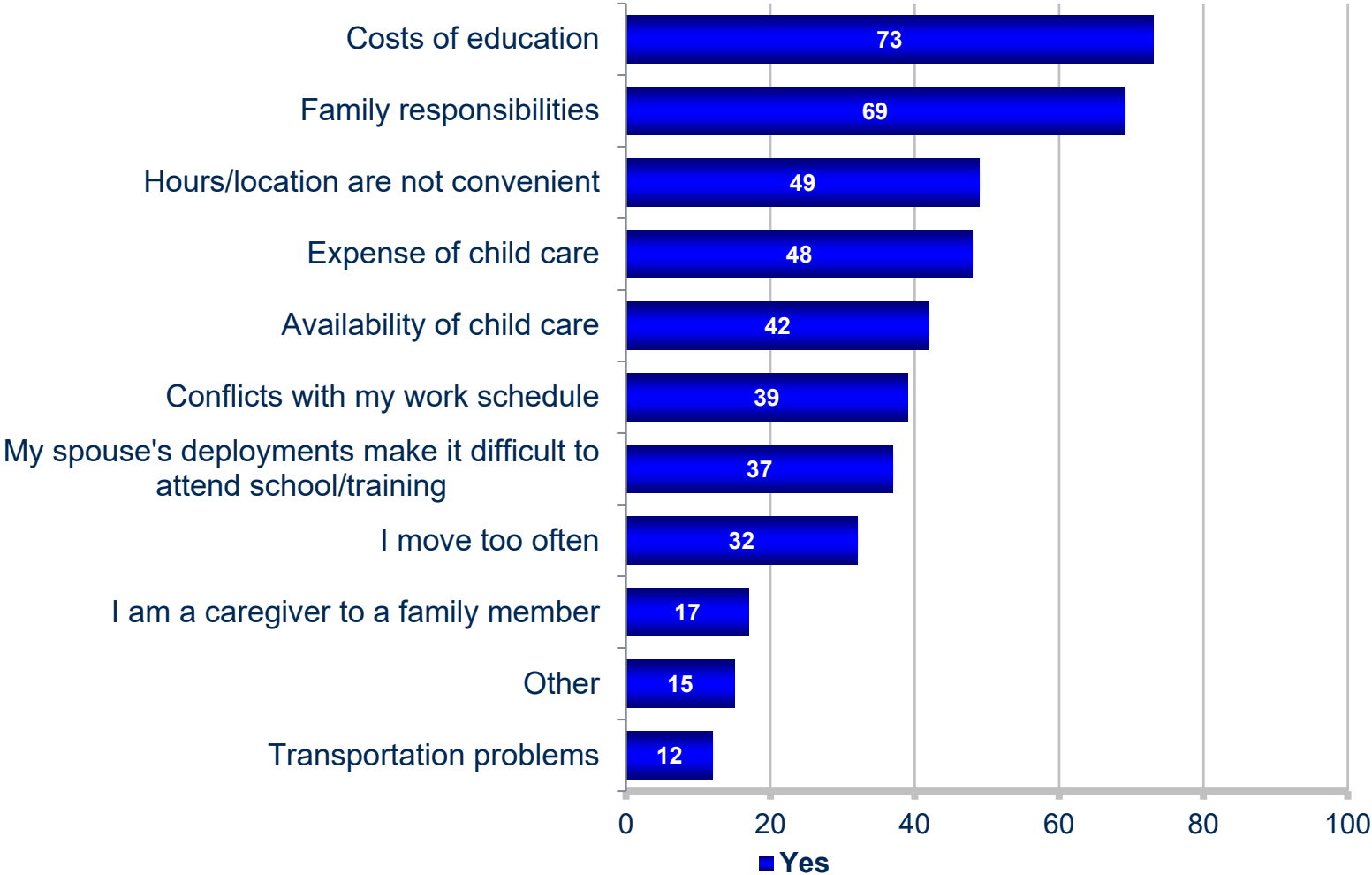
Margins of error range from ±2% to ±3%

Barriers to Spouse Education for Those Who Would like To be Enrolled
Logistic Regression Analyses: Individual Predictors of <u>Non-Enrollment</u> in Education Programs

Category	Predictor	Effect Size (Odds Ratios) >1 = Higher Odds	95% CI Lower Bound	95% CI Upper Bound
Employment <u>Reference group</u>: Unemployed	Employed, military	0.55 ⬇	0.40	0.75
Family <u>Reference group</u>: No children	Child 1 to less than 2 years old	1.66 ⬆	1.17	2.35
Child Care Use[1] <u>Reference group</u>: Do not use child care	Any child care	0.58 ⬇	0.46	0.72
	On-base child care	0.48 ⬇	0.34	0.66
	Off-base child care	0.61 ⬇	0.48	0.78

> Spouses with children between ages 1–2 had greater odds of not being enrolled in education programs than spouses with no children. Using childcare services was positively associated with enrollment in education and training programs.

Note: These logistic regression analyses controlled for member service and paygrade, and spouse education level, race/ethnicity, gender, and age. Only statistically significant ($p < .01$) odds ratios are graphically presented. This analysis includes only spouses who were enrolled or wanted to be enrolled in education. The predictor variables are separate models; the data are presented to show the controlled impact of these predictors irrespective of the presence of the other key predictor variables.
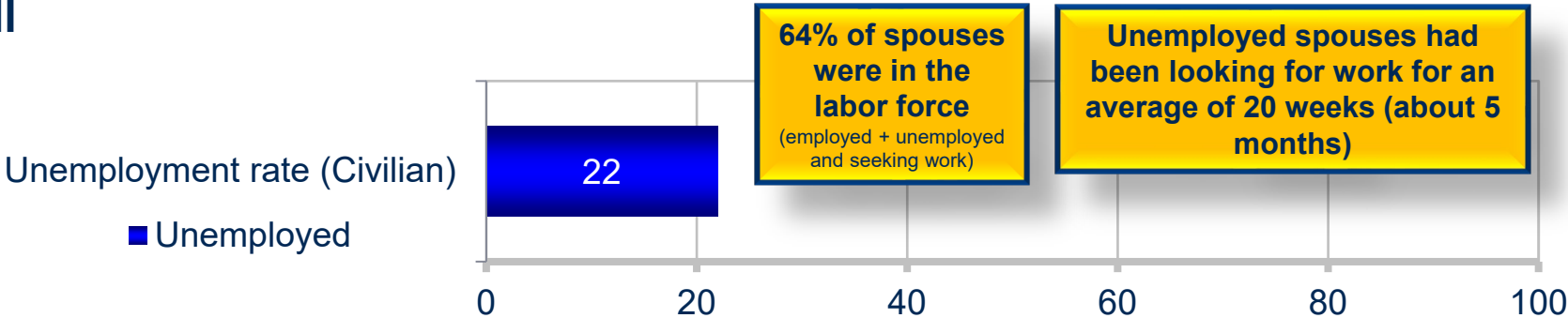[1]These models include only spouses with children.

Trends: Spouse Employment/Unemployment and Financial Status

- Spouse unemployment rate was 22% in 2019 (statistically the same as 24% in 2017 and each survey year back to 2012)

- 56% of spouses were employed in their area of education or training

- PCS move in the past year (2.30) and having children (1.74) associated with increased odds of unemployment

- Off-base housing associated with decreased odds of unemployment (.57)

- Financial condition statistically unchanged from 2017 and 2015: 70% reported a comfortable financial condition in 2019, higher than 2006–2012

Unemployment Rate (Civilian)
Percent of Active Duty Spouses Who Are in the Labor Force (Excluding Spouses of Warrant Officers and Dual Military Spouses)

Overall

64% of spouses were in the labor force (employed + unemployed and seeking work)

Unemployed spouses had been looking for work for an average of 20 weeks (about 5 months)

Unemployment rate (Civilian)

■ Unemployed

| 22 |

0　　20　　40　　60　　80　　100

Margins of error do not exceed ±2%

Group Summary

Higher rates of *Unemployment* – E1-E4 (27%); Female (23%); Minority Race/Ethnicity (29%); Less Than 26 Years Old; (27%); PCS in Past 12 Months (35%); With Children (25%); No College (33%); Some college/Vocational Diploma (26%)

Unemployment statistically unchanged since 2012

Trends

Unemployed

Most recent HIGHER than ■ Most recent LOWER than □	2006	2008	2012	2015	2017	2019
Total	18	17	25	23	24	22
Army	22	20	28	28	28	25
Navy	17	15	23	19	21	21
Marine Corps	18	20	29	23	25	23
Air Force	15	13	20	19	19	21

Margins of error range from ±2% to ±5%

Unemployed

Most recent HIGHER than ■ Most recent LOWER than □	2006	2008	2012	2015	2017	2019
Total	18	17	25	23	24	22
E1-E4	26	26	33	30	29	27
E5-E9	16	14	23	22	23	22
O1-O3	13	16	23	17	18	17
O4-O6	13	10	14	18	19	18

Margins of error range from ±2% to ±5%

ADSS 2019 Q22-Q25, Q27

Main Reason for Not Looking for Work
Percent of Active Duty Spouses Who Are Not in the Labor Force

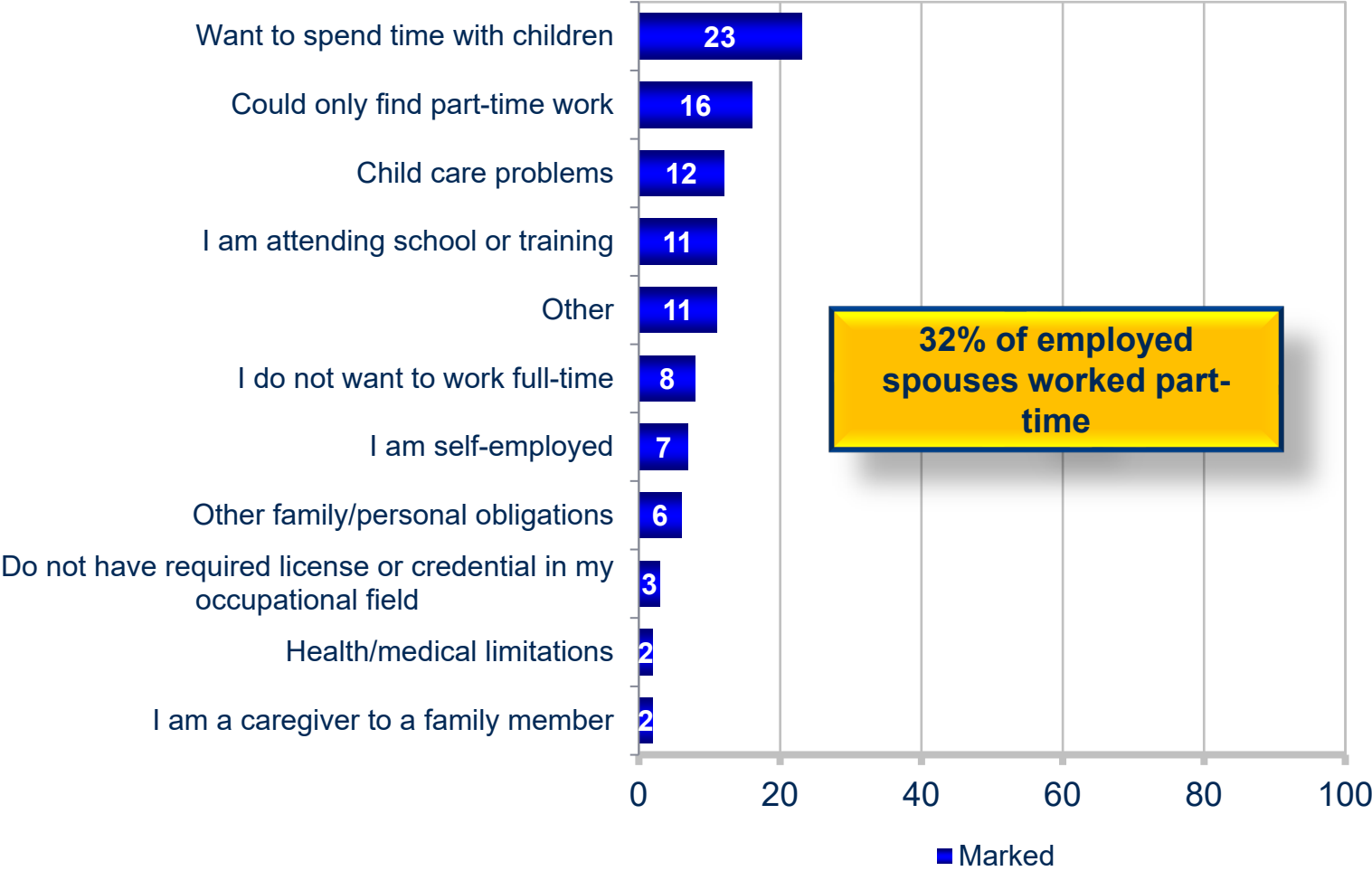| Reason	Marked
I want to be able to stay home to care for my children	35
Child care is too costly	14
Other	12
I am attending school or other training	8
I am preparing for/recovering from a PCS move	6
I stay home to homeschool my children	6
I am not physically prepared to work (e.g., pregnant, sick, disabled)	4
I do not want to work	3

■ Marked

Margins of error range from ±1% to ±3%
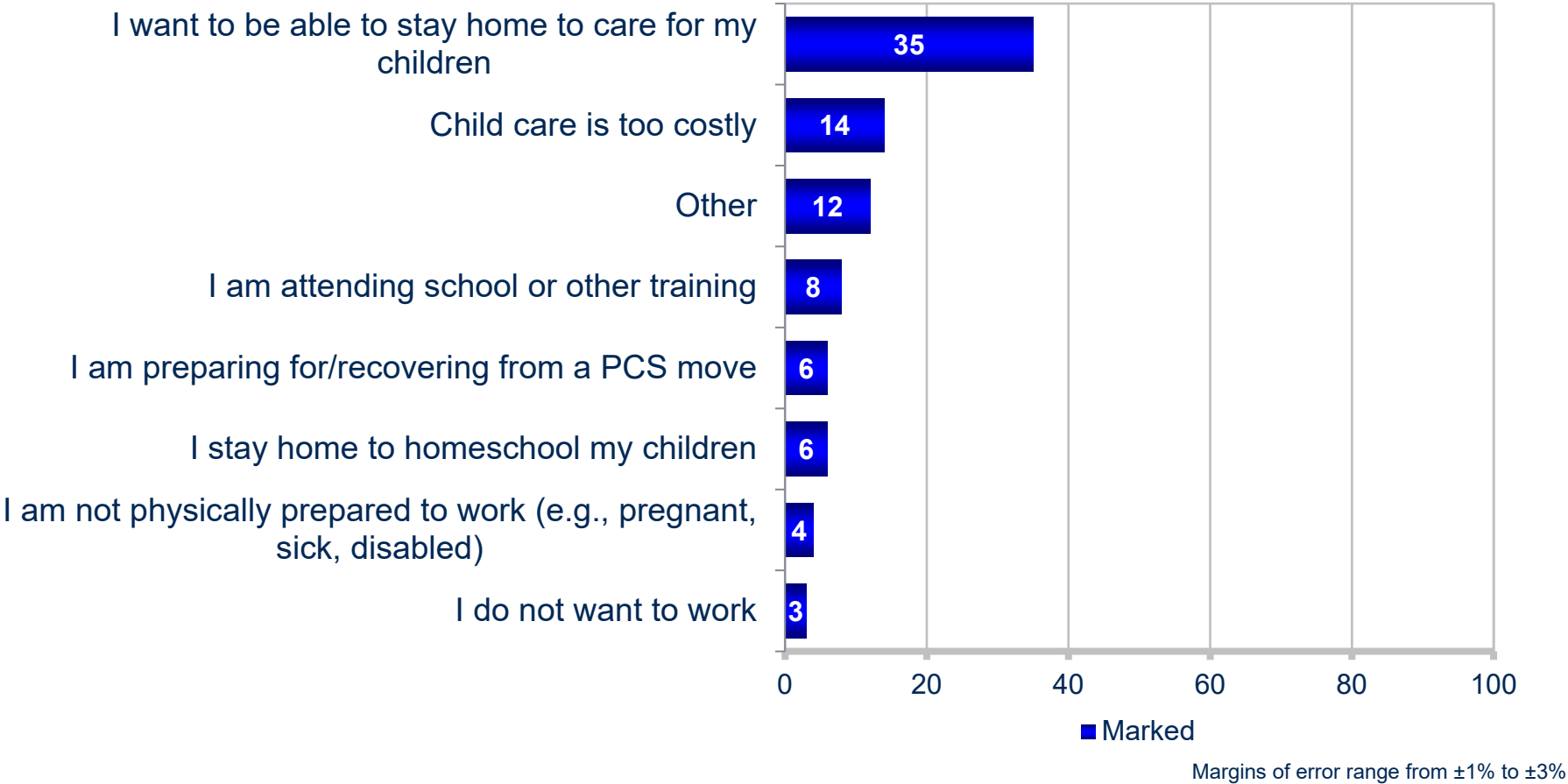
Note: Other reasons include being a caregiver for a family member; unable to work during deployments; child care unavailable; no jobs in career field in current location; cannot find work that matches skills; lack the necessary schooling, training, or skills; lack the necessary work experience; husband/wife does not want them to work.

[1]Rate based on the Overall Employment Status, which includes dual military spouses and spouses of warrant officers.

ADSS 2019 Q22-Q25, Q26

Main Reason for Working Part-Time
Percent of Active Duty Spouses Who Are Employed Part-Time (Less Than 35 Hours/Week)

| Reason	Marked
Want to spend time with children	23
Could only find part-time work	16
Child care problems	12
I am attending school or training	11
Other	11
I do not want to work full-time	8
I am self-employed	7
Other family/personal obligations	6
Do not have required license or credential in my occupational field	3
Health/medical limitations	2
I am a caregiver to a family member	2

32% of employed spouses worked part-time

■ Marked

Margins of error range from ±1% to ±3%

ADSS 2019 Q29, Q30

Percent Employed Within Area of Education or Training
Percent of Active Duty Spouses Who Are Employed or Currently Serving in the Military

Overall

Are you currently employed within the area of your education or training?

Yes	56

(Bar chart axis: 0, 20, 40, 60, 80, 100)

■ Yes
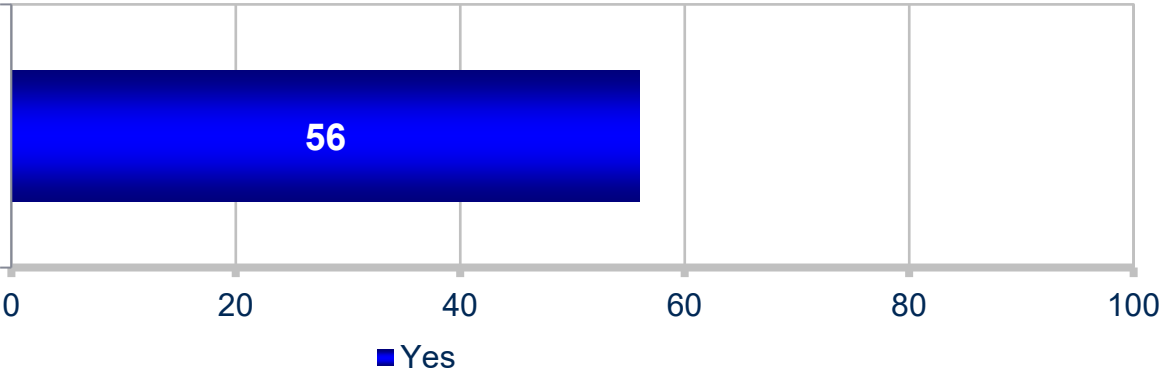
Margins of error do not exceed ±2%

Group Summary

Higher response of *Yes* – O1-O3 (67%); O4-O6 (69%); Dual Military (62%)

Trends

Yes

Most recent HIGHER than ■ Most recent LOWER than ■	2015	2017	2019
Total	56	56	56
Army	53	54	52
Navy	59	59	59
Marine Corps	51	50	54
Air Force	59	57	57

Margins of error range from ±2% to ±5%

Yes

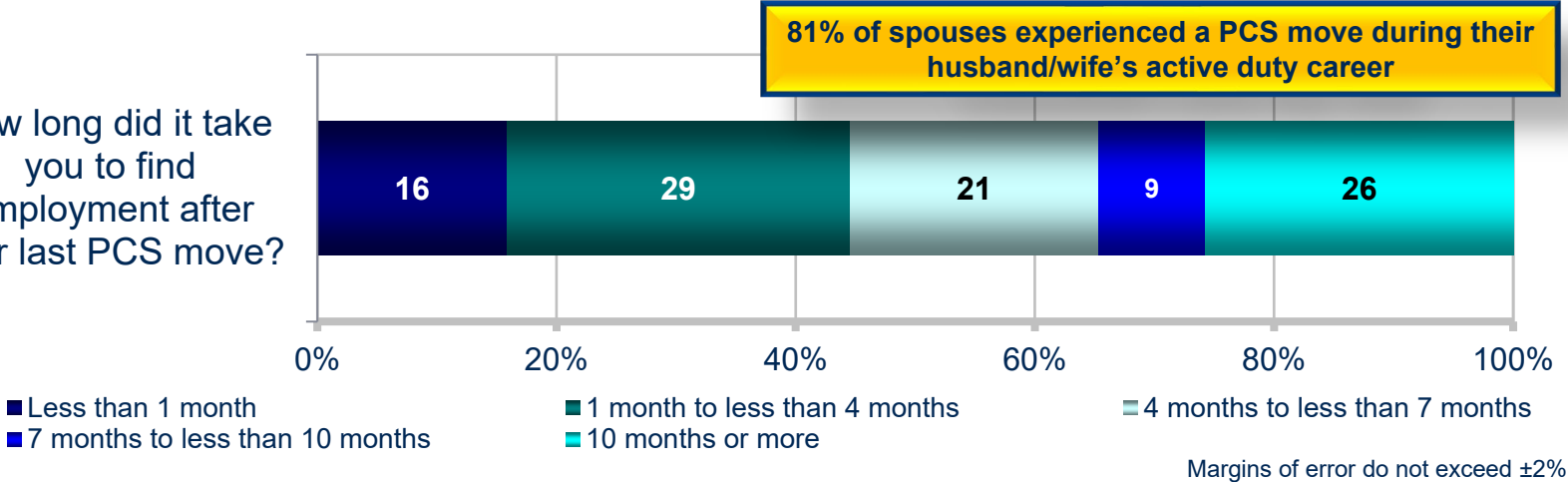| Most recent HIGHER than ■ Most recent LOWER than ■	2015	2017	2019
Total	56	56	56
E1–E4	44	44	44
E5–E9	57	56	55
O1–O3	66	68	67
O4–O6	68	68	69

Margins of error range from ±2% to ±5%

ADSS 2019 Q35

Time Taken To Find Employment After Last Permanent Change of Station (PCS) Move

Percent of Applicable Active Duty Spouses Who Experienced a PCS Move

Overall

How long did it take you to find employment after your last PCS move?

81% of spouses experienced a PCS move during their husband/wife's active duty career

| 16 | 29 | 21 | 9 | 26 |

0%   20%   40%   60%   80%   100%

- ■ Less than 1 month
- ■ 7 months to less than 10 months
- ■ 1 month to less than 4 months
- ■ 10 months or more
- ▨ 4 months to less than 7 months

Margins of error do not exceed ±2%

Group Summary

Higher response of *Less than 1 month* – O1-O3 (20%); Employed (18%), *1 month to less than 4 months* – E1-E4 (35%); Employed (32%), *7 months to less than 10 months* – Air Force (12%); E5-E9 (10%), *10 months or more* – E5-E9 (28%); Unemployed (53%)

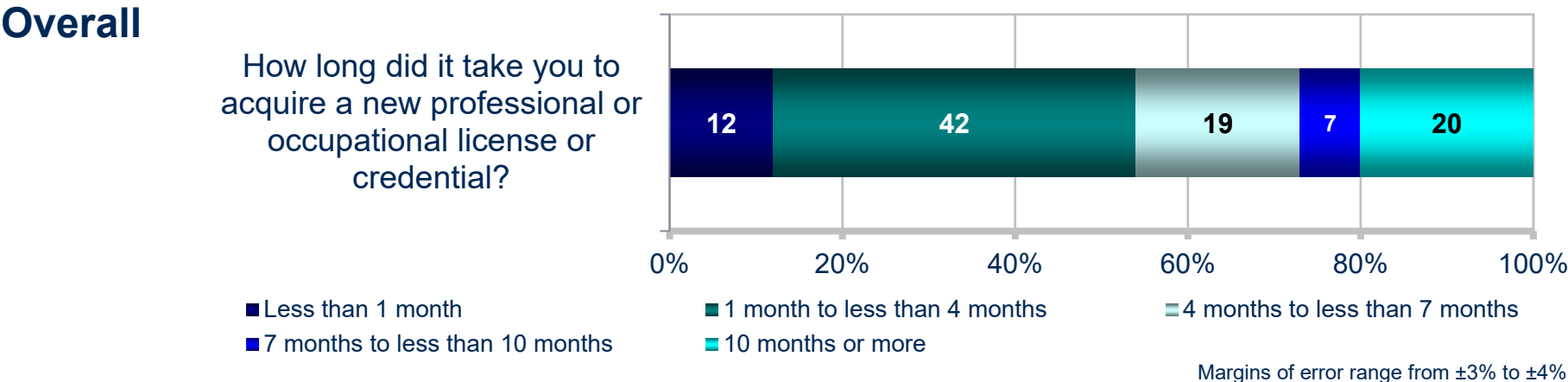## Trends

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Less than 1 month	14	11	15	16
1 month to less than 4 months	27	27	26	29
4 months to less than 7 months	21	23	20	21
7 months to less than 10 months	9	11	10	9
10 months or more	28	27	30	26

Margins of error do not exceed ±2%

ADSS 2019 Q44

Time Taken to Acquire New Professional License/Credential After PCS
Percent of Active Duty Spouses Who Experienced a PCS Move and Who Acquired a New Professional License/Credential

Overall

How long did it take you to acquire a new professional or occupational license or credential?

12	42	19	7	20

0%   20%   40%   60%   80%   100%

- ■ Less than 1 month
- ■ 1 month to less than 4 months
- ■ 4 months to less than 7 months
- ■ 7 months to less than 10 months
- ■ 10 months or more

Margins of error range from ±3% to ±4%

Group Summary

Higher response of *1 month to less than 4 months* – O1-O3 (53%)

Trends

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Less than 1 month	15	14	13	12
1 month to less than 4 months	36	36	40	42
4 months to less than 7 months	20	20	20	19
7 months to less than 10 months	6	8	6	7
10 months or more	24	22	21	20

Margins of error range from ±3% to ±4%

Of the 81% who have experienced a PCS move, 30% acquired a new professional license/credential after their last PCS move

ADSS 2019 Q45, Q46

Impact of Military and Family Factors on Spouse Unemployment within Members of the Labor Force

Logistic Regression Analyses: Individual Predictors of Spouse <u>Unemployment</u>

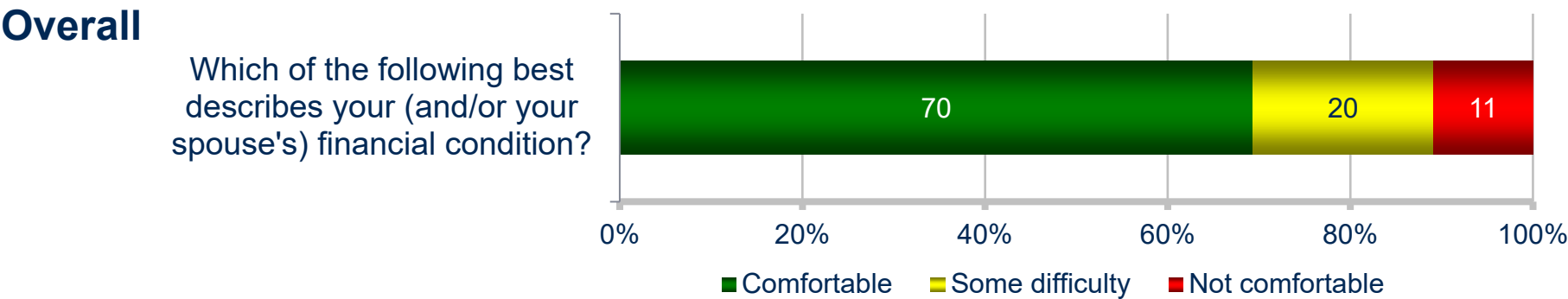| Category	Predictor	Effect Size (Odds Ratios) >1 = Higher Odds	95% CI Lower Bound	95% CI Upper Bound
PCS Recency/Frequency <u>Reference group</u>: Never PCSed	PCS move in past year	**2.30** ⬆	1.75	3.02
Family <u>Reference group</u>: No children	Child 1 to less than 2 years	**2.03** ⬆	1.33	3.10
	Child 2-5 years	**2.04** ⬆	1.52	2.73
	Child 6-13 years	**1.73** ⬆	1.35	2.22
	Any children	**1.74** ⬆	1.41	2.15
	One child	**1.62** ⬆	1.26	2.09
	Multiple children	**1.84** ⬆	1.46	2.32
Housing <u>Reference group</u>: On-base housing	Off-base housing	**0.57** ⬇	0.46	0.70

> <u>**A PCS move in the past year**</u> **and** <u>**having children**</u> **are associated with** *increased odds* **of unemployment, while** <u>**off-base housing**</u> **is associated with** *decreased odds* **of unemployment**

Note: These logistic regression analyses controlled for member service and paygrade, spouse education level, race/ethnicity, gender, and age. Only statistically significant ($p < .01$) odds ratios are graphically presented. The predictor variables indicated by reference groups are separate models; the data are presented to show the controlled impact of these predictors irrespective of the presence of the other key predictor variables. In this table, though all subitems under Family share the same reference group, child age and number of children were separate models. These results are only of spouses who were either employed or seeking employment.

Overall Financial Condition
Percent of All Active Duty Spouses

Overall

Which of the following best describes your (and/or your spouse's) financial condition?

70	20	11

0% 20% 40% 60% 80% 100%

■ Comfortable   ■ Some difficulty   ■ Not comfortable

Group Summary

Margins of error range from ±1% to ±2%

Higher response of *Comfortable* – Air Force (75%); O1-O3 (89%); O4-O6 (92%); Employed (73%), Dual Military (85%)

Higher response of *Not comfortable* – E1-E4 (19%); Unemployed (22%)

Trends

Comfortable

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	63	62	64	72	71	70
Army	62	58	60	69	69	67
Navy	61	60	65	71	72	70
Marine Corps	57	59	61	69	65	68
Air Force	66	70	73	78	78	75

Margins of error range from ±1% to ±4%

Comfortable

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	63	62	64	72	71	70
E1-E4	45	45	48	59	57	52
E5-E9	61	61	63	69	70	67
O1-O3	83	83	87	90	89	89
O4-O6	89	89	92	92	93	92

Margins of error range from ±1% to ±4%

ADSS 2019 Q123

Financial Problems in Past 12 Months
Percent of All Active Duty Spouses

Overall

Had personal relationship problems with your partner due to finances — 21
Borrowed money from family and/or friends to pay bills — 13
Had to pay overdraft fees to your bank or credit union two times or more — 11
Failed to make a monthly/minimum payment on credit card/AAFES/NEXCOM account/Military Star Card — 9
Took money out of a retirement fund or investment to pay living expenses — 9
Was pressured to pay bills by stores, creditors, or bill collectors — 8
Used a local food pantry — 5
Failed to make a car payment — 4

■ Yes

Margins of error range from ±1% to ±2%

ADSS 2019 Q127

Deployment and Reintegration

Trends: Deployment and Reintegration

- One in five rate deployment support as excellent: 19% indicated *excellent/very good* military support during member's most recent deployment, lower than 2015; statistically unchanged since 2017

- Concerns about member's mental health following deployment were statistically higher in 2019 at 14% than in 2017

- Perceptions regarding readjustment unchanged since 2017: 23% indicated a *difficult* readjustment to member's return from deployment, higher than 2015 but statistically not different than 2017
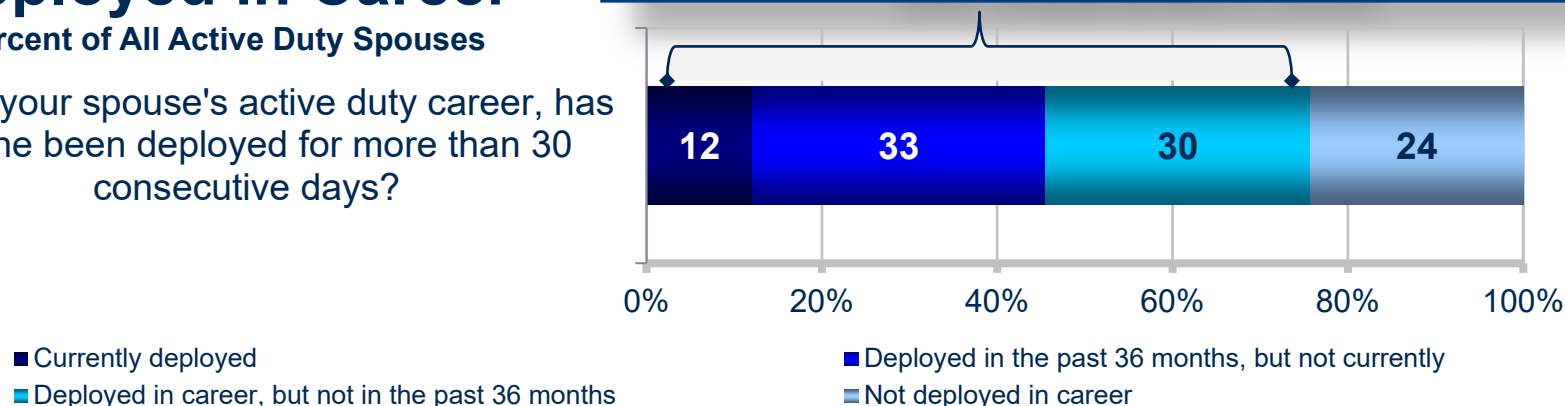
Deployment

Overall

Deployed in Career
Percent of All Active Duty Spouses

During your spouse's active duty career, has he/she been deployed for more than 30 consecutive days?

76% of spouses have experienced a deployment in their husband/wife's career

12	33	30	24

0%   20%   40%   60%   80%   100%

■ Currently deployed   ■ Deployed in the past 36 months, but not currently
■ Deployed in career, but not in the past 36 months   ■ Not deployed in career
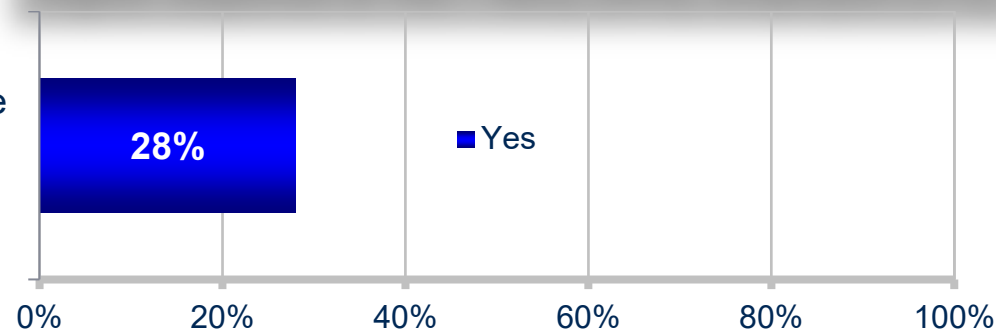
Margins of error range from ±1% to ±2%

Deployed in Last 12 Months
Percent of All Active Duty Spouses

Within the past 12 months, has your spouse been on deployment for more than 30 consecutive days?

Higher response of Yes – Navy (34%); Employed (31%)

28%   ■ Yes

0%   20%   40%   60%   80%   100%

Margins of error do not exceed ±2%

ADSS 2019 Q88 and Q89

Deployment to a Combat Zone
Percent of Active Duty Spouses Whose Husband/Wife Had Been Deployed

Overall

48% of members who had been deployed were deployed to a combat zone

Was your spouse's most recent deployment to a combat zone?

52	29	19

0%   20%   40%   60%   80%   100%

■ No   ■ Yes, deployed to Iraq/Afghanistan   ▥ Yes, deployed to another combat zone
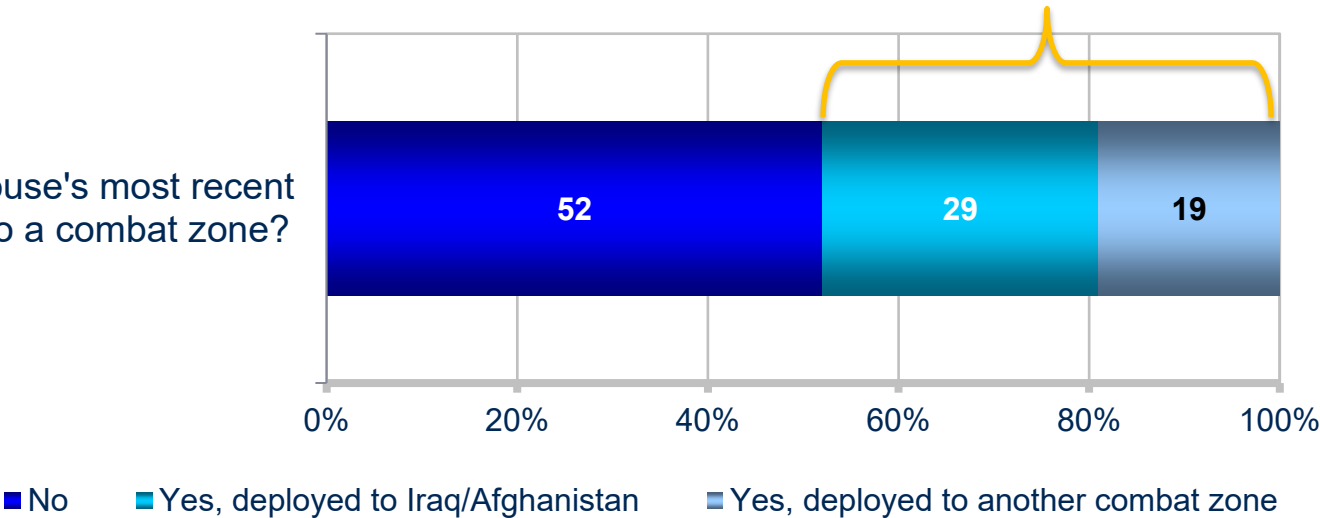
Margins of error do not exceed ±2%

Group Summary

Higher response of
No – Navy (70%); Marine Corps (60%); E1-E4 (71%)

Yes, deployed to Iraq/Afghanistan – Army (46%); O4-O6 (45%)

Yes, deployed to another combat zone – Navy (22%); Air Force (24%)
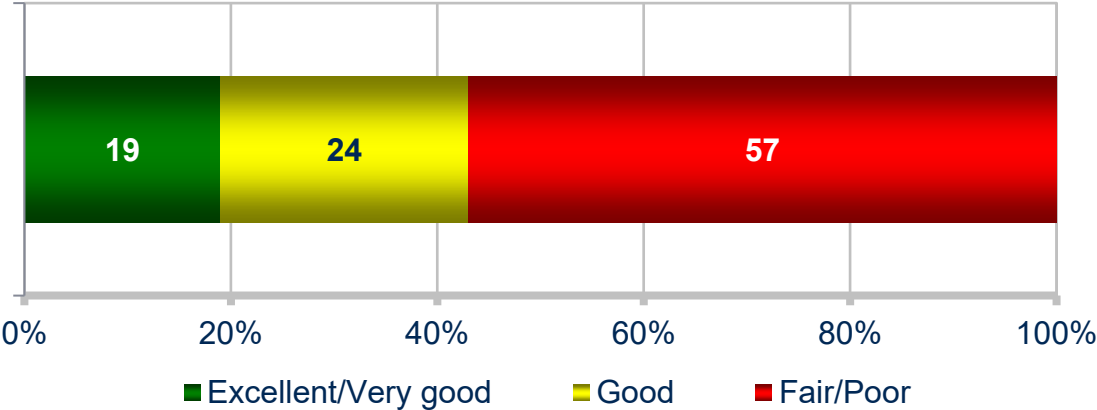
ADSS 2019 Q95

Military Support During Husband/Wife's Most Recent Deployment
Percent of Active Duty Spouses Whose Husband/Wife Had Been Deployed

Overall

How would you rate the military support your family received during your spouse's deployment?

19	24	57

0%　20%　40%　60%　80%　100%

■ Excellent/Very good　■ Good　■ Fair/Poor

Margins of error do not exceed ±2%

Group Summary

Higher response of *Excellent/Very good* – O4-O6 (24%),
Higher response of *Fair/Poor* – Army (60%); Unemployed (66%)

Trends

Excellent/Very good

Most recent HIGHER than ■ Most recent LOWER than ■	2015	2017	2019
Total	23	19	19
Army	21	19	16
Navy	23	20	20
Marine Corps	22	22	21
Air Force	25	19	19

Margins of error range from ±2% to ±4%

Excellent/Very good

Most recent HIGHER than ■ Most recent LOWER than ■	2015	2017	2019
Total	23	19	19
E1-E4	18	16	19
E5-E9	22	18	18
O1-O3	27	23	19
O4-O6	31	27	24

Margins of error range from ±2% to ±4%

ADSS 2019 Q99

Changes in Husband/Wife After Return Home
Percent of Active Duty Spouses Whose Husband/Wife Returned From Deployment

Overall

> Of the 87% of spouses whose husband/wife returned from deployment, the average amount of time since their return was 38.3 months and 48% returned from a combat zone

Change	Large extent	Moderate/Small extent	Not at all
Appreciate family and friends more	20	53	26
Have trouble sleeping	20	33	47
Appreciate life more	17	48	35
Be more emotionally distant	16	36	48
Get angry faster	16	31	53
Have mental health concerns	14	25	60
Show negative personality changes	13	30	56

■ Large extent   ■ Moderate/Small extent   ■ Not at all

Margins of error range from ±1% to ±2%

Note: Other changes include: have difficulty adjusting; drink more alcohol; show positive personality changes; have more confidence; be different in another way; take more risks with his/her safety; have difficulty with day-to-day activities.

ADSS 2019 Q108

Changes in Husband/Wife After Return Home (Continued)
Percent of Active Duty Spouses Whose Husband/Wife Returned From Deployment

Group Summary

Higher response of *Large Extent*

Appreciate family and friends more – Navy (24%); E1-E4 (28%)

Have trouble sleeping – Army (25%); E5-E9 (22%)

Appreciate life more – Navy (20%); E1-E4 (24%)

Be more emotionally distant – Army (19%); E5-E9 (19%)

Get angry faster – Army (21%); E5-E9 (17%)

Have mental health concerns – Army (19%); E5-E9 (16%)

Show negative personality changes – Army (16%); E5-E9 (15%)

Trends

Large Extent						
Most recent HIGHER than ■ Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Appreciate family and friends more	47	43	25	22	19	20
Have trouble sleeping	NA	28	21	17	16	20
Appreciate life more	43	38	23	20	16	17
Be more emotionally distant	24	25	18	15	16	16
Get angry faster	26	29	20	15	15	16
Have mental health concerns	NA	NA	14	12	11	14
Show negative personality changes	NA	NA	15	13	13	13

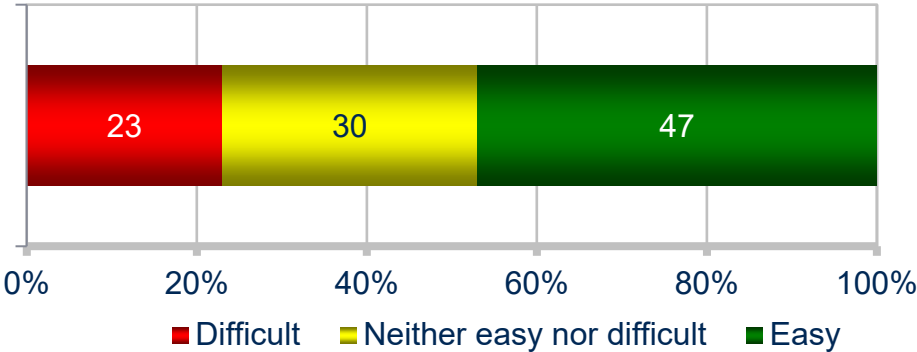Margins of error range from ±1% to ±3%

Spouse's Readjustment to Member's Return From Deployment

Percent of Active Duty Spouses Whose Husband/Wife Returned From Deployment

Overall

How would you describe your readjustment to having your spouse home after his/her deployment?

23	**30**	**47**

0% 　 20% 　 40% 　 60% 　 80% 　 100%

■ Difficult　■ Neither easy nor difficult　■ Easy

Margins of error do not exceed ±2%

Group Summary

Higher response of *Easy* – Not in Labor Force (52%)

Trends

Difficult

Most recent HIGHER than ■ Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	23	28	21	19	23	23
Army	29	33	25	22	27	23
Navy	20	24	18	18	22	22
Marine Corps	25	28	18	17	21	25
Air Force	15	24	17	15	18	24

Margins of error range from ±1% to ±6%

Difficult

Most recent HIGHER than ■ Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	23	28	21	19	23	23
E1-E4	30	33	23	18	23	23
E5-E9	22	28	22	19	23	24
O1-O3	21	22	17	18	20	23
O4-O6	15	18	17	19	19	21

Margins of error range from ±1% to ±5%

ADSS 2019 Q110

Spouse and Child Well-being

Trends: Spouse and Child Well-being/Use of Services

- **Spouse and Child Well-being**
  - 54% rated the current level of stress in their personal life as more than usual, statistically the same as in 2017
  - Average level of distress among military spouses in 2019 was 2.8 on a scale of 0 to 12
    - Significantly higher than the level of distress reported in 2012, 2015 and 2017, though still below the 3.0 level that indicates "higher-than-normal" level of mental distress
    - More than half of all spouses reported their child stayed *"well"* connected to mother/father during their deployment (61%) and coped *"well"* with deployment (52%)
- **Use of Services**
  - Use of counseling increased in 2019: 17% of spouses had seen a counselor in the past six months, higher than 2015-2017
  - 38% were enrolled in the Exceptional Family Member Program (EFMP)
  - 42% of spouses with children under age 13 used some sort of child care on a routine basis

Level of Personal Stress
Percent of All Active Duty Spouses

Overall

Overall, how would you rate the current level of stress in your personal life?

| 9 | 37 | 54 |

0%　　20%　　40%　　60%　　80%　　100%

■ Less than usual　　■ About the same as usual　　■ More than usual
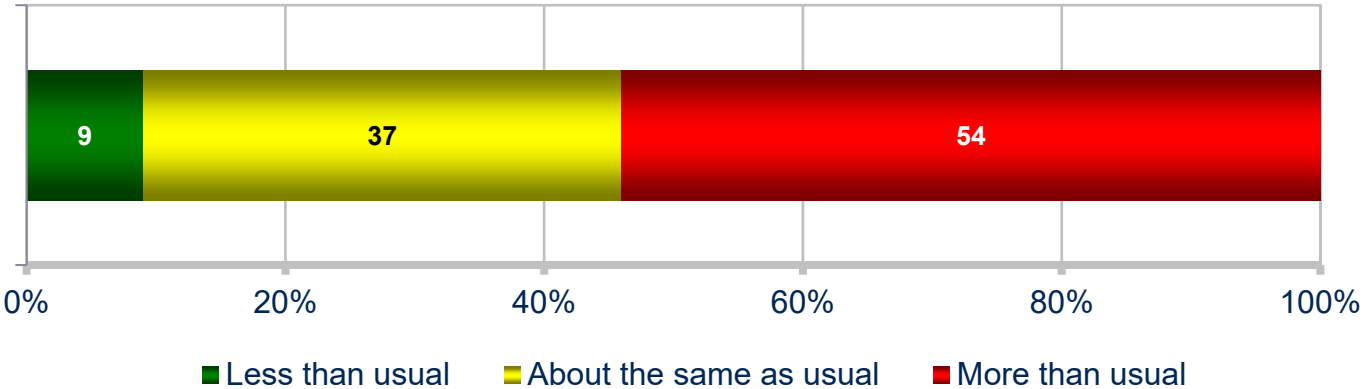
Margins of error range from ±1% to ±2%

Group Summary

Higher response of *Less than usual* – Not in Labor Force (12%)
Higher response of *More than usual* – Marine Corps (59%); E1-E4 (58%); Unemployed (63%)

Trends

More than Usual

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	41	47	52	45	51	54
Army	46	53	55	46	52	54
Navy	40	44	52	44	53	53
Marine Corps	46	49	55	51	55	59
Air Force	35	39	44	42	47	52

Margins of error range from ±1% to ±4%

More than Usual

Most recent HIGHER than ■ / Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Total	41	47	52	45	51	54
E1-E4	51	53	55	49	56	58
E5-E9	39	46	52	45	52	54
O1-O3	37	42	49	42	46	51
O4-O6	34	39	43	42	45	48

Margins of error range from ±1% to ±4%

ADSS 2019 Q64

Patient Health Questionnaire (PHQ-4)
Average Summary Score of All Active Duty Spouses

Overall

Patient Health Questionnaire — **2.8**

> Scores over 3 indicate a higher-than-normal level of mental distress

| 0.0 | 2.0 | 4.0 | 6.0 | 8.0 | 10.0 | 12.0 |

Lower levels of distress ⟵ ■ Average frequency of mental health problems ⟶ Higher levels of distress
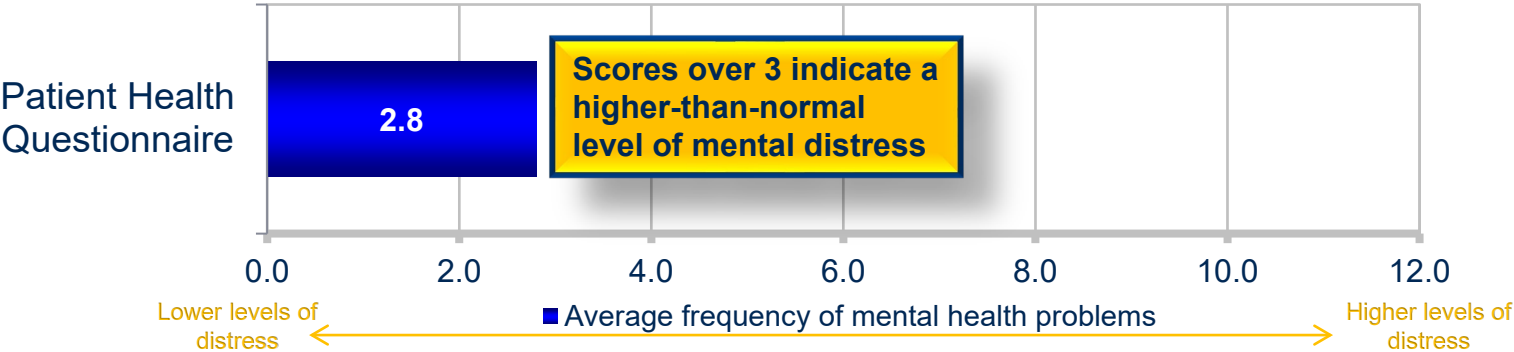
Group Summary

Margins of error do not exceed ±0.1

More than average levels of *Distress* – Navy (3.1); Marine Corps (3.3); E1-E4 (3.5); Unemployed (3.7)

Trends

Distress

Most recent HIGHER than ■ / Most recent LOWER than ■	2012	2015	2017	2019
Total	2.4	2.2	2.5	2.8
Army	2.7	2.3	2.6	2.9
Navy	2.5	2.3	2.7	3.1
Marine Corps	2.8	2.5	2.8	3.3
Air Force	1.8	1.7	1.9	2.3

Margins of error range from ±0.1 to ±0.3

Distress

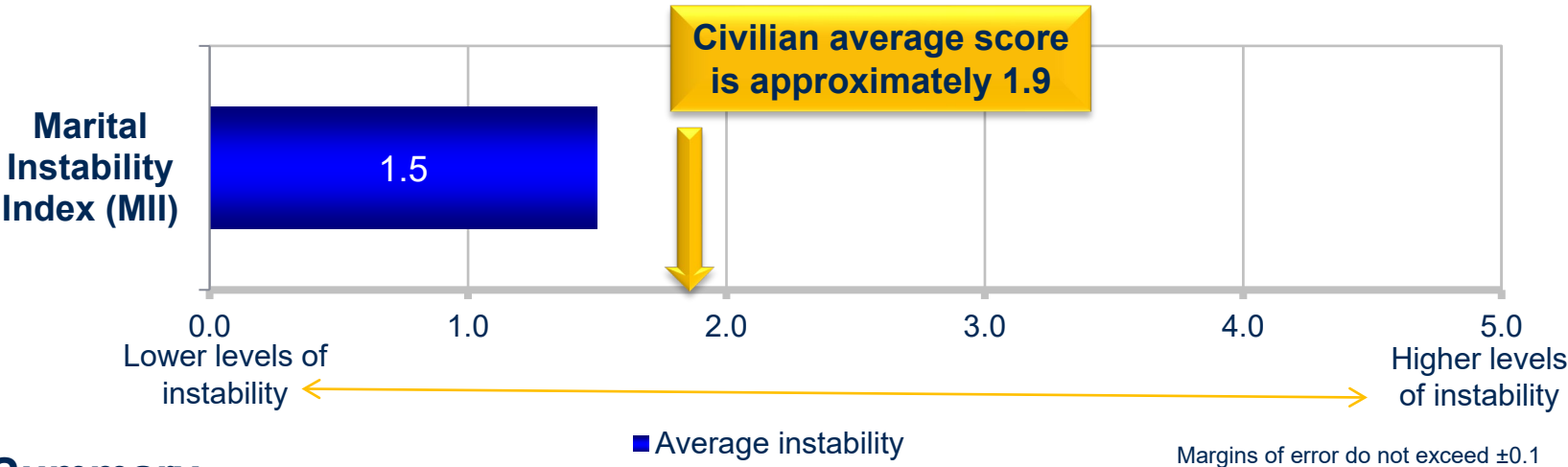| Most recent HIGHER than ■ / Most recent LOWER than ■	2012	2015	2017	2019
Total	2.4	2.2	2.5	2.8
E1-E4	2.9	2.7	3.0	3.5
E5-E9	2.4	2.1	2.5	2.8
O1-O3	1.9	1.7	1.9	2.4
O4-O6	1.6	1.6	1.7	2.0

Margins of error range from ±0.1 to ±0.3

Note: The timeframe given for response is "over the last two weeks." Each item on the PHQ-4 is rated on a 0 to 3 scale. Overall PHQ-4 scores are reported as a single figure, which is the sum of the scores across all 4 items (range = 0-12). A higher total score indicates a higher likelihood of mental distress, marked by depression and anxiety. Clinical norms are as follows: 0-2 = normal range, 3-5 = mild distress, 6-8 = moderate distress, and 9-12 = severe distress. [Reference: Kroenke, K., Spitzer, R. L., Williams, J. B. W., & Lowe, B. (2009). An ultra-brief screening scale for anxiety and depression: The PHQ-4. *Psychosomatics*, 50, 613-621.]

ADSS 2019 Q65

Marital Instability Index (MII)
Average of All Active Duty Spouses

Overall

Marital Instability Index (MII)

| 1.5 |

Civilian average score is approximately 1.9

0.0   1.0   2.0   3.0   4.0   5.0

Lower levels of instability ←————————————————→ Higher levels of instability

■ Average instability

Margins of error do not exceed ±0.1

Group Summary

More than average levels of *Instability* – Army (1.6); E5-E9 (1.7); Dual Military (1.7)

Trends

Instability

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	1.6	1.4	1.5	1.5
Army	1.7	1.5	1.7	1.6
Navy	1.5	1.2	1.4	1.4
Marine Corps	1.6	1.4	1.4	1.6
Air Force	1.4	1.2	1.2	1.4

Margins of error range from ±0.1 to ±0.2

Instability

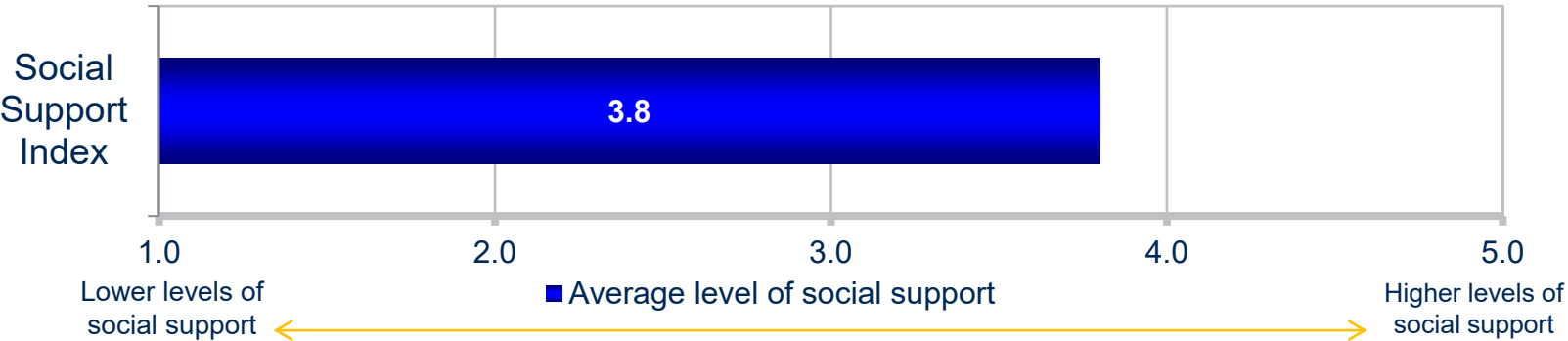| Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	1.6	1.4	1.5	1.5
E1-E4	1.7	1.3	1.5	1.4
E5-E9	1.7	1.5	1.6	1.7
O1-O3	1.1	1.0	0.9	1.0
O4-O6	1.1	1.1	1.1	1.2

Margins of error range from ±0.1 to ±0.2

Note: Each item on the MII is scored 0 = No and 1 = Yes (5 items). Overall MII scores are reported as a single figure, which is the sum of the scores across all 5 items (range = 0-5). A higher total score indicates higher levels of instability in the marriage. See the 2019 ADSS Tab Volume for more information.

ADSS 2019 Q72

Social Support Index (SSI)
Average of All Active Duty Spouses

Overall

Social Support Index	**3.8**

1.0 2.0 3.0 4.0 5.0

Lower levels of social support ← ■ Average level of social support → Higher levels of social support

Group Summary

Margins of error do not exceed ±0.1

More than average levels of *Social Support* – Air Force (3.8); O1-O3 (3.9); O4-O6 (4.0)
Less than average levels of *Social Support* – E1-E4 (3.7); E5-E9 (3.7); Unemployed (3.6)

Trends

Social Support

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	3.7	3.8	3.8	3.8
Army	3.7	3.7	3.7	3.7
Navy	3.7	3.9	3.8	3.8
Marine Corps	3.7	3.8	3.8	3.8
Air Force	3.8	3.9	3.9	3.8

Margins of error do not exceed ±0.1

Social Support

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	3.7	3.8	3.8	3.8
E1–E4	3.6	3.7	3.7	3.7
E5–E9	3.7	3.8	3.8	3.7
O1–O3	3.9	4.0	4.0	3.9
O4–O6	3.9	4.0	4.0	4.0

Margins of error do not exceed ±0.1

Note: Each item on the SSI is rated on a 1 to 5 scale. Overall SSI scores are reported as a single figure, which is the average of the scores across all items. A higher total score indicates higher levels of social support. [H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (Eds.). (1996). *Family assessment: Resiliency, coping, and adaptation–inventories for research and practice.* Madison, WI: University of Wisconsin Publishers.]
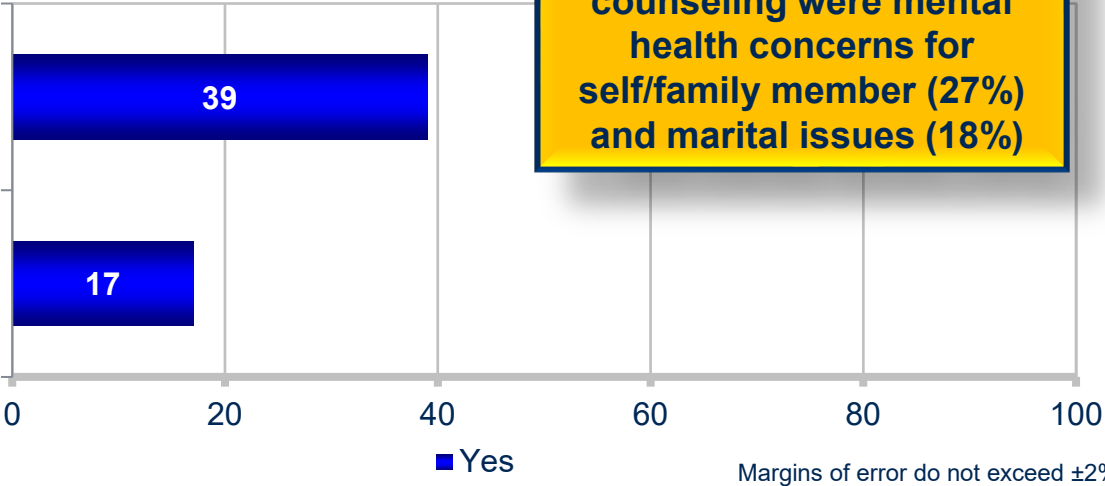
ADSS 2019 Q83

Use of Counseling
Percent of All Active Duty Spouses

Overall

Have you seen a counselor during your spouse's active duty career?

Have you seen a counselor in the past six months?

| | 39 |
| 17 | |

(bar chart, x-axis 0 to 100, legend: ■ Yes)

> **The top two issues spouses discussed in counseling were mental health concerns for self/family member (27%) and marital issues (18%)**

Margins of error do not exceed ±2%

Group Summary

Higher response of
Seen counselor in husband/wife's active duty career – E5-E9 (44%)
Seen counselor in past six months – E5-E9 (19%)

Trends

Yes

| | Most recent HIGHER than ▮ | 2012 | 2015 | 2017 | 2019 |
	Most recent LOWER than ▮				
Seen a counselor during your spouse's active duty career		37	35	36	39
Seen a counselor in the past six months		16	14	14	17

Margins of error range from ±1% to ±2%

ADSS 2019 Q76, Q78

Source of Counseling
Percent of Active Duty Spouses Who Received Counseling

Overall

Source	Yes
TRICARE	47
Another non-military source	34
Military OneSource	31
Your spouse's installation	28
Military Family Life Counselors (MFLC)	26
Military chaplain/civilian religious or spiritual leader	23
Another military source	17

■ Yes

Margins of error range from ±2% to ±3%

ADSS 2019 Q79
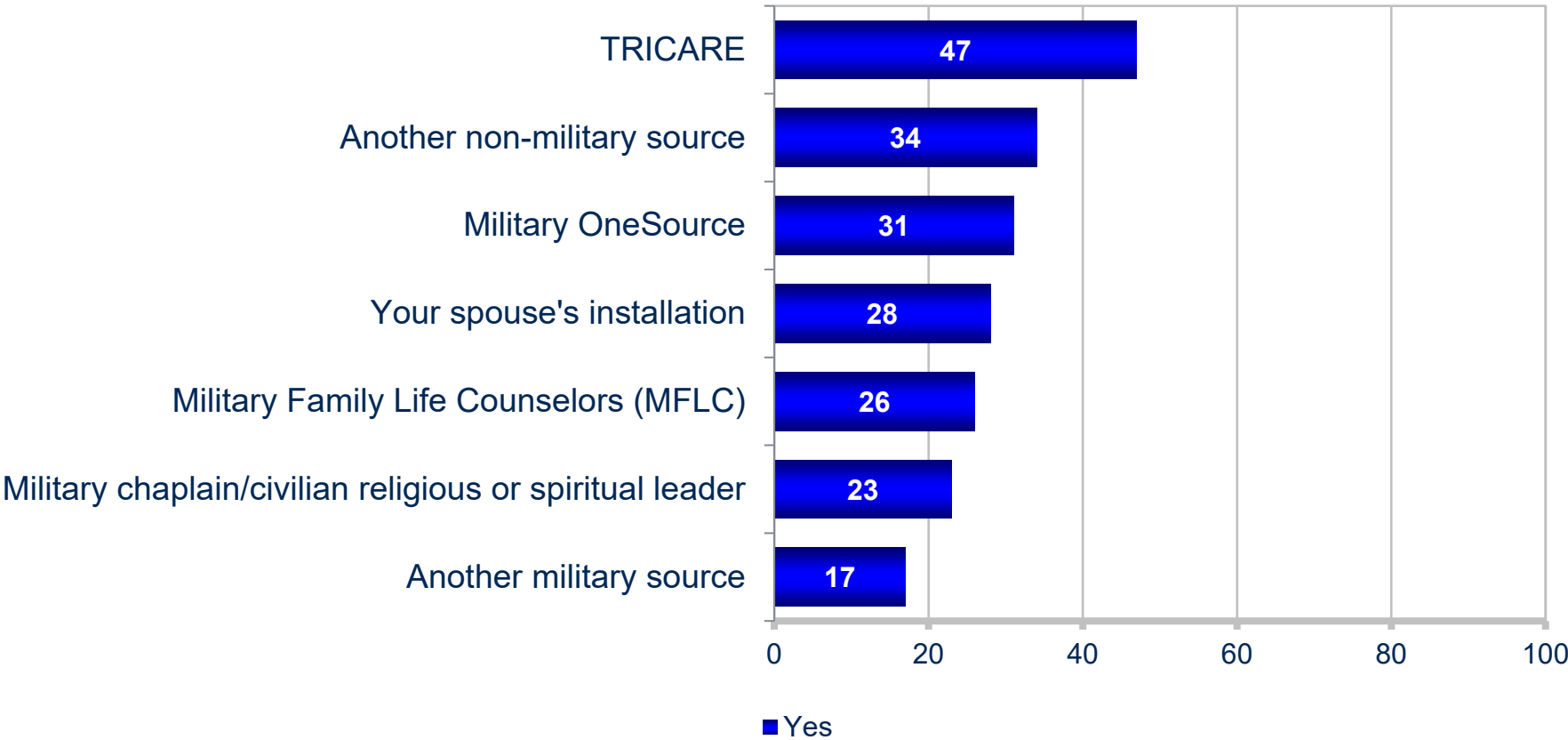
Source of Counseling (Continued)
Percent of Active Duty Spouses Who Received Counseling

Group Summary

Higher response of

Another non-military source – O4-O6 (40%); Employed (38%)
Military OneSource – Marine Corps (36%); E5-E9 (33%)
Your spouse's installation – E1-E4 (35%); Dual Military (37%)
Military Family Life Counselors (MFLC) – Air Force (33%)
Another military source – E1-E4 (26%); Dual Military (28%)

Trends

Yes

Most recent HIGHER than █ Most recent LOWER than ▇	2012	2015	2017	2019
TRICARE	50	47	43	47
Another non-military source	30	29	27	34
Military OneSource	35	32	31	31
Your spouse's installation	25	25	25	28
Military Family Life Counselors (MFLC)	23	26	26	26
Military chaplain/civilian religious or spiritual leader	25	25	24	23
Another military source	18	16	14	17

Margins of error range from ±2% to ±3%

ADSS 2019 Q79

Usefulness of Counseling Source
Percent of Applicable Active Duty Spouses Who Received Counseling

Overall

Source	Very useful	Somewhat useful	Not useful
Another non-military source	54	34	12
Military OneSource	51	29	20
TRICARE	45	38	16
Military Family Life Counselors (MFLC)	43	32	25
Another military source	37	41	22
Military chaplain/civilian religious or spiritual leader	37	38	25
Your spouse's installation	33	33	34

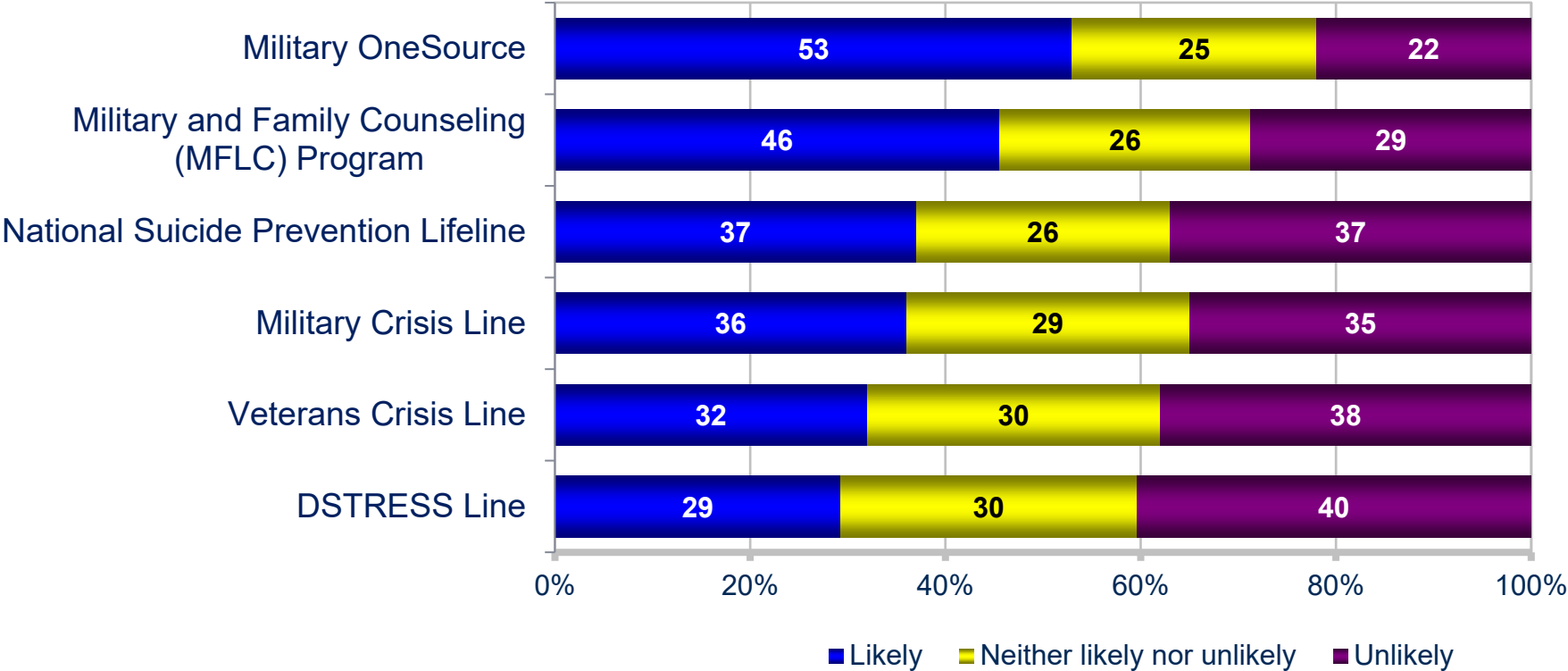■ Very useful ■ Somewhat useful ■ Not useful
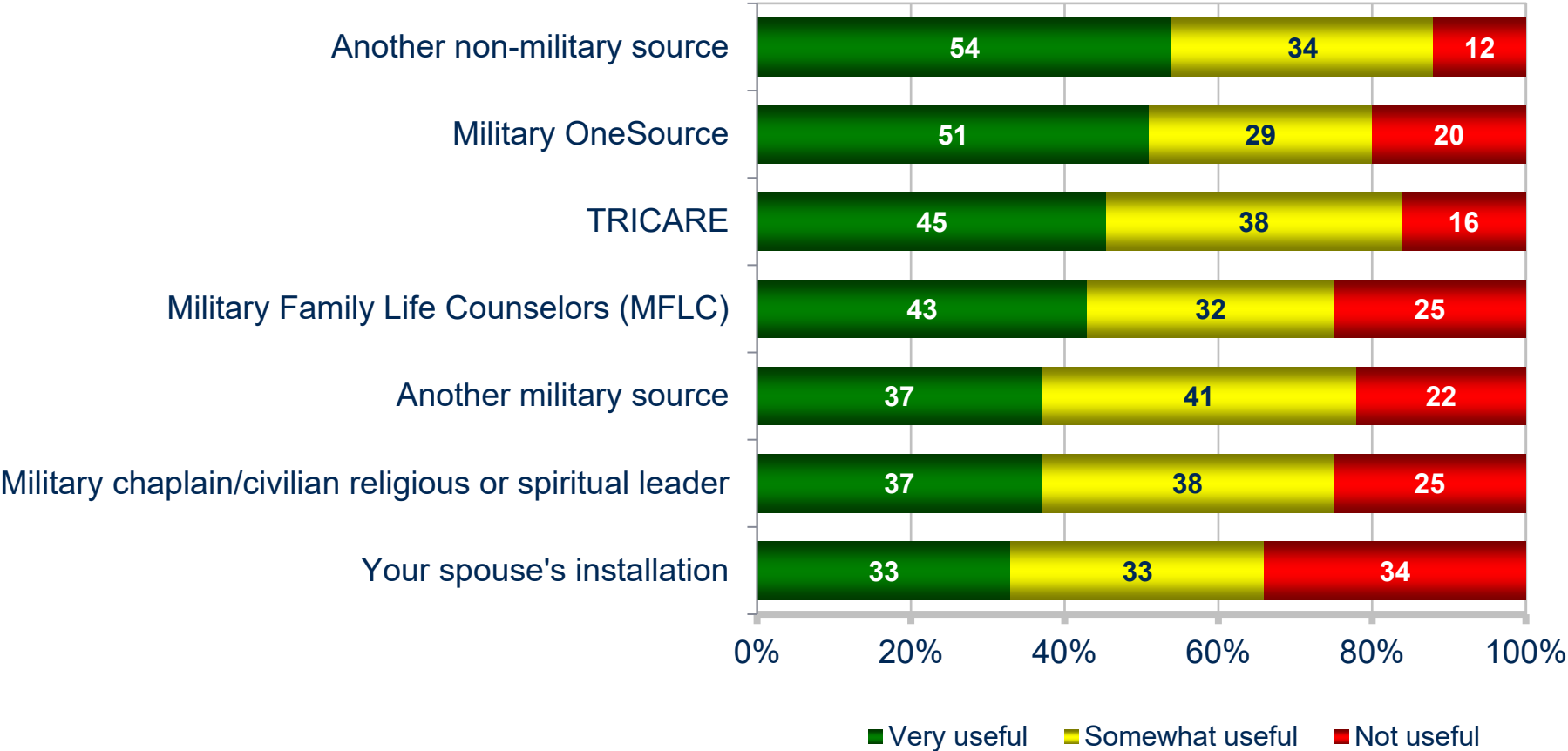
Margins of error range from ±3% to ±6%

ADSS 2019 Q79

Likelihood of Using Services to Support Member
Percent of All Active Duty Spouses

Overall

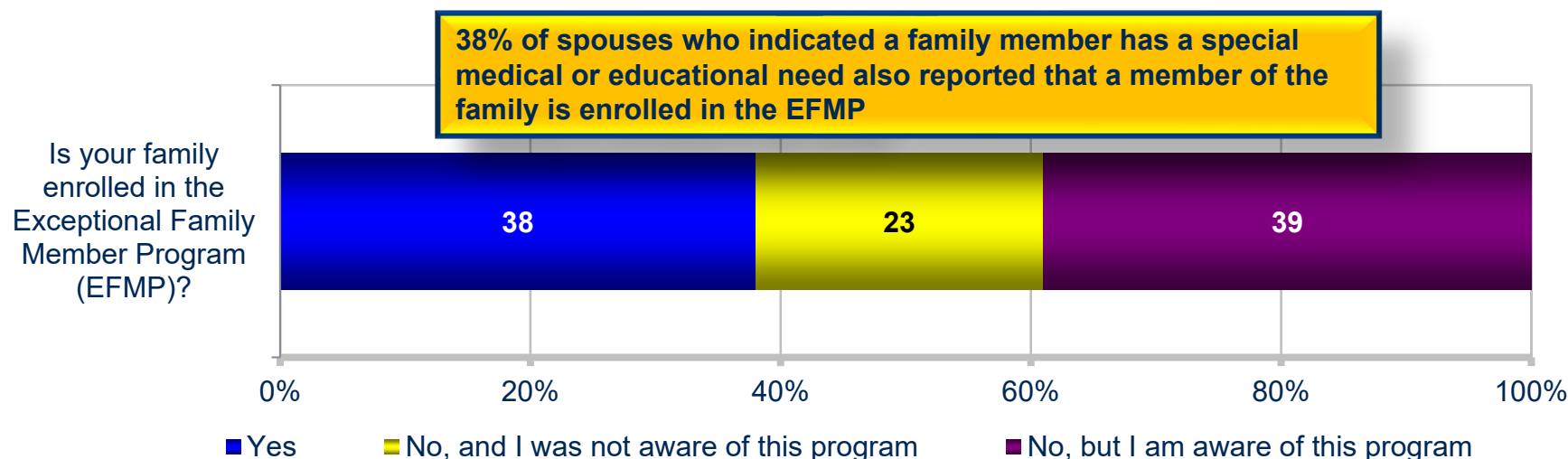| Service	Likely	Neither likely nor unlikely	Unlikely
Military OneSource	53	25	22
Military and Family Counseling (MFLC) Program	46	26	29
National Suicide Prevention Lifeline	37	26	37
Military Crisis Line	36	29	35
Veterans Crisis Line	32	30	38
DSTRESS Line	29	30	40

■ Likely   ■ Neither likely nor unlikely   ■ Unlikely

Margins of error range from ±2% to ±3%

Group Summary

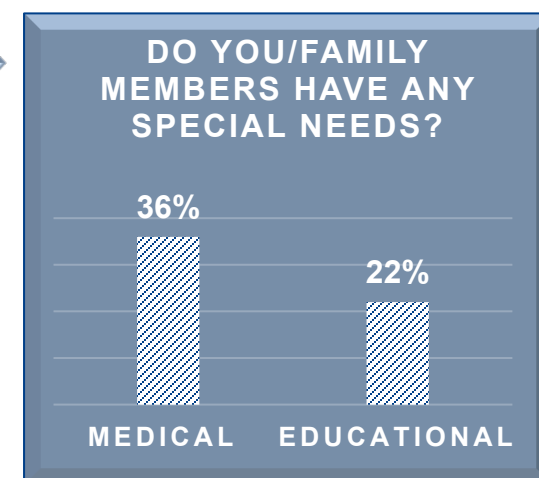**Higher response of Likely for** Veterans Crisis Line **–** E5-E9 (35%), DSTRESS Line **–** E5-E9 (33%)

ADSS 2019 Q134

Enrollment in the Exceptional Family Member Program (EFMP)
Percent of Active Duty Spouses Whose Family Has a Special Need

38% of spouses who indicated a family member has a special medical or educational need also reported that a member of the family is enrolled in the EFMP

Is your family enrolled in the Exceptional Family Member Program (EFMP)?

Yes	No, and I was not aware of this program	No, but I am aware of this program
38	23	39

0%   20%   40%   60%   80%   100%

■ Yes   ■ No, and I was not aware of this program   ■ No, but I am aware of this program

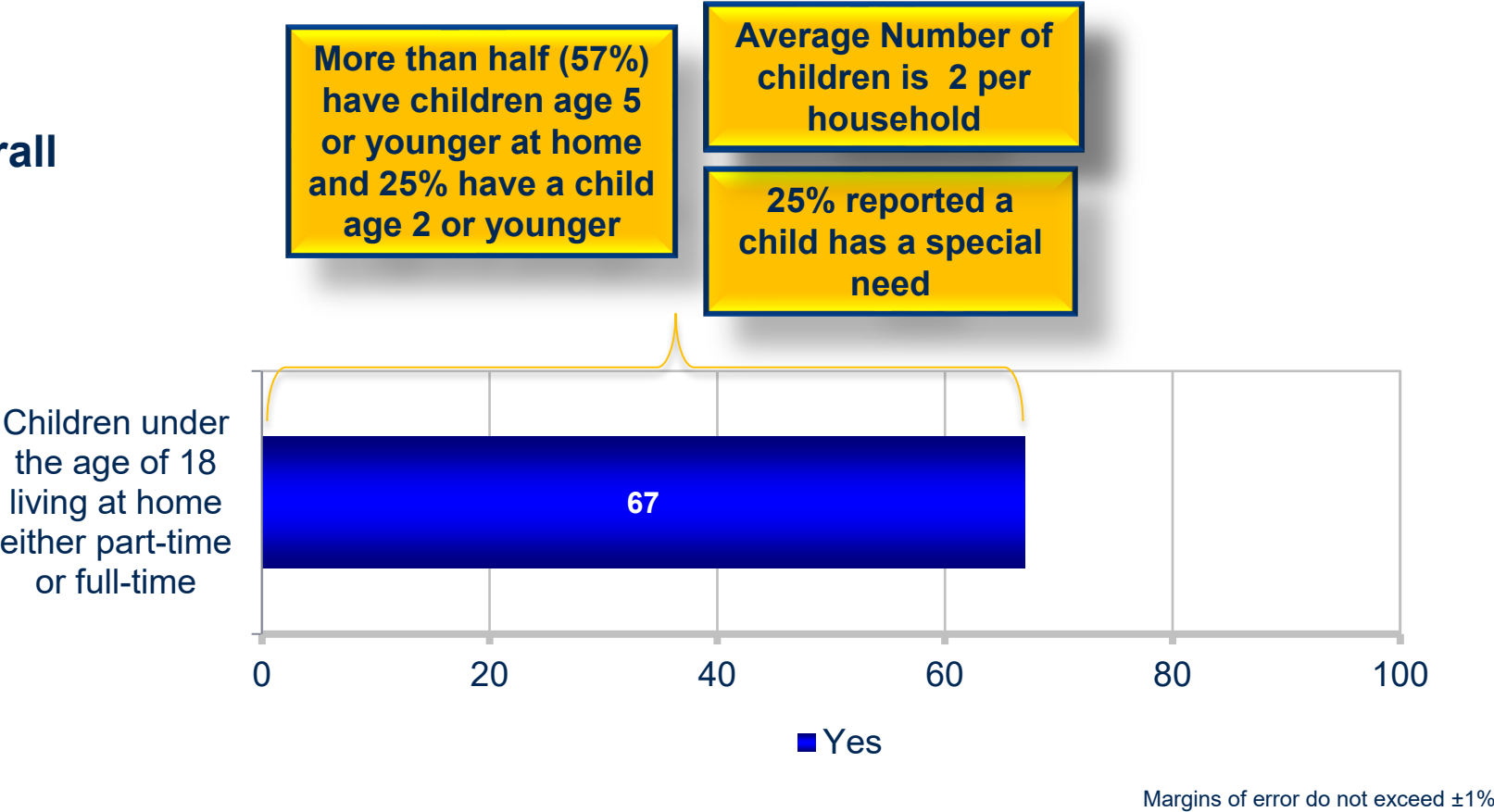Margins of error range from ±2% to ±3%

- 41% of all spouses reported that a family member has a special medical and/or educational need

- There has been no significant change in EFMP enrollment since 2012

- Air Force spouses (44%), spouses not in the labor force (44%), and both senior enlisted (43%) and senior officer's spouses (45%) were significantly more likely to be enrolled in this program

DO YOU/FAMILY MEMBERS HAVE ANY SPECIAL NEEDS?

36%

22%

MEDICAL   EDUCATIONAL

ADSS 2019 Q63

Families With Children
Percent of All Active Duty Spouses

Overall

> **More than half (57%) have children age 5 or younger at home and 25% have a child age 2 or younger**

> **Average Number of children is 2 per household**

> **25% reported a child has a special need**

Children under the age of 18 living at home either part-time or full-time — **67**

0   20   40   60   80   100

■ Yes

Margins of error do not exceed ±1%

Note: Spouses were asked to choose a child in their household with the birth month closest to theirs. The average age of the child selected by spouses was 6.2 years old.
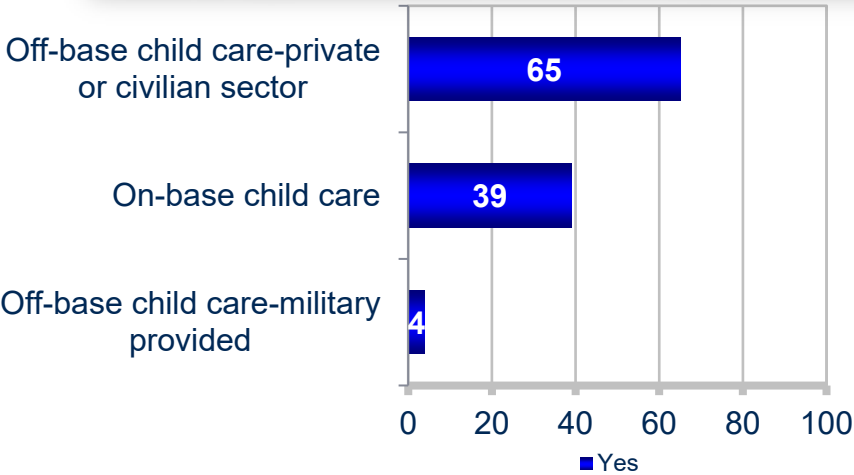
ADSS 2019 Q47

Child Care

Source of Child Care

Percent of Active Duty Spouses Who Have Children 13 Years and Younger and Who Routinely Use Child Care Arrangements
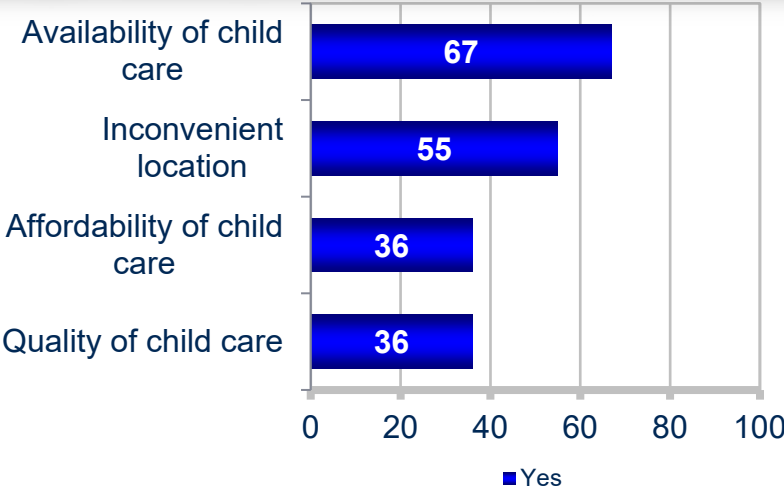
Reason Did Not Use On-base Child Care

Percent of Active Duty Spouses Who Have Children 13 Years and Younger and Who Do Not Routinely Use On-Base Child Care

42% of spouses with children 13 years and younger routinely use child care to allow for work

Source of Child Care	Yes
Off-base child care-private or civilian sector	65
On-base child care	39
Off-base child care-military provided	4

Margins of error range from ±2% to ±3%

Reason Did Not Use On-base Child Care	Yes
Availability of child care	67
Inconvenient location	55
Affordability of child care	36
Quality of child care	36

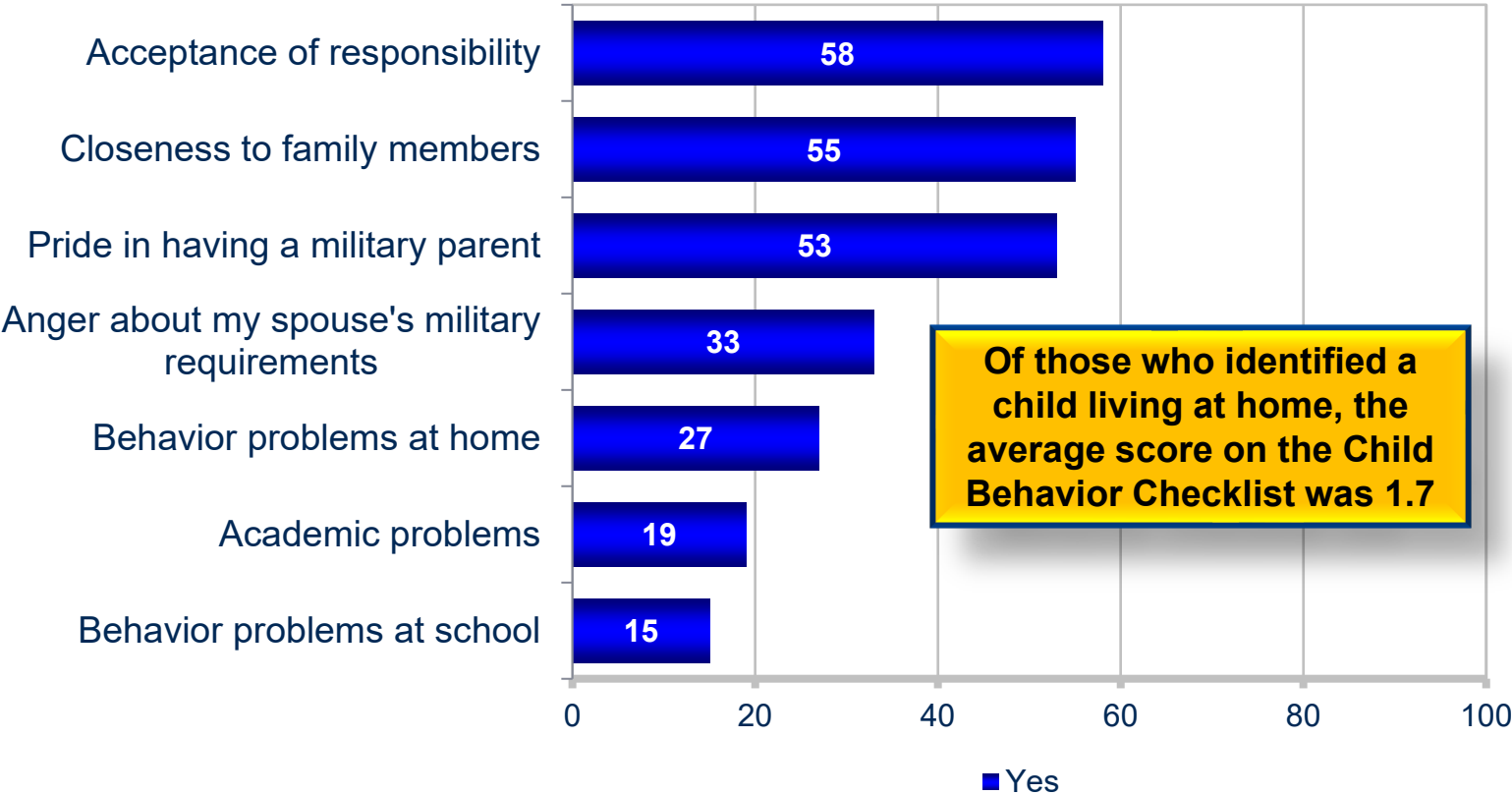Margins of error range from ±4% to ±5%

Higher response of *Off-base (civilian)* – Navy (72%); O4-O6 (78%); Employed (69%), *On-base* **–** Air Force (45%); Dual Military (60%)

Higher response of *Availability* – Navy (74%); E1-E4 (77%), *Inconvenient location* – O4-O6 (71%); Employed (60%), *Affordability* – Army (44%); E1-E4 (51%); E5-E9 (40%)

ADSS 2019 Q49, Q51, Q52

Selected Child's Behavior in Past 12 Months
Percent of Active Duty Spouses Who Selected a Child

Overall

Behavior	Yes (%)
Acceptance of responsibility	58
Closeness to family members	55
Pride in having a military parent	53
Anger about my spouse's military requirements	33
Behavior problems at home	27
Academic problems	19
Behavior problems at school	15

Of those who identified a child living at home, the average score on the Child Behavior Checklist was 1.7

■ Yes

Margins of error range from ±2% to ±3%

Note: A Child Behavior Checklist was created by OPA to capture the potential problematic behaviors in children during the husband/wife's deployment, including academic and behavioral problems. Scores are reported as a single figure, which is the sum of the individual scores (range 0 to 7). A higher score indicates a higher incidence of problematic behaviors.
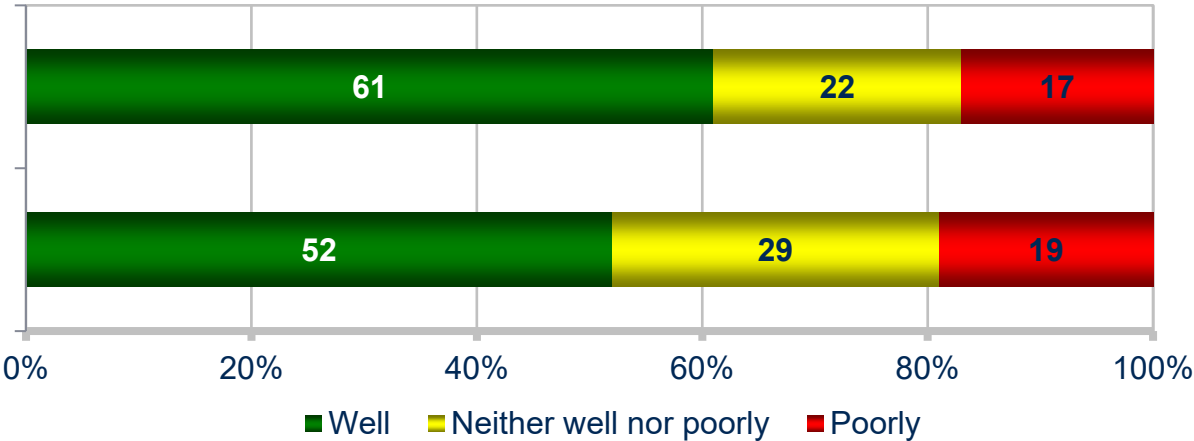
ADSS 2019 Q60

"How well did this child..."
Percent of Active Duty Spouses Who Selected a Child Living at Home During Husband/Wife's Most Recent Deployment

Overall

	Well	Neither well nor poorly	Poorly
Stay connected to your spouse given deployment separations?	61	22	17
Cope with your spouse's deployment?	52	29	19

0%   20%   40%   60%   80%   100%

■ Well ■ Neither well nor poorly ■ Poorly

Margins of error range from ±2% to ±3%

Group Summary

Higher response of *Well – Stay connected to your spouse given deployment separations* – Air Force (68%)
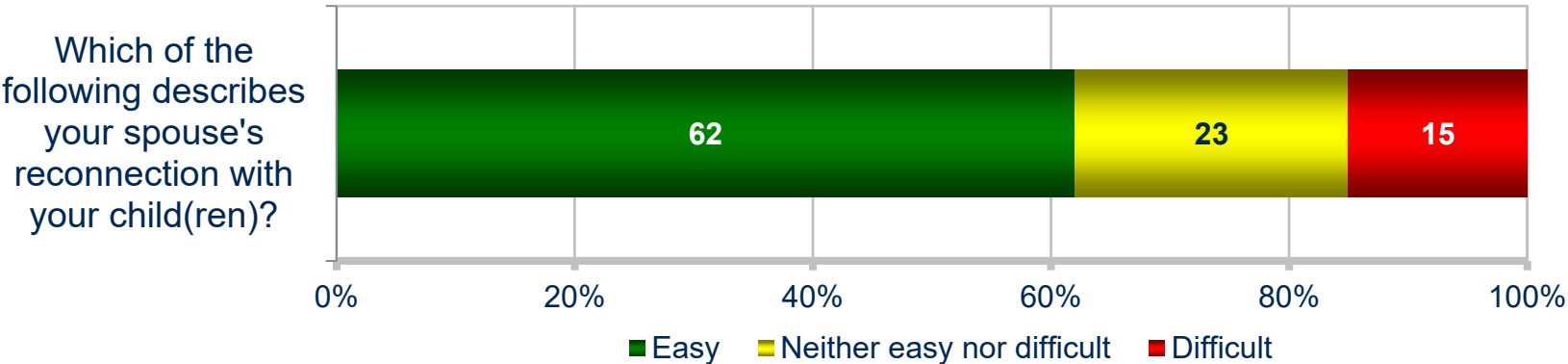
Trends

Well

		2012	2015	2017	2019
Most recent HIGHER than ■ Most recent LOWER than ■					
Stay connected to your spouse given deployment separations?		65	68	64	61
Cope with your spouse's deployment?		60	58	56	52

Margins of error range from ±2% to ±3%

ADSS 2019 Q104

Member's Reconnection With Child(ren) After Deployment
Percent of Active Duty Spouses Who Had Child(ren) During the Member's Most Recent Deployment and Whose Husband/Wife Returned From Deployment

Overall

Which of the following describes your spouse's reconnection with your child(ren)?

Easy	Neither easy nor difficult	Difficult
62	23	15

■ Easy   ■ Neither easy nor difficult   ■ Difficult

Group Summary

Margins of error range from ±2% to ±3%

Higher response of *Easy* – Not in Labor Force (66%)

Trends

Easy

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	65	68	65	62
Army	60	63	63	60
Navy	70	70	65	65
Marine Corps	68	70	68	62
Air Force	70	77	67	62

Margins of error range from ±2% to ±6%

Easy

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Total	65	68	65	62
E1–E4	62	70	65	60
E5–E9	64	68	63	61
O1–O3	69	69	69	62
O4–O6	71	70	67	64

Margins of error range from ±2% to ±9%

ADSS 2019 Q109

Impact of Military Life Events/Factors on Child Behaviors

Logistic Regression Analyses: Individual Predictors of <u>Increase in Child Behavior</u> Over the Past Year

Predictor	Outcome	Effect Size (Odds Ratios) >1 = Higher odds	95% CI Lower Bound	95% CI Upper Bound
Member Currently Deployed <u>Reference group</u>: Never deployed	Behavior problems at home	**1.71** ⬆	1.19	2.46
	Anger about parent's military requirements	**3.40** ⬆	2.39	4.84
Member Deployed in Past Year <u>Reference group</u>: Never deployed	Anger about parent's military requirements	**2.58** ⬆	1.90	3.50
Difficult Financial Condition <u>Reference group</u>: Good/neutral financial condition	Academic problems	**1.70** ⬆	1.18	2.44
	Behavior problems at home	**1.83** ⬆	1.38	2.42
	Anger about parent's military requirements	**1.76** ⬆	1.31	2.35

<u>Current deployment</u>, <u>deployment in the past year</u>, and <u>difficult financial condition</u> are associated with *increased odds* of the spouse observing an increase in the negative behaviors described here

Note: These logistic regression analyses controlled for member service and paygrade, spouse education level, race/ethnicity, years married, number of children, gender, and age, as well as child gender and age. Only statistically significant ($p < .01$) odds ratios are graphically presented. All analyses included spouses who indicated a focal child under 18 living at home. The results in this table do not represent an overall model; each outcome behavior was run in an individual model for each predictor.

Impact of Military Support on Child Behaviors

Logistic Regression Analyses: Individual Predictors of <u>Increase in Child Behaviors</u> over Past Year

Predictor	Outcome	Effect Size (Odds Ratios) >1 = Higher odds	95% CI Lower Bound	95% CI Upper Bound
Adequate Military Support During Deployment <u>Reference group</u>: Low-to-moderate levels of military support during deployment, as reported by spouse	Academic problems	**0.64** ⬇	0.50	0.83
	Behavior problems at home	**0.58** ⬇	0.47	0.71
	Anger about parent's military requirements	**0.47** ⬇	0.39	0.56
	Pride in having a military parent	**1.50** ⬆	1.25	1.81
	Closeness to family members	**1.31** ⬆	1.10	1.55
	Acceptance of responsibility	**1.48** ⬆	1.23	1.78

<u>Adequate military support during deployment</u> is associated with _increased odds_ of observing an increase in the positive behaviors described here and _decreased odds_ of the spouse observing an increase in the negative behaviors described here

Note: These logistic regression analyses controlled for member service and paygrade, spouse education level, race/ethnicity, years married, number of children, gender, and age, as well as child gender and age. Only statistically significant ($p < .01$) odds ratios are graphically presented. All analyses included spouses who indicated a focal child under 18 living at home. The results in this table do not represent an overall model; each outcome behavior was run in an individual model for each form of support.

Topics Covered on 2019 ADSS

- Education and Employment
- Permanent change of station (PCS) moves
- Your Family
- Health and well-being
- Health related quality of life
- Life in the military
- Your spouse's deployments
- Effects of deployments on children
- Reunion and reintegration
- Tempo
- Programs and services

- Communication about programs and services
- Transition assistance needs
- Financial well-being
- Service member support

BACKUP SLIDES

Spouse Military Support

Importance of Benefits to Spouses and Families
Percent of All Active Duty Spouses

Trends

% Selected "Large Extent"

	2015	2017	2019
Most recent HIGHER than ■ Most recent LOWER than ■			
Access to quality health care	91	92	90
Secure employment for my spouse	90	90	89
A good retirement plan	87	87	88
Health care in retirement	86	87	87
Ability to buy a home	71	68	68
Recreation, fitness, and entertainment activities	53	52	54
Opportunities for my career development	55	53	52
Opportunities for travel	49	54	52
Opportunities for my education	53	51	49
Savings on groceries (commissaries)	57	51	48
Savings on retail merchandise (exchanges)	46	43	42

Margins of error range from ±1% to ±2%

ADSS 2019 Q85

Education, Employment, and Financial Status

Main Reason for Not Looking for Work
Percent of Active Duty Spouses Who Are Not in the Labor Force

Group Summary

Higher response of

I want to be able to stay home to care for my children – O1-O3 (43%); O4-O6 (42%)
Child care is too costly – E5-E9 (18%)
I stay home to homeschool my children – O4-O6 (11%)
I do not want to work – O4-O6 (7%)

Trends

Marked

Most recent HIGHER than ▉ Most recent LOWER than ▉	2012	2015	2017	2019
I want to be able to stay home to care for my children	40	39	34	35
Child care is too costly	12	11	16	14
I am attending school or other training	11	11	9	8
I am preparing for/recovering from a PCS move	5	6	6	6
I stay home to homeschool my children	3	5	5	6
I am not physically prepared to work (e.g., pregnant, sick, disabled)	6	5	5	4
I do not want to work	4	3	3	3

Margins of error range from ±1% to ±5%

ADSS 2019 Q26

Main Reason for Working Part-Time
Percent of Active Duty Spouses Who Are Employed Part-Time (Less Than 35 Hours/Week)

Group Summary

Higher response of

Want to spend time with children – O1-O3 (32%); O4-O6 (39%)

Child care problems – E5-E9 (16%)

I am attending school/training – E1-E4 (19%)

I do not want to work full-time – O1-O3 (14%); O4-O6 (17%)

Trends

Marked

| Most recent HIGHER than ■ Most recent LOWER than □	2012	2015	2017	2019
Want to spend time with children	17	23	20	23
Could only find part-time work	24	17	14	16
Child care problems	9	8	11	12
I am attending school or training	NA	12	13	11
I do not want to work full-time	11	8	10	8
I am self-employed	7	8	10	7

Margins of error range from ±1% to ±4%

ADSS 2019 Q30

Experienced a Permanent Change of Station (PCS) Move
Percent of All Active Duty Spouses

Overall

During your spouse's active duty career, have you experienced a PCS move?

| | 81 |

Legend: ■ Yes
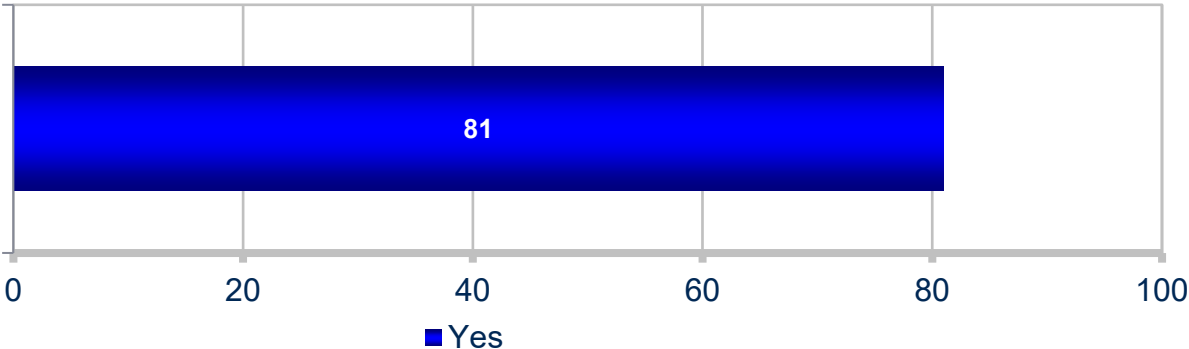
Margins of error do not exceed ±2%

Group Summary

Higher response of *Yes* – Army (84%); Air Force (85%); E5-E9 (86%); O1-O3 (94%); O4-O6 (97%)

Trends

Yes

Most recent HIGHER than ■ Most recent LOWER than ▯	2006	2008	2012	2015	2017	2019
Total	73	75	78	79	79	81
Army	76	76	81	82	82	84
Navy	69	73	75	75	77	79
Marine Corps	66	67	65	70	68	71
Air Force	76	80	82	80	81	85

Margins of error range from ±1% to ±4%

Yes

Most recent HIGHER than ■ Most recent LOWER than ▯	2006	2008	2012	2015	2017	2019
Total	73	75	78	79	79	81
E1-E4	48	49	58	53	53	52
E5-E9	77	82	83	83	84	86
O1-O3	84	89	89	89	90	94
O4-O6	93	97	96	96	97	97

Margins of error range from ±1% to ±4%

Note: Of spouses who experienced a PCS move, the average amount of time since their last PCS move was 24.4 months. Those who have had a PCS move reported experiencing an average of 3.0 moves during their spouse's active duty career.

ADSS 2019 Q39

Financial Problems in Past 12 Months
Percent of All Active Duty Spouses

Group Summary

Higher response of

Had personal relationship problems with your partner due to finances – Army (23%); E1-E4 (31%); Unemployed (30%)

Borrowed money from family and/or friends to pay bills – Marine Corps (17%); E1-E4 (28%); Unemployed (22%)

Had to pay overdraft fees to bank/credit union two or more times – E1-E4 (19%); Unemployed (16%)

Failed to make monthly/minimum payment on credit card/AAFES/NEXCOM account/or Military Star Card – Army (10%); E1-E4 (14%); Unemployed (13%)

Took money out of a retirement fund or investment to pay living expenses – E5-E9 (11%); Unemployed (14%)

Was pressured to pay bills by stores/creditors/bill collectors – E1-E4 (14%); Unemployed (13%)

Used a local food pantry – Navy (7%); Marine Corps (8%); E1-E4 (8%); Not in Labor Force (6%)

Failed to make a car payment – Army (5%); E1-E4 (8%)

Trends

Yes

	Most recent HIGHER than ■ Most recent LOWER than ☐	2006	2008	2012	2015	2017	2019
Had personal relationship problems with your partner due to finances		NA	NA	NA	NA	19	21
Borrowed money from family and/or friends to pay bills		NA	NA	NA	NA	12	13
Had to pay overdraft fees to your bank or credit union two times or more		NA	25	16	14	11	11
Took money out of a retirement fund or investment to pay living expenses		NA	NA	NA	NA	9	9
Failed to make a monthly/minimum payment on credit card/AAFES/NEXCOM account/Military Star Card		15	15	11	9	8	9
Was pressured to pay bills by stores, creditors, or bill collectors		13	13	11	8	9	8
Used a local food pantry		NA	NA	NA	NA	2	5
Failed to make a car payment		5	5	4	3	4	4

Margins of error range from ±1% to ±2%

ADSS 2019 Q127

Deployment and Reintegration

Deployed in Career
Percent of All Active Duty Spouses

Group Summary

Higher response of
Currently deployed – Navy (16%)
Deployed in the past 36 months, but not currently – Navy (38%); E5-E9 (35%); O1-O3 (37%)
Deployed in career, but not in the past 36 months – E5-E9 (36%); O4-O6 (54%)
Not deployed in career – Air Force (32%); E1-E4 (52%); O1-O3 (29%); Dual Military (36%)

Trends

Most recent HIGHER than ▉ Most recent LOWER than ▉	2012	2015	2017	2019
Currently deployed	16	12	14	12
Deployed in the past 36 months, but not currently	44	38	32	33
Deployed in career, but not in the past 36 months	21	28	31	30
Not deployed in career	19	22	24	24

Margins of error range from ±1% to ±2%

ADSS 2019 Q88, 105

Relocated During Husband/Wife's Deployment
Percent of Active Duty Spouses Whose Husband/Wife Had Been Deployed in Past 12 Months

Overall

Did you relocate while your spouse was deployed (e.g., PCS, move to be closer to family/friends)?

38% reported that loneliness was a problem to a large or very large extent during spouse's most recent deployment

17

| 0 | 20 | 40 | 60 | 80 | 100 |

■ Yes
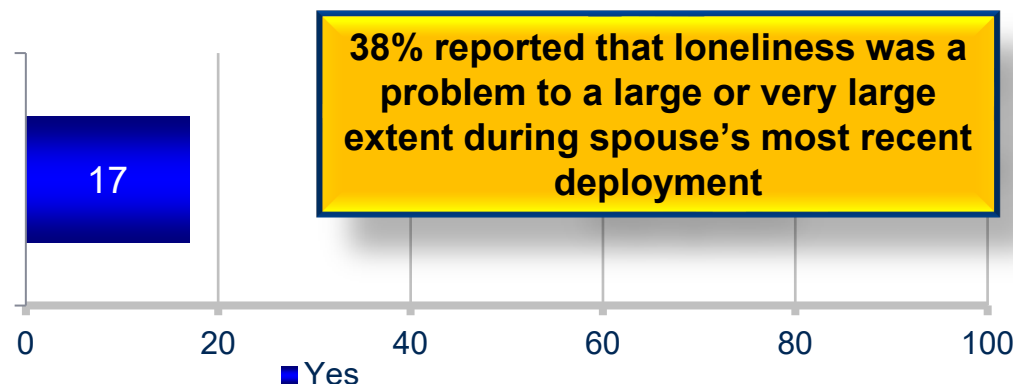
Margins of error do not exceed ±3%

Group Summary

Higher response of *Yes* – E1-E4 (29%); Unemployed (26%)

Trends

Yes

Most recent HIGHER than ■ Most recent LOWER than ☐	2012	2015	2017	2019
Total	21	18	21	17
Army	24	19	25	18
Navy	17	15	18	18
Marine Corps	27	25	25	21
Air Force	17	17	16	13

Margins of error range from ±2% to ±7%

Yes

Most recent HIGHER than ■ Most recent LOWER than ☐	2012	2015	2017	2019
Total	21	18	21	17
E1-E4	35	31	36	29
E5-E9	16	14	16	13
O1-O3	20	19	17	19
O4-O6	13	11	11	8

Margins of error range from ±2% to ±6%

ADSS 2019 Q91

Problems During Most Recent Deployment
Percent of Active Duty Spouses Whose Husband/Wife Had Been Deployed

Group Summary

Higher response of *Large Extent* for

Loneliness – E1-E4 (50%); Employed (40%)

Home/car repairs/maintenance or yard work – E5-E9 (29%); Employed (31%)

Dealing with issues/decisions alone – E1-E4 (33%)

Difficulty maintaining emotional connection with spouse – E1-E4 (29%)

Emotional problems in the family – E1-E4 (28%); Unemployed (27%)

Managing child care/child schedules – Employed (23%)

My job demands – Employed (25%); Dual Military (30%)

Trends

Large Extent

Most recent HIGHER than ■ Most recent LOWER than ■	2006	2008	2012	2015	2017	2019
Loneliness	54	47	38	31	36	38
Home/car repairs/maintenance or yard work	34	29	22	18	23	28
Being a "single" parent	NA	32	26	23	28	27
Dealing with issues/decisions alone	NA	NA	24	20	25	27
Difficulty maintaining emotional connection with spouse	NA	25	24	19	23	24
No time for recreation, fitness, or entertainment activities	NA	23	20	15	21	22
Emotional problems in the family	20	18	22	18	22	21
Managing child care/child schedules	28	23	17	15	20	21
My job demands	NA	NA	16	14	18	20

Margins of error range from ±1% to ±2%

ADSS 2019 Q97

Problems During Most Recent Deployment
Percent of Active Duty Spouses Whose Husband/Wife Had Been Deployed

	Large extent	Moderate/Small extent	Not at all
Technical difficulties communicating with my spouse	19	45	36
Managing expenses and bills	17	35	48
A lack of and/or problems with military offered support for myself/my family	16	31	53
Health problems in the family	13	32	56
Marital problems	13	29	58
My education demands	12	17	71
Safety of my family in our community	10	28	62
Other	7	7	86

Margins of error range from ±1% to ±2%

ADSS 2019 Q97

Changes in Husband/Wife After Return Home
Percent of Active Duty Spouses Whose Husband/Wife Returned From Deployment

Have difficulty adjusting: Large extent 12, Moderate/Small extent 36, Not at all 52

Drink more alcohol: Large extent 12, Moderate/Small extent 23, Not at all 65

Show positive personality changes: Large extent 10, Moderate/Small extent 46, Not at all 44

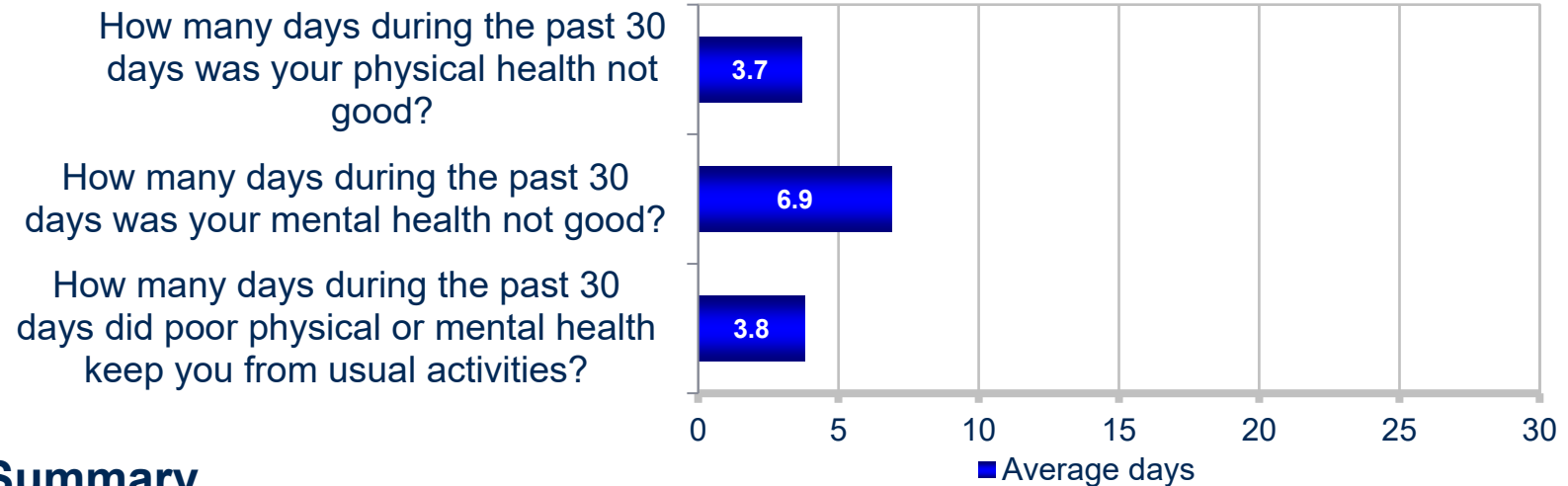**Have more confidence:** Large extent 10, Moderate/Small extent 44, Not at all 46

Be different in another way: Large extent 10, Moderate/Small extent 24, Not at all 66

Take more risks with his/her safety: Large extent 4, Moderate/Small extent 16, Not at all 79

Have difficulty with day-to-day activities: Large extent 4, Moderate/Small extent 15, Not at all 81

Legend: ■ Large extent   ■ Moderate/Small extent   ■ Not at all

Margins of error range from ±1% to ±2%

ADSS 2019 Q108

Spouse and Child Well-being

Days With Poor Health
Average of All Active Duty Spouses

Overall

How many days during the past 30 days was your physical health not good? **3.7**

How many days during the past 30 days was your mental health not good? **6.9**

How many days during the past 30 days did poor physical or mental health keep you from usual activities? **3.8**

■ Average days

0   5   10   15   20   25   30

Margins of error range from ±0.2 to ±0.3 days

Group Summary

More than average

Days with poor physical health – E5-E9 (4.0); Unemployed (5.0)

Days with poor mental health – Marine Corps (8.2); E1-E4 (8.4); Unemployed (8.8)

Days poor physical or mental health prevented usual activities – Marine Corps (4.6); E1-E4 (4.9); Unemployed (5.8)

Less than average

Days with poor physical health – O1-O3 (2.8); O4-O6 (3.1); Employed (3.4)

Days with poor mental health – Air Force (6.0); O1-O3 (5.5); O4-O6 (4.7); Dual Military (5.8)

Days poor physical or mental health prevented usual activities – Air Force (3.0); O1-O3 (2.9); O4-O6 (2.6); Employed (3.4)

ADSS 2019 Q68–Q70

Usefulness of Counseling Source
Percent of Applicable Active Duty Spouses Who Received Counseling

Group Summary

Higher response of *Not Useful* for
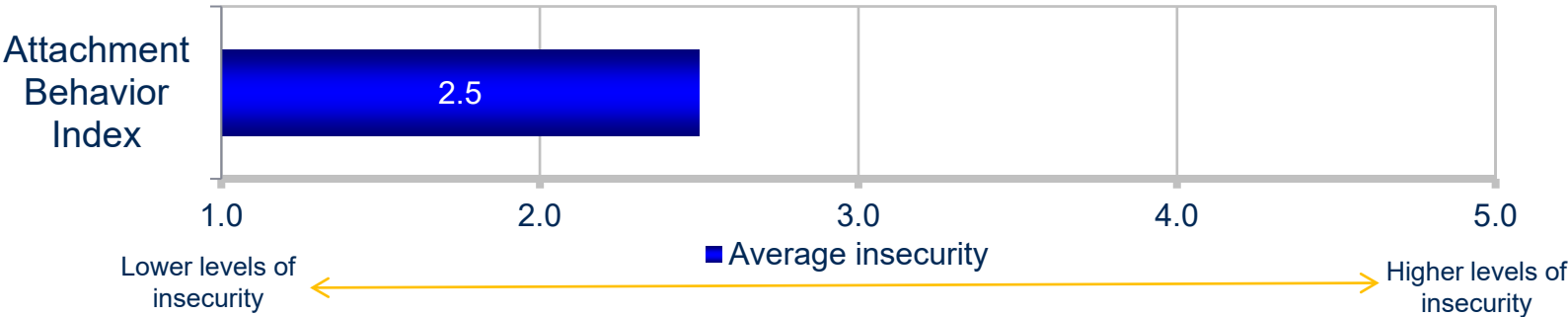*Another military source* – Air Force (33%)

Trends

Not Useful

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Your spouse's installation	30	32	33	34
Military chaplain/civilian religious or spiritual leader	19	21	24	25
Military Family Life Counselors (MFLC)	24	23	23	25
Another military source	23	25	24	22
Military OneSource	16	16	20	20
TRICARE	14	15	17	16
Another non-military source	11	13	14	12

Margins of error range from ±2% to ±8%

ADSS 2019 Q79

Attachment Behavior Index (AQS)
Average of Active Duty Spouses Who Selected a Child

Overall

Attachment Behavior Index: **2.5**

Scale: 1.0 — 2.0 — 3.0 — 4.0 — 5.0

■ Average insecurity

Lower levels of insecurity ← → Higher levels of insecurity

Margins of error do not exceed ±0.1

Group Summary

More than average levels of *Insecurity* – O1-O3 (2.5); Dual Military (2.6)

Trends

Insecurity

Most recent HIGHER than ■ (purple) / Most recent LOWER than ■ (yellow)	2012	2015	2017	2019
Total	2.3	2.2	2.4	2.5
Army	2.3	2.3	2.4	2.4
Navy	2.3	2.2	2.4	2.5
Marine Corps	2.3	2.3	2.4	2.5
Air Force	2.2	2.2	2.3	2.4

Margins of error do not exceed ±0.1

Insecurity

Most recent HIGHER than ■ (purple) / Most recent LOWER than ■ (yellow)	2012	2015	2017	2019
Total	2.3	2.2	2.4	2.5
E1-E4	2.3	2.2	2.3	2.5
E5-E9	2.3	2.3	2.4	2.4
O1-O3	2.4	2.3	2.5	2.5
O4-O6	2.2	2.2	2.4	2.5

Margins of error do not exceed ±0.1

Note: The *AQS* is used to measure insecurity of children in military families and is applicable across a range of age groups from young toddlers to adolescents. Scores are reported as a single figure, which is the average of the individual scores (range 1 to 5). Higher scores indicate higher levels of insecurity in children. [Reference: *Waters, Vaughn, Posada, & Kondo-Ikemura* (1995). Caregiving, Cultural, and Cognitive Perspectives on Secure-Base Behavior and Working Models: New Growing Points of Attachment Theory and Research. *Monographs of the Society for Research in Child Development*, 60 (2-3, Serial No. 244).]

ADSS 2019 Q59

Selected Child's Behavior in Past 12 Months
Percent of Active Duty Spouses Who Selected a Child

Group Summary

Higher response of *Yes* for:

Acceptance of responsibility – Employed (62%)
Closeness to family members – E1-E4 (62%)
Academic problems – E5-E9 (20%); Employed (22%)
Behavior problems at school – E5-E9 (17%); Dual Military (26%)

Trends

Yes

Most recent HIGHER than ■ Most recent LOWER than ■	2012	2015	2017	2019
Acceptance of responsibility	62	60	59	58
Closeness to family members	63	57	60	55
Pride in having a military parent	59	54	53	53
Anger about my spouse's military requirements	28	24	30	33
Behavior problems at home	24	22	24	27
Academic problems	19	20	16	19
Behavior problems at school	16	15	15	15

Margins of error range from ±1% to ±3%

ADSS 2019 Q60