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
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%
- Navy 25%
- Marine Corps 11%

Paygrade

- E1-E4 21%
- E5-E9 57%
- O4-O6 11%
- O1-O3 11%
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 unchanged
INTRODUCTION

Briefing Includes

• Graphic displays of overall results

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, only statistically significant 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

<table>
<thead>
<tr>
<th></th>
<th>YYYY</th>
<th>YYYY</th>
<th>Current Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
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<td>68</td>
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<tr>
<td><strong>Army</strong></td>
<td>63</td>
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<tr>
<td><strong>Navy</strong></td>
<td>67</td>
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<td>70</td>
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<td><strong>Marine Corps</strong></td>
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<tr>
<td><strong>Air Force</strong></td>
<td>66</td>
<td>71</td>
<td>68</td>
</tr>
</tbody>
</table>
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?

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

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?

![Bar graph showing percentages of responses]

Group Summary
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

<table>
<thead>
<tr>
<th>Favor Staying</th>
<th>Most recent HIGHER than Most recent LOWER than</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>61</td>
</tr>
<tr>
<td>Army</td>
<td>56</td>
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<tr>
<td>Navy</td>
<td>62</td>
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<tr>
<td>Marine Corps</td>
<td>60</td>
</tr>
<tr>
<td>Air Force</td>
<td>66</td>
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</table>

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

<table>
<thead>
<tr>
<th>Favor Staying</th>
<th>Most recent HIGHER than Most recent LOWER than</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>61</td>
</tr>
<tr>
<td>E1-E4</td>
<td>50</td>
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<tr>
<td>E5-E9</td>
<td>64</td>
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<tr>
<td>O1-O3</td>
<td>64</td>
</tr>
<tr>
<td>O4-O6</td>
<td>65</td>
</tr>
</tbody>
</table>

Margins of error range from ±1% to ±4%
Importance of Benefits to Spouses and Families
Percent of All Active Duty Spouses

Overall

Access to quality health care

Secure employment for my spouse

A good retirement plan

Health care in retirement

Ability to buy a home

Recreation, fitness, and entertainment activities

Opportunities for travel

Opportunities for my career development

Opportunities for my education

Savings on groceries (commissaries)

Savings on retail merchandise (exchanges)

Margins of error range from ±1% to ±2%
Preferred Method of Communication About Programs and Services
Percent of All Active Duty Spouses

Overall

- 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%

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 2012
  - 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?

- 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%)
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

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

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%); Employed (20%);
Unemployed (25%)
I am not interested in additional education/training – Air Force (16%); Not in Labor Force (16%);
Dual Military (23%)
Enrollment in School/Training
Percent of All Active Duty Spouses

Overall
Are you currently enrolled in school/training?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No, I do not want or need to be</th>
<th>No, but I would like to be</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>23</td>
<td>36</td>
<td>41</td>
</tr>
</tbody>
</table>

Margins of error do not exceed ±2%

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

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

- 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%

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 Non-Enrollment in Education Programs

<table>
<thead>
<tr>
<th>Category</th>
<th>Predictor</th>
<th>Effect Size (Odds Ratios)</th>
<th>95% CI Lower Bound</th>
<th>95% CI Upper Bound</th>
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<tbody>
<tr>
<td>Employment</td>
<td>Employed, military</td>
<td>0.55</td>
<td>0.40</td>
<td>0.75</td>
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<tr>
<td>Reference group: Unemployed</td>
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<tr>
<td>Family</td>
<td>Child 1 to less than 2 years old</td>
<td>1.66</td>
<td>1.17</td>
<td>2.35</td>
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<tr>
<td>Reference group: No children</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child Care Use1</td>
<td>Any child care</td>
<td>0.58</td>
<td>0.46</td>
<td>0.72</td>
</tr>
<tr>
<td>Reference group: Do not use child care</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>On-base child care</td>
<td>0.48</td>
<td>0.34</td>
<td>0.66</td>
</tr>
<tr>
<td></td>
<td>Off-base child care</td>
<td>0.61</td>
<td>0.48</td>
<td>0.78</td>
</tr>
</tbody>
</table>

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.

1These 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**

Unemployment rate (Civilian)
- **Unemployed**

- 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)

**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%)

**Trends**

Unemployment statistically unchanged since 2012

Margins of error do not exceed ±2%

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

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

- 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

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.

1Rate 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)

- 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%

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

Margins of error do not exceed ±2%

Group Summary

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

Trends

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>57</td>
<td>56</td>
<td>56</td>
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<tr>
<td>Army</td>
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<tr>
<td>Navy</td>
<td>59</td>
<td>59</td>
<td>59</td>
<td>59</td>
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<tr>
<td>Marine Corps</td>
<td>52</td>
<td>51</td>
<td>50</td>
<td>54</td>
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<tr>
<td>Air Force</td>
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Margins of error range from ±2% to ±5%

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<tr>
<th></th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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<tbody>
<tr>
<td>Total</td>
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<td>56</td>
<td>56</td>
<td>56</td>
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<tr>
<td>E1-E4</td>
<td>44</td>
<td>44</td>
<td>44</td>
<td>44</td>
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<tr>
<td>E5-E9</td>
<td>58</td>
<td>57</td>
<td>56</td>
<td>55</td>
</tr>
<tr>
<td>O1-O3</td>
<td>65</td>
<td>66</td>
<td>68</td>
<td>67</td>
</tr>
<tr>
<td>O4-O6</td>
<td>72</td>
<td>68</td>
<td>68</td>
<td>69</td>
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</table>

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?

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

<table>
<thead>
<tr>
<th>Time Period</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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<tbody>
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<td>14</td>
<td>11</td>
<td>15</td>
<td>16</td>
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<tr>
<td>1 month to less than 4 months</td>
<td>27</td>
<td>27</td>
<td>26</td>
<td>29</td>
</tr>
<tr>
<td>4 months to less than 7 months</td>
<td>21</td>
<td>23</td>
<td>20</td>
<td>21</td>
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<tr>
<td>7 months to less than 10 months</td>
<td>9</td>
<td>11</td>
<td>10</td>
<td>9</td>
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<tr>
<td>10 months or more</td>
<td>28</td>
<td>27</td>
<td>30</td>
<td>26</td>
</tr>
</tbody>
</table>

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

- Less than 1 month
- 7 months to less than 10 months
- 1 month to less than 4 months
- 4 months to less than 7 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

<table>
<thead>
<tr>
<th>Most recent HIGHER than Most recent LOWER than</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 month</td>
<td>15</td>
<td>14</td>
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<td>12</td>
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<tr>
<td>1 month to less than 4 months</td>
<td>36</td>
<td>36</td>
<td>40</td>
<td>42</td>
</tr>
<tr>
<td>4 months to less than 7 months</td>
<td>20</td>
<td>20</td>
<td>20</td>
<td>19</td>
</tr>
<tr>
<td>7 months to less than 10 months</td>
<td>6</td>
<td>8</td>
<td>6</td>
<td>7</td>
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<tr>
<td>10 months or more</td>
<td>24</td>
<td>22</td>
<td>21</td>
<td>20</td>
</tr>
</tbody>
</table>

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

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 Unemployment**

<table>
<thead>
<tr>
<th>Category</th>
<th>Effect Size (Odds Ratios)</th>
<th>95% CI Lower Bound</th>
<th>95% CI Upper Bound</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PCS Recency/Frequency</strong></td>
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<tr>
<td>Reference group: Never PCSed</td>
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<tr>
<td>PCS move in past year</td>
<td>2.30</td>
<td>1.75</td>
<td>3.02</td>
</tr>
<tr>
<td>Child 1 to less than 2 years</td>
<td>2.03</td>
<td>1.33</td>
<td>3.10</td>
</tr>
<tr>
<td>Child 2-5 years</td>
<td>2.04</td>
<td>1.52</td>
<td>2.73</td>
</tr>
<tr>
<td>Child 6-13 years</td>
<td>1.73</td>
<td>1.35</td>
<td>2.22</td>
</tr>
<tr>
<td>Any children</td>
<td>1.74</td>
<td>1.41</td>
<td>2.15</td>
</tr>
<tr>
<td>One child</td>
<td>1.62</td>
<td>1.26</td>
<td>2.09</td>
</tr>
<tr>
<td>Multiple children</td>
<td>1.84</td>
<td>1.46</td>
<td>2.32</td>
</tr>
<tr>
<td><strong>Family</strong></td>
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<td></td>
</tr>
<tr>
<td>Reference group: No children</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>A PCS move in the past year and having children are associated with increased odds of unemployment, while off-base housing is associated with decreased odds of unemployment.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Housing</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Reference group: On-base housing</td>
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<tr>
<td>Off-base housing</td>
<td>0.57</td>
<td>0.46</td>
<td>0.70</td>
</tr>
</tbody>
</table>

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

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

Overall

Group Summary

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

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

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

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

- Currently deployed
- Deployed in career, but not in the past 36 months
- Deployed in the past 36 months, but not currently
- Not deployed in career

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

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

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%)

Margins of error do not exceed ±2%
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?

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

No 52 Yes, deployed to Iraq/Afghanistan 29 Yes, deployed to another combat zone 19

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%)
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?

<table>
<thead>
<tr>
<th>Rating</th>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
<th>100%</th>
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</thead>
<tbody>
<tr>
<td>Excellent/Very good</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Good</td>
<td>24</td>
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<tr>
<td>Fair/Poor</td>
<td>57</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Group Summary

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

Trends

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

- Appreciate family and friends more: 20% large extent, 53% moderate/small extent, 26% not at all
- Have trouble sleeping: 20% large extent, 33% moderate/small extent, 47% not at all
- Appreciate life more: 17% large extent, 48% moderate/small extent, 35% not at all
- Be more emotionally distant: 16% large extent, 36% moderate/small extent, 48% not at all
- Get angry faster: 16% large extent, 31% moderate/small extent, 53% not at all
- Have mental health concerns: 14% large extent, 25% moderate/small extent, 60% not at all
- Show negative personality changes: 13% large extent, 30% moderate/small extent, 56% 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.
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%); Employed (18%)
- 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

<table>
<thead>
<tr>
<th></th>
<th>Most recent HIGHER than</th>
<th>2006</th>
<th>2008</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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<tbody>
<tr>
<td>Appreciate family and friends more</td>
<td>47</td>
<td>43</td>
<td>25</td>
<td>22</td>
<td>19</td>
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<tr>
<td>Have trouble sleeping</td>
<td></td>
<td>28</td>
<td>21</td>
<td>17</td>
<td>16</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Appreciate life more</td>
<td>43</td>
<td>38</td>
<td>23</td>
<td>20</td>
<td>16</td>
<td>17</td>
<td></td>
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<tr>
<td>Be more emotionally distant</td>
<td>24</td>
<td>25</td>
<td>18</td>
<td>15</td>
<td>16</td>
<td>16</td>
<td></td>
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<tr>
<td>Get angry faster</td>
<td>26</td>
<td>29</td>
<td>20</td>
<td>15</td>
<td>15</td>
<td>16</td>
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<td>Have mental health concerns</td>
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<td></td>
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<td>14</td>
<td>12</td>
<td>11</td>
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<tr>
<td>Show negative personality changes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>Show positive personality changes</td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

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?

- Difficult: 23%
- Neither easy nor difficult: 30%
- Easy: 47%

Margins of error do not exceed ±2%

Group Summary

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

Trends

**Difficult**

<table>
<thead>
<tr>
<th>Most recent HIGHER than Most recent LOWER than</th>
<th>2006</th>
<th>2008</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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<td>Marine Corps</td>
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<td>28</td>
<td>18</td>
<td>17</td>
<td>21</td>
<td>25</td>
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<td>Air Force</td>
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<td>24</td>
<td>17</td>
<td>15</td>
<td>18</td>
<td>24</td>
</tr>
</tbody>
</table>

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

**Difficult**

<table>
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<tr>
<th>Most recent HIGHER than Most recent LOWER than</th>
<th>2006</th>
<th>2008</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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<td>Total</td>
<td>23</td>
<td>28</td>
<td>21</td>
<td>19</td>
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<td>23</td>
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<tr>
<td>E1-E4</td>
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<td>33</td>
<td>23</td>
<td>18</td>
<td>23</td>
<td>23</td>
</tr>
<tr>
<td>E5-E9</td>
<td>22</td>
<td>28</td>
<td>22</td>
<td>19</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>O1-O3</td>
<td>21</td>
<td>22</td>
<td>17</td>
<td>18</td>
<td>20</td>
<td>23</td>
</tr>
<tr>
<td>O4-O6</td>
<td>15</td>
<td>18</td>
<td>17</td>
<td>19</td>
<td>19</td>
<td>21</td>
</tr>
</tbody>
</table>

Margins of error range from ±1% to ±5%
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 (53%)

• 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?

- Less than usual
- About the same as usual
- More than usual

Group Summary
Higher response of Less than usual – E1-E4 (11%); Not in Labor Force (12%)
Higher response of More than usual – Marine Corps (59%); E1-E4 (58%); Unemployed (63%)

Trends

Margins of error range from ±1% to ±2%
Margins of error range from ±1% to ±4%
Patient Health Questionnaire (PHQ-4)
Average Summary Score of All Active Duty Spouses

Overall

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

Lower levels of distress

Average frequency of mental health problems

Higher levels of distress

Group Summary

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

Trends

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

Overall

Marital Instability Index (MII)

Civilian average score is approximately 1.9

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

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.
Social Support Index (SSI)

Average of All Active Duty Spouses

Overall

Social Support Index

1.0 2.0 3.0 4.0 5.0

Average level of social support

Lower levels of social support

Higher levels of social support

Group Summary

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 – Army (3.7); E1-E4 (3.7); E5-E9 (3.7); Unemployed (3.6)

Trends

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.]
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?

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

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seen a counselor during your spouse's active duty career</td>
<td>37</td>
<td>35</td>
<td>36</td>
<td>39</td>
</tr>
<tr>
<td>Seen a counselor in the past six months</td>
<td>16</td>
<td>14</td>
<td>14</td>
<td>17</td>
</tr>
</tbody>
</table>

Margins of error range from ±1% to ±2%
Source of Counseling
Percent of Active Duty Spouses Who Received Counseling

Overall

- 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%

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

<table>
<thead>
<tr>
<th>Source of Counseling</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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<tr>
<td>TRICARE</td>
<td>50</td>
<td>47</td>
<td>43</td>
<td>47</td>
</tr>
<tr>
<td>Another non-military source</td>
<td>30</td>
<td>29</td>
<td>27</td>
<td>34</td>
</tr>
<tr>
<td>Military OneSource</td>
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<td>32</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>Your spouse's installation</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>28</td>
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<tr>
<td>Military Family Life Counselors (MFLC)</td>
<td>23</td>
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<td>26</td>
<td>26</td>
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<tr>
<td>Military chaplain/civilian religious or spiritual leader</td>
<td>25</td>
<td>25</td>
<td>24</td>
<td>23</td>
</tr>
<tr>
<td>Another military source</td>
<td>18</td>
<td>16</td>
<td>14</td>
<td>17</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Counseling Source</th>
<th>Very useful</th>
<th>Somewhat useful</th>
<th>Not useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Another non-military source</td>
<td>54</td>
<td>34</td>
<td>12</td>
</tr>
<tr>
<td>Military OneSource</td>
<td>51</td>
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<tr>
<td>TRICARE</td>
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<td>Military Family Life Counselors (MFLC)</td>
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<tr>
<td>Another military source</td>
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<tr>
<td>Military chaplain/civilian religious or spiritual leader</td>
<td>37</td>
<td>38</td>
<td>25</td>
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<tr>
<td>Your spouse's installation</td>
<td>33</td>
<td>33</td>
<td>34</td>
</tr>
</tbody>
</table>

Margins of error range from ±3% to ±6%
Likelihood of Using Services to Support Member
Percent of All Active Duty Spouses

Overall

<table>
<thead>
<tr>
<th>Service</th>
<th>Likely</th>
<th>Neither likely nor unlikely</th>
<th>Unlikely</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military OneSource</td>
<td>53</td>
<td>25</td>
<td>22</td>
</tr>
<tr>
<td>Military and Family Counseling (MFLC) Program</td>
<td>46</td>
<td>26</td>
<td>29</td>
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<tr>
<td>National Suicide Prevention Lifeline</td>
<td>37</td>
<td>26</td>
<td>37</td>
</tr>
<tr>
<td>Military Crisis Line</td>
<td>36</td>
<td>29</td>
<td>35</td>
</tr>
<tr>
<td>Veterans Crisis Line</td>
<td>32</td>
<td>30</td>
<td>38</td>
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<tr>
<td>DSTRESS Line</td>
<td>29</td>
<td>30</td>
<td>40</td>
</tr>
</tbody>
</table>

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%)
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.

- 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 (41%), 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.

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

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

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

Off-base child care-private or civilian sector
- 65% Yes
On-base child care
- 39% Yes
Off-base child care-military provided
- 4% Yes

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

Availability of child care
- 67% Yes
Inconvenient location
- 55% Yes
Affordability of child care
- 36% Yes
Quality of child care
- 36% Yes

Margins of error range from ±2% to ±3%
Margins of error do not exceed ±4%

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

Overall

- 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

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.

Margins of error do not exceed ±2%
"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
- Stay connected to your spouse given deployment separations?
  - Well: 61%
  - Neither well nor poorly: 22%
  - Poorly: 17%

- Cope with your spouse’s deployment?
  - Well: 52%
  - Neither well nor poorly: 29%
  - Poorly: 19%

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

Trends

<table>
<thead>
<tr>
<th></th>
<th>Most recent HIGHER than 2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
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</thead>
<tbody>
<tr>
<td>Stay connected to your spouse given deployment separations?</td>
<td>65</td>
<td>68</td>
<td>64</td>
<td>61</td>
</tr>
<tr>
<td>Cope with your spouse's deployment?</td>
<td>60</td>
<td>58</td>
<td>56</td>
<td>52</td>
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</tbody>
</table>

Margins of error range from ±2% to ±3%
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: 62%
- Neither easy nor difficult: 23%
- Difficult: 15%

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

Group Summary

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

Trends

<table>
<thead>
<tr>
<th>Group</th>
<th>Most recent HIGHER than Most recent LOWER than</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2012</td>
</tr>
<tr>
<td>Total</td>
<td>65</td>
</tr>
<tr>
<td>Army</td>
<td>60</td>
</tr>
<tr>
<td>Navy</td>
<td>70</td>
</tr>
<tr>
<td>Marine Corps</td>
<td>68</td>
</tr>
<tr>
<td>Air Force</td>
<td>70</td>
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</table>

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

<table>
<thead>
<tr>
<th>Group</th>
<th>Most recent HIGHER than Most recent LOWER than</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2012</td>
</tr>
<tr>
<td>Total</td>
<td>65</td>
</tr>
<tr>
<td>E1-E4</td>
<td>62</td>
</tr>
<tr>
<td>E5-E9</td>
<td>64</td>
</tr>
<tr>
<td>O1-O3</td>
<td>69</td>
</tr>
<tr>
<td>O4-O6</td>
<td>71</td>
</tr>
</tbody>
</table>

Margins of error range from ±2% to ±9%
# Impact of Military Life Events/Factors on Child Behaviors

Logistic Regression Analyses: Individual Predictors of Increase in Child Behavior Over the Past Year

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

**Current deployment, deployment in the past year, and difficult financial condition 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 Increase in Child Behaviors over Past Year

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

**Adequate military support during deployment** 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

<table>
<thead>
<tr>
<th>Benefit</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to quality health care</td>
<td>91</td>
<td>92</td>
<td>90</td>
</tr>
<tr>
<td>Secure employment for my spouse</td>
<td>90</td>
<td>90</td>
<td>89</td>
</tr>
<tr>
<td>A good retirement plan</td>
<td>87</td>
<td>87</td>
<td>88</td>
</tr>
<tr>
<td>Health care in retirement</td>
<td>86</td>
<td>87</td>
<td>87</td>
</tr>
<tr>
<td>Ability to buy a home</td>
<td>71</td>
<td>68</td>
<td>68</td>
</tr>
<tr>
<td>Recreation, fitness, and entertainment activities</td>
<td>53</td>
<td>52</td>
<td>54</td>
</tr>
<tr>
<td>Opportunities for my career development</td>
<td>55</td>
<td>53</td>
<td>52</td>
</tr>
<tr>
<td>Opportunities for travel</td>
<td>49</td>
<td>54</td>
<td>52</td>
</tr>
<tr>
<td>Opportunities for my education</td>
<td>53</td>
<td>51</td>
<td>49</td>
</tr>
<tr>
<td>Savings on groceries (commissaries)</td>
<td>57</td>
<td>51</td>
<td>48</td>
</tr>
<tr>
<td>Savings on retail merchandise (exchanges)</td>
<td>46</td>
<td>43</td>
<td>42</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Reason</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to be able to stay home to care for my children</td>
<td>40</td>
<td>39</td>
<td>34</td>
<td>35</td>
</tr>
<tr>
<td>Child care is too costly</td>
<td>12</td>
<td>11</td>
<td>16</td>
<td>14</td>
</tr>
<tr>
<td>I am attending school or other training</td>
<td>11</td>
<td>11</td>
<td>16</td>
<td>14</td>
</tr>
<tr>
<td>I am preparing for/recovering from a PCS move</td>
<td>5</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>I stay home to homeschool my children</td>
<td>3</td>
<td>5</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I am not physically prepared to work (e.g., pregnant, sick, disabled)</td>
<td>6</td>
<td>5</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>I do not want to work</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Reason</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Want to spend time with children</td>
<td>17</td>
<td>23</td>
<td>20</td>
<td>23</td>
</tr>
<tr>
<td>Could only find part-time work</td>
<td>24</td>
<td>17</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>Child care problems</td>
<td>9</td>
<td>8</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>I am attending school or training</td>
<td>12</td>
<td>13</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>I do not want to work full-time</td>
<td>11</td>
<td>8</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>I am self-employed</td>
<td>7</td>
<td>8</td>
<td>10</td>
<td>7</td>
</tr>
</tbody>
</table>

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

- Yes: 81%

**Group Summary**

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

**Trends**

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

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.
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 – Army (9%); 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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Had personal relationship problems with your partner due to finances</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Borrowed money from family and/or friends to pay bills</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had to pay overdraft fees to your bank or credit union two times or more</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Failed to make a monthly/minimum payment on credit card/AAFES/NEXCOM account/Military Star Card</td>
<td>15</td>
<td>15</td>
<td>11</td>
<td>9</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Took money out of a retirement fund or investment to pay living expenses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Was pressured to pay bills by stores, creditors, or bill collectors</td>
<td>13</td>
<td>13</td>
<td>11</td>
<td>8</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>Used a local food pantry</td>
<td>5</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Failed to make a car payment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Most recent HIGHER than
Most recent LOWER than

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

<table>
<thead>
<tr>
<th>Category</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently deployed</td>
<td>16</td>
<td>12</td>
<td>14</td>
<td>12</td>
</tr>
<tr>
<td>Deployed in the past 36 months, but not currently</td>
<td>44</td>
<td>38</td>
<td>32</td>
<td>33</td>
</tr>
<tr>
<td>Deployed in career, but not in the past 36 months</td>
<td>21</td>
<td>28</td>
<td>31</td>
<td>30</td>
</tr>
<tr>
<td>Not deployed in career</td>
<td>19</td>
<td>22</td>
<td>24</td>
<td>24</td>
</tr>
</tbody>
</table>

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

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

Trends

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

<table>
<thead>
<tr>
<th></th>
<th>Most recent HIGHER than 2006</th>
<th>2008</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loneliness</td>
<td>54</td>
<td>47</td>
<td>38</td>
<td>31</td>
<td>36</td>
<td>38</td>
</tr>
<tr>
<td>Home/car repairs/maintenance</td>
<td>34</td>
<td>29</td>
<td>22</td>
<td>18</td>
<td>23</td>
<td>28</td>
</tr>
<tr>
<td>Being a &quot;single&quot; parent</td>
<td></td>
<td>32</td>
<td>26</td>
<td>23</td>
<td>28</td>
<td>27</td>
</tr>
<tr>
<td>Dealing with issues/decisions</td>
<td></td>
<td>24</td>
<td>20</td>
<td>25</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Difficulty maintaining</td>
<td></td>
<td>25</td>
<td>24</td>
<td>19</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Emotional problems in the family</td>
<td></td>
<td>23</td>
<td>20</td>
<td>15</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>No time for recreation, fitness, or entertainment activities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional problems in the family</td>
<td></td>
<td>20</td>
<td>18</td>
<td>22</td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>Managing child care/child schedules</td>
<td></td>
<td>28</td>
<td>23</td>
<td>17</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>My job demands</td>
<td></td>
<td>16</td>
<td>14</td>
<td>18</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

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

Technical difficulties communicating with my spouse
- Large extent: 19
- Moderate/Small extent: 45
- Not at all: 30

Managing expenses and bills
- Large extent: 17
- Moderate/Small extent: 35
- Not at all: 48

A lack of and/or problems with military offered support for myself/my family
- Large extent: 16
- Moderate/Small extent: 31
- Not at all: 53

Health problems in the family
- Large extent: 13
- Moderate/Small extent: 32
- Not at all: 56

Marital problems
- Large extent: 13
- Moderate/Small extent: 29
- Not at all: 58

My education demands
- Large extent: 12
- Moderate/Small extent: 17
- Not at all: 71

Safety of my family in our community
- Large extent: 10
- Moderate/Small extent: 28
- Not at all: 62

Other
- Large extent: 7
- Moderate/Small extent: 7
- Not at all: 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
- 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

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

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)

Margins of error range from ±0.2 to ±0.3 days

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

<table>
<thead>
<tr>
<th>Source/Service</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your spouse's installation</td>
<td>30</td>
<td>32</td>
<td>33</td>
<td>34</td>
</tr>
<tr>
<td>Military chaplain/civilian religious or spiritual leader</td>
<td>19</td>
<td>21</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Military Family Life Counselors (MFLC)</td>
<td>24</td>
<td>23</td>
<td>23</td>
<td>25</td>
</tr>
<tr>
<td>Another military source</td>
<td>23</td>
<td>25</td>
<td>24</td>
<td>22</td>
</tr>
<tr>
<td>Military OneSource</td>
<td>16</td>
<td>16</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>TRICARE</td>
<td>14</td>
<td>15</td>
<td>17</td>
<td>16</td>
</tr>
<tr>
<td>Another non-military source</td>
<td>11</td>
<td>13</td>
<td>14</td>
<td>12</td>
</tr>
</tbody>
</table>

Margins of error range from ±2% to ±7%
Attachment Behavior Index (AQS)
Average of Active Duty Spouses Who Selected a Child

**Group Summary**

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

**Trends**

**Insecurity**

<table>
<thead>
<tr>
<th>Total</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Total</td>
<td>2.3</td>
<td>2.2</td>
<td>2.4</td>
<td>2.5</td>
</tr>
<tr>
<td>* Army</td>
<td>2.3</td>
<td>2.3</td>
<td>2.4</td>
<td>2.4</td>
</tr>
<tr>
<td>* Navy</td>
<td>2.3</td>
<td>2.2</td>
<td>2.4</td>
<td>2.5</td>
</tr>
<tr>
<td>* Marine Corps</td>
<td>2.2</td>
<td>2.3</td>
<td>2.4</td>
<td>2.5</td>
</tr>
<tr>
<td>* Air Force</td>
<td>2.2</td>
<td>2.2</td>
<td>2.3</td>
<td>2.4</td>
</tr>
</tbody>
</table>

**Insecurity**

<table>
<thead>
<tr>
<th>Total</th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Total</td>
<td>2.3</td>
<td>2.2</td>
<td>2.4</td>
<td>2.5</td>
</tr>
<tr>
<td>* E1-E4</td>
<td>2.3</td>
<td>2.2</td>
<td>2.3</td>
<td>2.5</td>
</tr>
<tr>
<td>* E5-E9</td>
<td>2.3</td>
<td>2.3</td>
<td>2.4</td>
<td>2.4</td>
</tr>
<tr>
<td>* O1-O3</td>
<td>2.4</td>
<td>2.3</td>
<td>2.5</td>
<td>2.5</td>
</tr>
<tr>
<td>* O4-O6</td>
<td>2.2</td>
<td>2.2</td>
<td>2.4</td>
<td>2.5</td>
</tr>
</tbody>
</table>

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).]
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%)
- **Pride in having a military parent** – Army (56%)
- **Academic problems** – E5-E9 (20%); Employed (22%)
- **Behavior problems at school** – E5-E9 (17%); Dual Military (26%)

Trends

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acceptance of responsibility</td>
<td>62</td>
<td>60</td>
<td>59</td>
<td>58</td>
</tr>
<tr>
<td>Closeness to family members</td>
<td>63</td>
<td>57</td>
<td>60</td>
<td>55</td>
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<tr>
<td>Pride in having a military parent</td>
<td>59</td>
<td>54</td>
<td>53</td>
<td>53</td>
</tr>
<tr>
<td>Anger about my spouse's military requirements</td>
<td>28</td>
<td>24</td>
<td>30</td>
<td>33</td>
</tr>
<tr>
<td>Behavior problems at home</td>
<td>24</td>
<td>22</td>
<td>24</td>
<td>27</td>
</tr>
<tr>
<td>Academic problems</td>
<td>19</td>
<td>20</td>
<td>16</td>
<td>19</td>
</tr>
<tr>
<td>Behavior problems at school</td>
<td>16</td>
<td>15</td>
<td>15</td>
<td>15</td>
</tr>
</tbody>
</table>

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

ADSS 2019 Q60