**2019 Survey of Reserve Component Spouses (*2019 RCSS*)**

Spouse Military Support
Employment, and Financial Status
Activation and Deployment
Reunion and Reintegration
Spouse and Child Well-Being

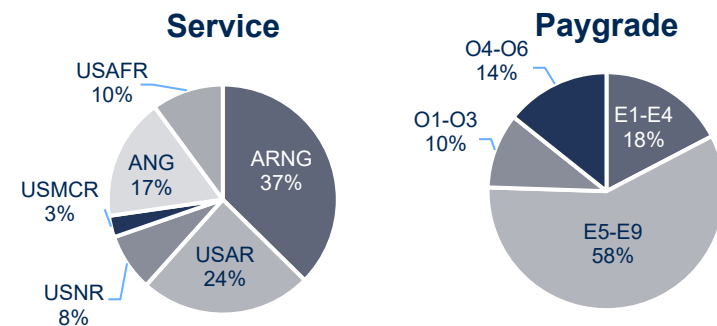# Background & Demographics

- ## Survey Methods
  - The Reserve Component Spouse Survey (RCSS) is fielded every two years using scientific survey methods including stratified random sampling and weighting
  - 2019 survey was designed to allow comparisons to previous administrations
  - Results are generalizable to the population of Reserve component spouses—only survey of its kind in DoD

- ## Sample and Response
  - 50,815 sample size , 15% weighted response rate
  - Field period from January to June 2019
  - Target population: Reserve Component member spouses from the Army National Guard (ARNG), U.S. Army Reserve (USAR), U.S. Navy Reserve (USNR), U.S. Marine Corps Reserve (USMCR), Air National Guard (ANG), and U.S. Air Force Reserve (USAFR)

- ## Key Demographics (weighted)
  - 75% With child(ren) under age 18
  - 85% Female
  - 27% Minority
  - 43% No college/Some college, 34% 4-Year degree, 23% Graduate/Professional degree
  - 36% Lived less 30 minutes from installation/base, 29% lived 30 minutes to 1 hour from installation/base, and 35% lived 1 hour or more from installation/base

**Service**

USAFR 10%
ANG 17%
USMCR 3%
USNR 8%
USAR 24%
ARNG 37%

**Paygrade**

O4-O6 14%
O1-O3 10%
E1-E4 18%
E5-E9 58%

# Introduction

- **Graphic displays of overall results**



| | Extremely/Very helpful | Somewhat/Slightly helpful | Not at all helpful |
|---|---|---|---|
| | 39 | 33 | 28 |
| | 30 | 32 | 38 |
| | 27 | 34 | 39 |
| | 27 | 33 | 40 |
| | 26 | 23 | 51 |
| | 24 | 29 | 47 |
| | 21 | 27 | 52 |
| | 20 | 20 | 60 |

Margins of error range from ±4% to ±6%
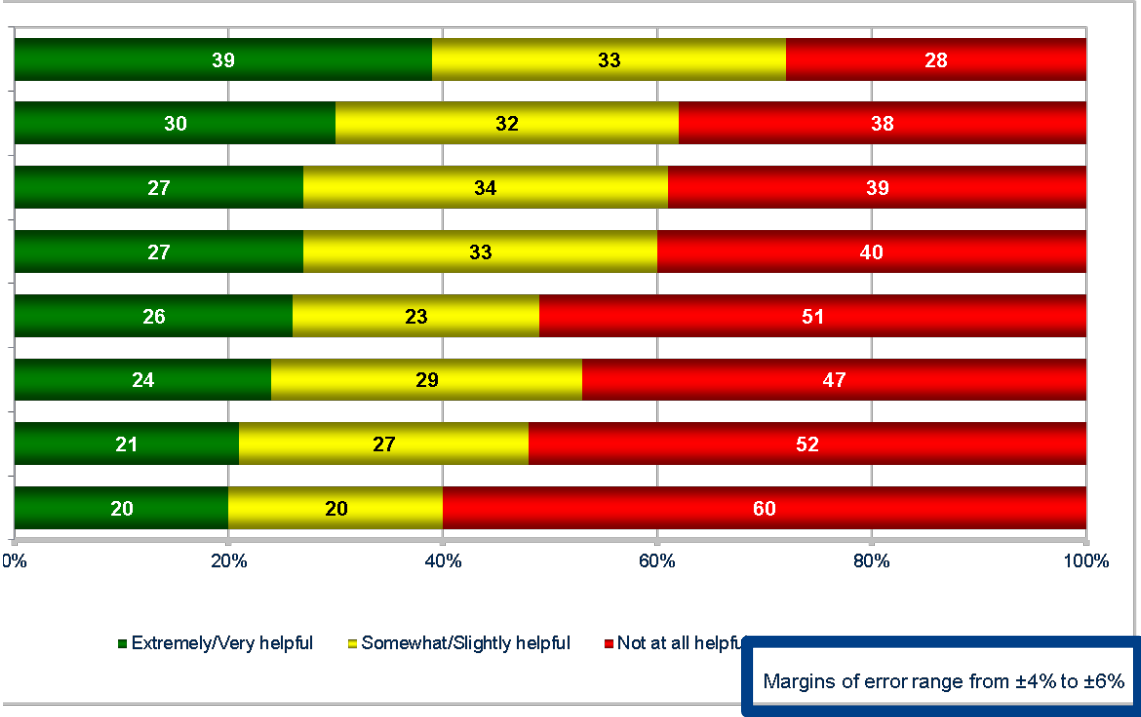
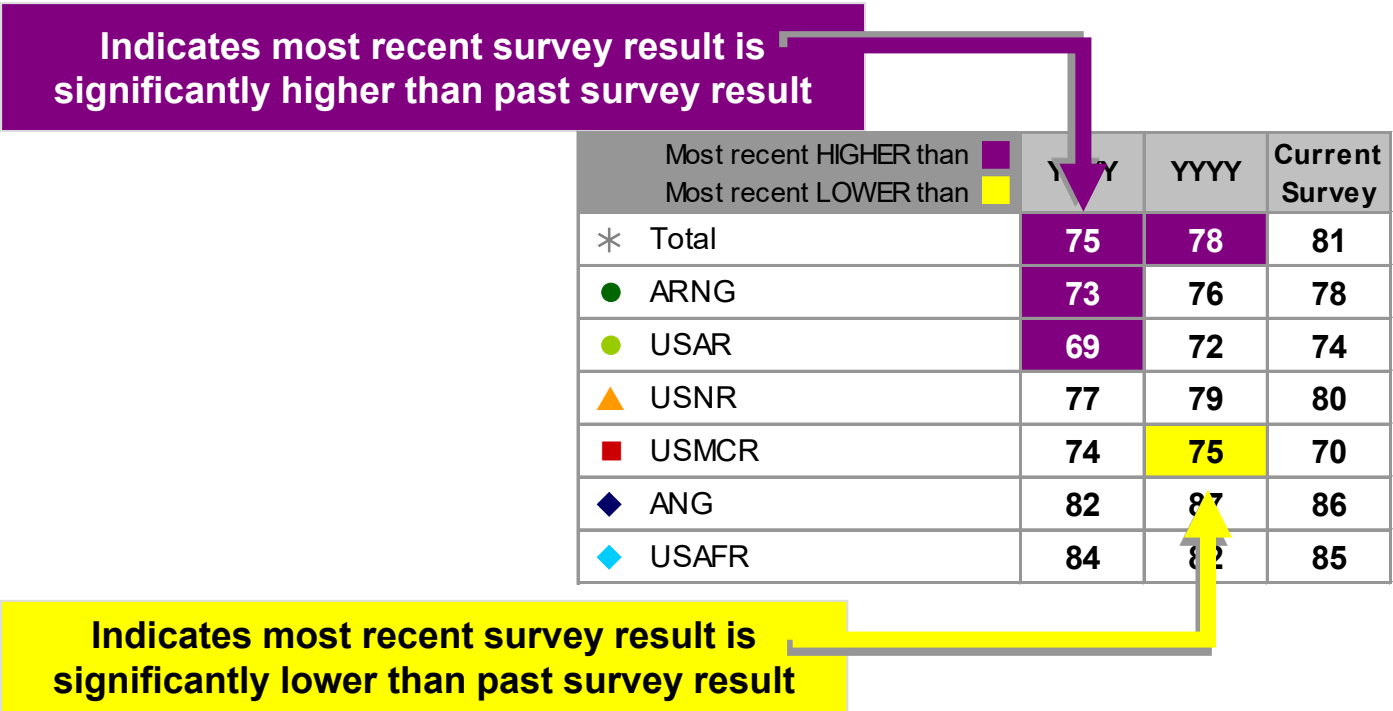**Percentages are reported with margins of error based on 95% confidence intervals. The range of margins of error is presented for the question or group of questions/subitems.**

# Introduction

- **Trends are shown (when available) as estimated percentages or means**
- **Statistical tests used to compare current results with all previous survey administrations**
  - Purple cells indicate current survey result is HIGHER
  - Yellow cells indicate current survey result is LOWER

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

| Most recent HIGHER than ▮<br>Most recent LOWER than ▮ | YYYY | YYYY | Current Survey |
|---|---|---|---|
| ✳ Total | 75 | 78 | 81 |
| ● ARNG | 73 | 76 | 78 |
| ● USAR | 69 | 72 | 74 |
| ▲ USNR | 77 | 79 | 80 |
| ■ USMCR | 74 | 75 | 70 |
| ◆ ANG | 82 | 87 | 86 |
| ◆ USAFR | 84 | 82 | 85 |

**Indicates most recent survey result is significantly lower than past survey result**
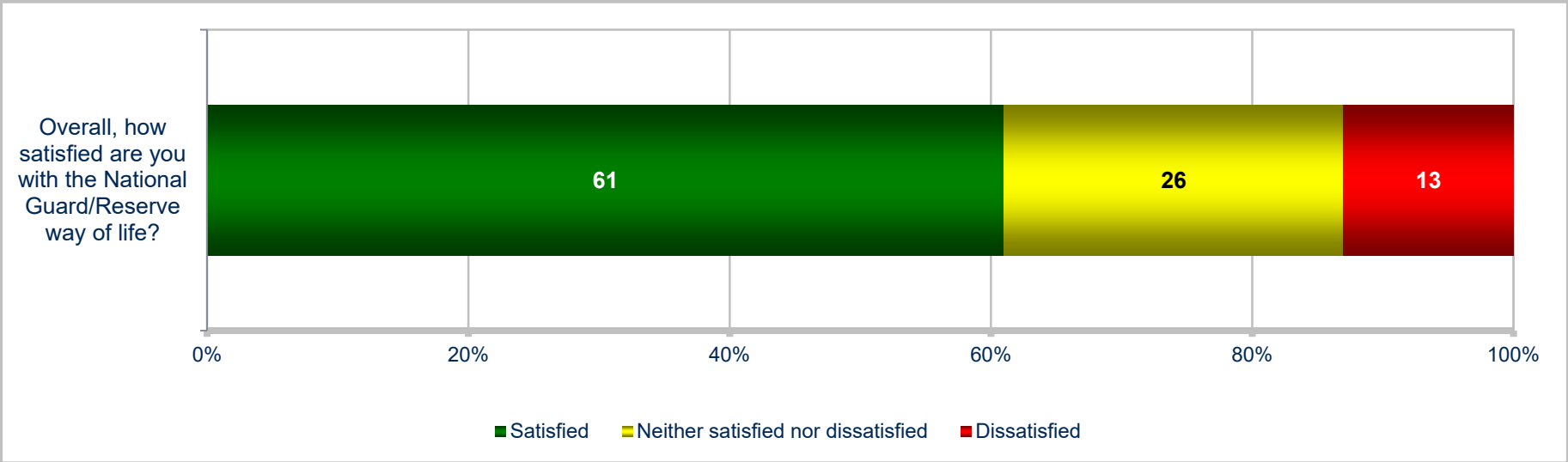
# Spouse Military Support

# Trends: **Spouse Military Support**

- **More than half satisfied with the National Guard/Reserve lifestyle:** 61% of spouses were satisfied with military way of life, steady since 2009.

- **Six in ten spouses favor staying:** 66% favored their husband/wife staying in the National Guard/Reserve.

- **Majority report support to stay remains unchanged:** 59% of spouses reported their support for their husband/wife's decision to stay in the National Guard/Reserve had not changed over the last year

# Overall Satisfaction With National Guard/Reserve Way of Life
## Percent of All Reserve Spouses

Overall, how satisfied are you with the National Guard/Reserve way of life?

| | | |
|---|---|---|
| **61** | **26** | **13** |

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

■ Satisfied  ■ Neither satisfied nor dissatisfied  ■ Dissatisfied

Margins of error do not exceed ±2%

- **Higher response of** *Satisfied* – ANG (74%); USAFR (69%); O4-O6 (70%)
- **Higher response of** *Dissatisfied* – ARNG (16%); USAR (17%)

### Satisfied

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 59 | 59 | 61 | 63 | 63 | 61 | 61 |
| ARNG | 56 | 56 | 58 | 61 | 61 | 58 | 58 |
| USAR | 49 | 50 | 54 | 54 | 53 | 55 | 53 |
| USNR | 61 | 59 | 61 | 64 | 63 | 62 | 63 |
| USMCR | 50 | 49 | 52 | 57 | 56 | 51 | 53 |
| ANG | 74 | 74 | 75 | 77 | 75 | 73 | 74 |
| USAFR | 70 | 65 | 71 | 71 | 74 | 68 | 69 |

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

### Satisfied

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 59 | 59 | 61 | 63 | 63 | 61 | 61 |
| E1–E4 | 46 | 47 | 50 | 52 | 52 | 56 | 54 |
| E5–E9 | 61 | 60 | 63 | 65 | 64 | 60 | 62 |
| O1–O3 | 55 | 57 | 60 | 59 | 64 | 61 | 56 |
| O4–O6 | 71 | 68 | 72 | 74 | 75 | 71 | 70 |

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

RCSS 2019 Q48

# Support To Stay in the National Guard/Reserve
## Percent of All Reserve Spouses

**Factors that Impacted Support for Husband/Wife's Participation in National Guard/Reserve**

1. Effect on family life (34%)
2. Effect on husband/wife's outlook on life (14%)
3. Time spend on National Guard/Reserve duties (11%)
4. Effect on work life (9%)
5. Income change (9%)

Do you think your spouse should stay or leave the National Guard/Reserve?

| 66 | 17 | 17 |

- I favor staying
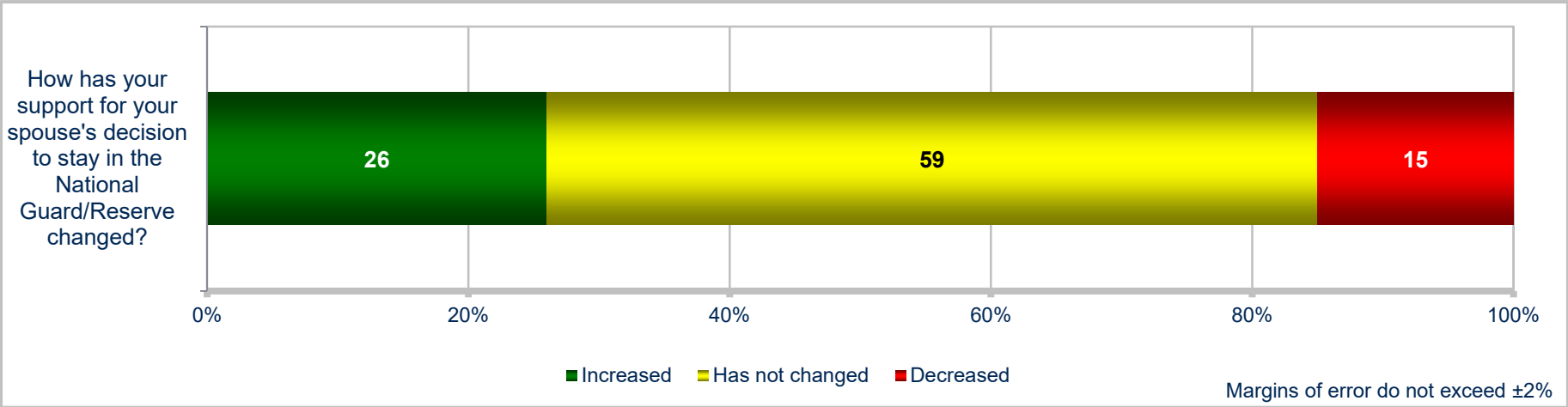- I have no opinion one way or the other
- I favor leaving

Margins of error do not exceed ±2%

- **Higher response of** *I favor staying* – USNR (73%); ANG (74%); O4-O6 (74%)
- **Higher response of** *I favor leaving* – USAR (21%); E1-E4 (21%)

RCSS 2019 Q49, Q51

# Change in Support for Husband/Wife's Decision To Stay in the National Guard/Reserve in Last Year

## Percent of All Reserve Spouses



How has your support for your spouse's decision to stay in the National Guard/Reserve changed?

| Increased | Has not changed | Decreased |
| 26 | 59 | 15 |

■ Increased   ■ Has not changed   ■ Decreased

Margins of error do not exceed ±2%

- **Higher response of** *Increased* – E1-E4 (33%)
- **Higher response of** *Decreased* – ARNG (17%)

### Increased

| Most recent HIGHER than ■ / Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 19 | 21 | 24 | 24 | 26 | 24 | 26 |
| ARNG | 20 | 24 | 25 | 26 | 27 | 23 | 26 |
| USAR | 18 | 20 | 26 | 23 | 27 | 26 | 26 |
| USNR | 16 | 20 | 23 | 23 | 25 | 24 | 26 |
| USMCR | 18 | 19 | 22 | 24 | 25 | 21 | 18 |
| ANG | 18 | 20 | 23 | 20 | 24 | 22 | 27 |
| USAFR | 17 | 19 | 22 | 24 | 23 | 21 | 24 |

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

### Increased

| Most recent HIGHER than ■ / Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 19 | 21 | 24 | 24 | 26 | 24 | 26 |
| E1–E4 | 23 | 28 | 30 | 33 | 36 | 32 | 33 |
| E5–E9 | 19 | 21 | 24 | 22 | 25 | 23 | 26 |
| O1–O3 | 16 | 19 | 22 | 22 | 23 | 24 | 22 |
| O4–O6 | 13 | 16 | 20 | 18 | 17 | 15 | 20 |

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

RCSS 2019 Q50

# Spouse Employment and Financial Condition

# Trends: Employment and Financial Condition

- **Spouse unemployment rate was 7% in 2019** (statistically the same as in 2017 and 2014)

- **A majority of spouses experienced financial comfort in 2019:** 68% of spouses reported a comfortable financial condition in 2019, higher than in 2014, 2012, and 2009 and the same as in 2017

# Unemployment Rate (Civilian)

## Percent of Reserve Spouses Who Are in the Labor Force (Excluding Dual Military Spouses and Spouses of Warrant Officers)

**78% of spouses were in the labor force**

Unemployment rate (Civilian): **7**

0 — 20 — 40 — 60 — 80 — 100

■ Unemployed

Margins of error do not exceed ±2%
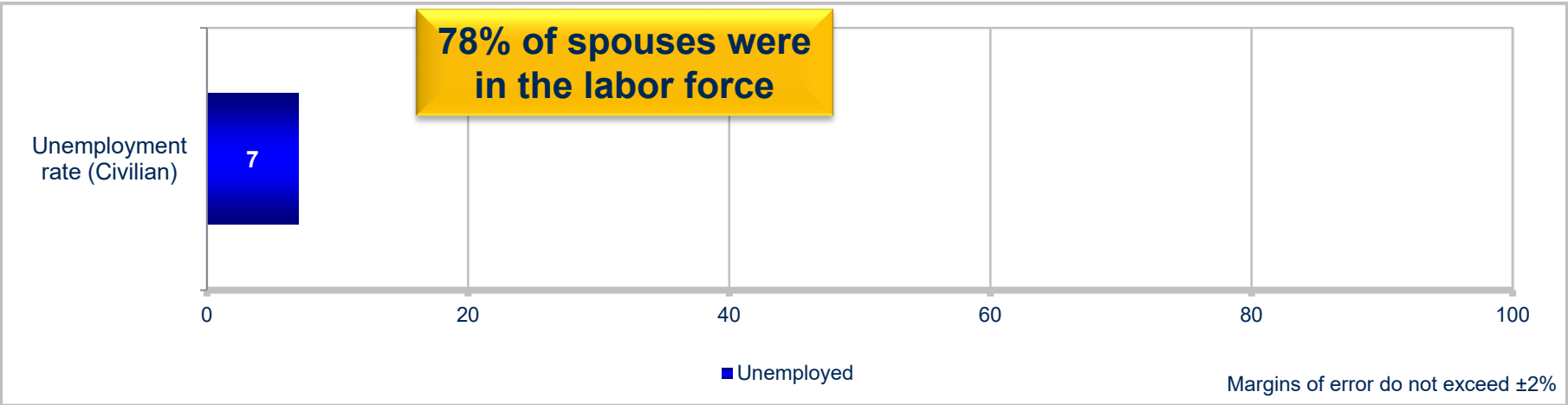
- **Higher rate of** *Unemployed* – USAR (11%); E1-E4 (13%); Minority Race/Ethnicity (13%); No College/Some College (10%); Less Than 31 Years Old (12%)

### Unemployed

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2006 | 2012[1] | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|
| Total | 5 | 10 | 9 | 8 | 7 |
| ARNG | 6 | 10 | 8 | 7 | 7 |
| USAR | 7 | 13 | 11 | 11 | 11 |
| USNR | 4 | 14 | 9 | 8 | 8 |
| USMCR | 8 | 11 | 12 | 10 | 6 |
| ANG | 4 | 5 | 7 | 5 | 4 |
| USAFR | 5 | 10 | 9 | 8 | 6 |

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

### Unemployed

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2006 | 2012[1] | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|
| Total | 5 | 10 | 9 | 8 | 7 |
| E1–E4 | 11 | 18 | 11 | 13 | 13 |
| E5–E9 | 4 | 9 | 9 | 7 | 6 |
| O1–O3 | 4 | 8 | 6 | 4 | 5 |
| O4–O6 | 4 | 5 | 6 | 6 | 6 |

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

[1]The coding used for the civilian unemployment rate in 2012 differed slightly from the standard used in other years; the data reported in this briefing matches the standard for all years which may introduce slight differences in estimates for 2012 between the 2019 overview brief and prior years.

RCSS 2019 Q67-Q70

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

**25% of employed spouses worked part-time**
(fewer than 35 hours per week)

| Reason | Percent |
|---|---|
| Want to spend time with children | 37 |
| Child care problems | 10 |
| I do not want to work full-time | 10 |
| Other | 9 |
| I am attending school or training | 8 |
| I am self-employed | 8 |
| Other family/personal obligations | 6 |

■ Marked

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

RCSS 2019 Q72
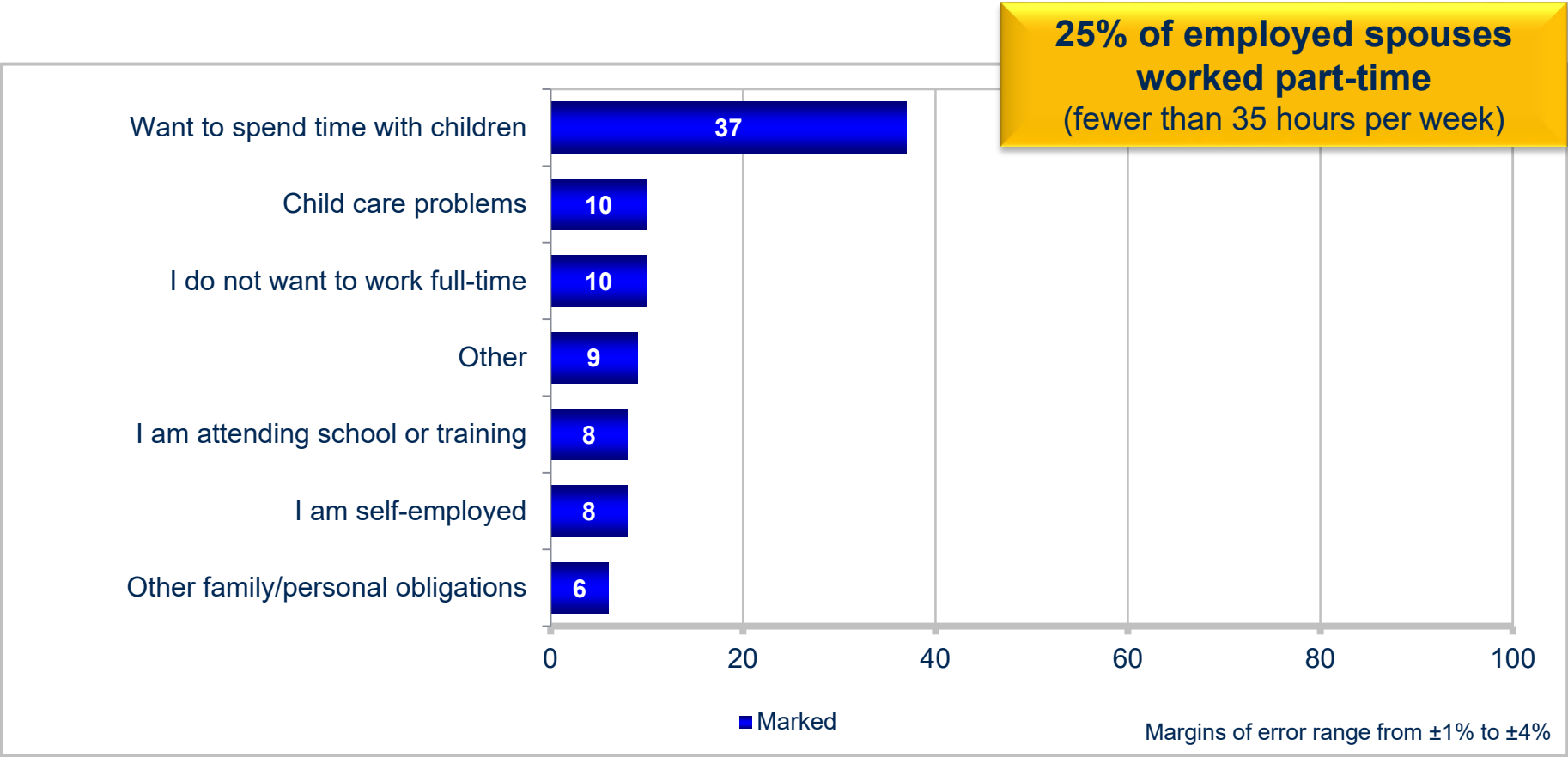
# Impact of Spouse's Deployment on Employment
## Percent of Reserve Spouses Who Held a Job During Their Husband/Wife's Most Recent Deployment



**Took time off work:** 58
**Reduced the number of hours worked:** 31
**Left your job:** 7

> **76% of spouses who experienced a deployment in the past 24 months were employed at some point during the most recent deployment**

■ Yes

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

### Yes
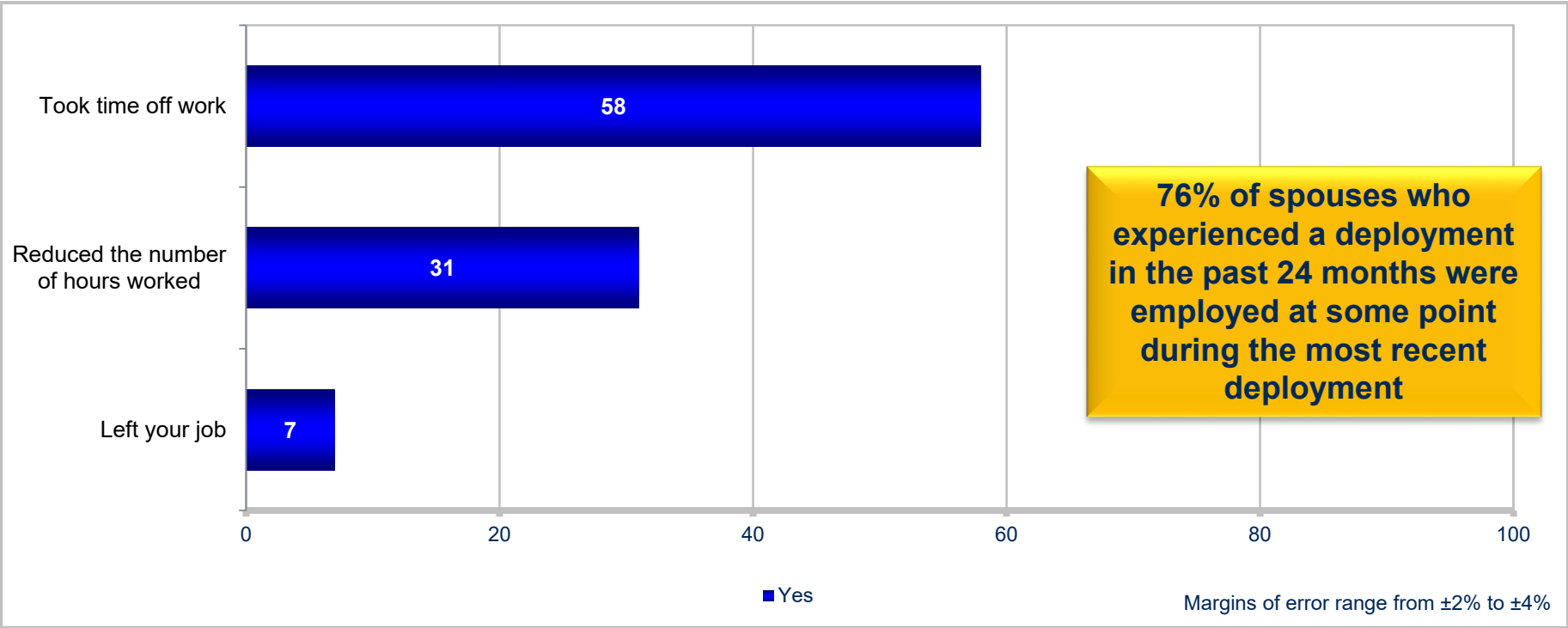
| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|
| Took time off work | 56 | 52 | 55 | 54 | 58 |
| Reduced the number of hours worked | 28 | 27 | 30 | 33 | 31 |
| Left your job | 9 | 7 | 7 | 7 | 7 |

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

RCSS 2019 Q21, Q22

# Assessment of Financial Condition
## Percent of All Reserve Spouses

Which best describes your financial condition?

| | | |
|---|---|---|
| **68** | **21** | **10** |

0%　　20%　　40%　　60%　　80%　　100%

■ Comfortable　■ Some difficulty　■ Not comfortable

Margins of error range from ±1% to ±2%
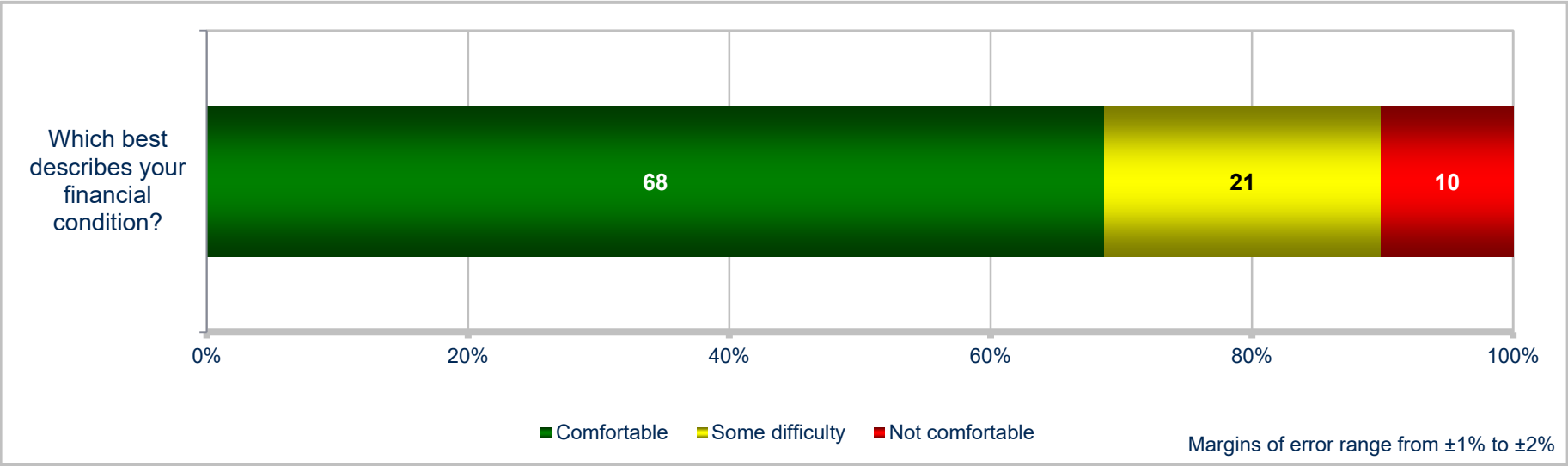
- **Higher response of** *Comfortable* – ANG (76%); USAFR (77%); O1-O3 (79%); O4-O6 (88%)
- **Higher response of** *Not comfortable* – USAR (13%); E1-E4 (19%)

### Comfortable

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|
| Total | 60 | 58 | 61 | 68 | 68 |
| ARNG | 56 | 54 | 57 | 64 | 64 |
| USAR | 58 | 55 | 58 | 64 | 65 |
| USNR | 63 | 63 | 63 | 69 | 70 |
| USMCR | 58 | 57 | 56 | 66 | 71 |
| ANG | 67 | 67 | 68 | 75 | 76 |
| USAFR | 69 | 68 | 70 | 77 | 77 |

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

### Comfortable

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|
| Total | 60 | 58 | 61 | 68 | 68 |
| E1–E4 | 39 | 40 | 39 | 49 | 53 |
| E5–E9 | 60 | 58 | 60 | 66 | 66 |
| O1–O3 | 76 | 73 | 76 | 81 | 79 |
| O4–O6 | 83 | 83 | 84 | 88 | 88 |

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

RCSS 2019 Q58

# Steps to Prepare Financially for Deployments
## Percent of All Reserve Spouses

| Step | Yes | No | Don't know |
|------|-----|-----|-----------|
| Reviewed our finances together (e.g., bills, investments, bank/credit union accounts) | 80 | 18 | 2 |
| Ensured I have money for rent, food, and living expenses (e.g., set up an allotment, joint accounts) | 80 | 16 | 4 |
| Developed a financial plan to meet emergencies | 63 | 30 | 7 |

Margins of error range from ±1% to ±2%
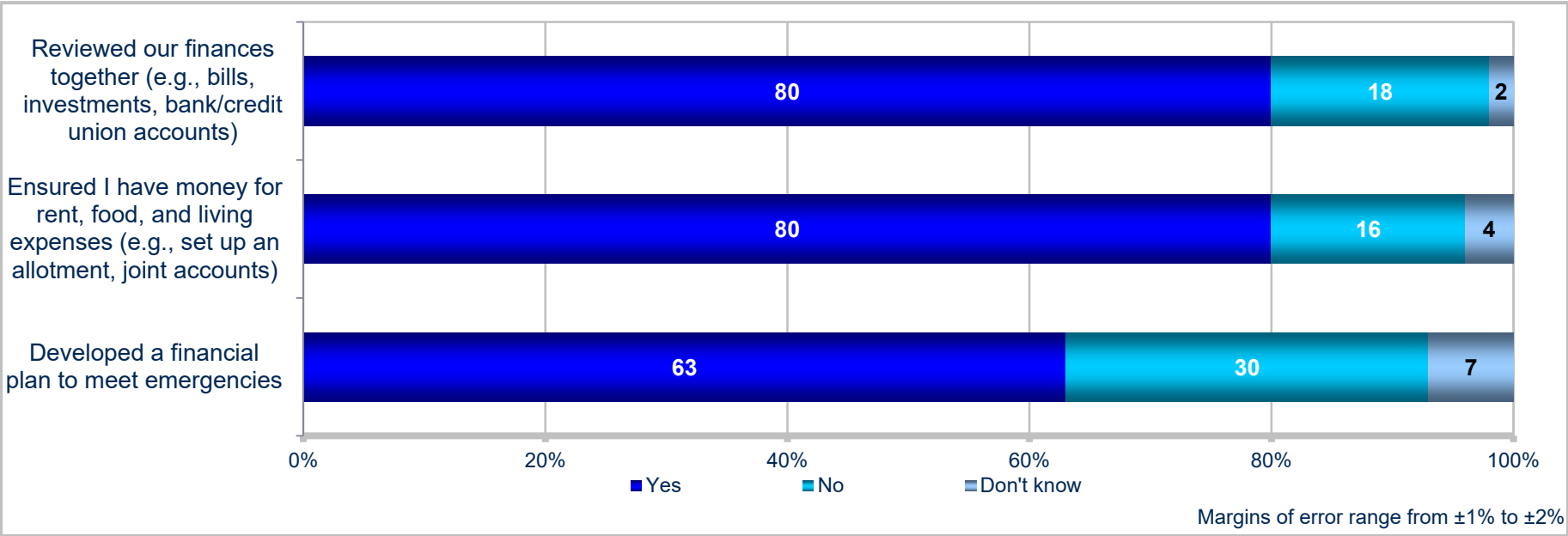
- **Higher response of** *Yes*:
  - Reviewed our finances together – ANG (84%), O4-O6 (85%)
  - Ensured I have money for rent, food, and living expenses – ANG (84%), USAR (86%)
  - Developed a financial plan to meet emergencies – ARNG (59%), O1-O3 (71%), O4-O6 (77%)

**Yes**

| | Most recent HIGHER than ▪ (purple)<br>Most recent LOWER than ▪ (yellow) | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|---|
| ■ | Ensured I have money for rent, food, and living expenses (e.g., set up an allotment, joint accounts) | 75 | 77 | 79 | 78 | 81 | 80 | 80 |
| ● | Reviewed our finances together (e.g., bills, investments, bank/credit union accounts) | | | | | 80 | 80 | 80 |
| ▲ | Developed a financial plan to meet emergencies | 56 | 57 | 61 | 61 | 65 | 65 | 63 |

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

RCSS 2019 Q47

# Additional Expenses During Deployment
## Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months and Who Indicated the Specific Expense Was Applicable

| Expense | Yes |
|---|---|
| Home/car repairs/maintenance or yard work | 69 |
| New or increased need for child care | 45 |
| Increased bills due to communicating more with family/friends and/or deployed spouse | 42 |
| Other | 23 |
| Increased medical expenses | 13 |
| Loss of my job | 9 |
| Loss of my spouse's health insurance/dental coverage | 9 |

■Yes

Margins of error range from ±3% to ±4%
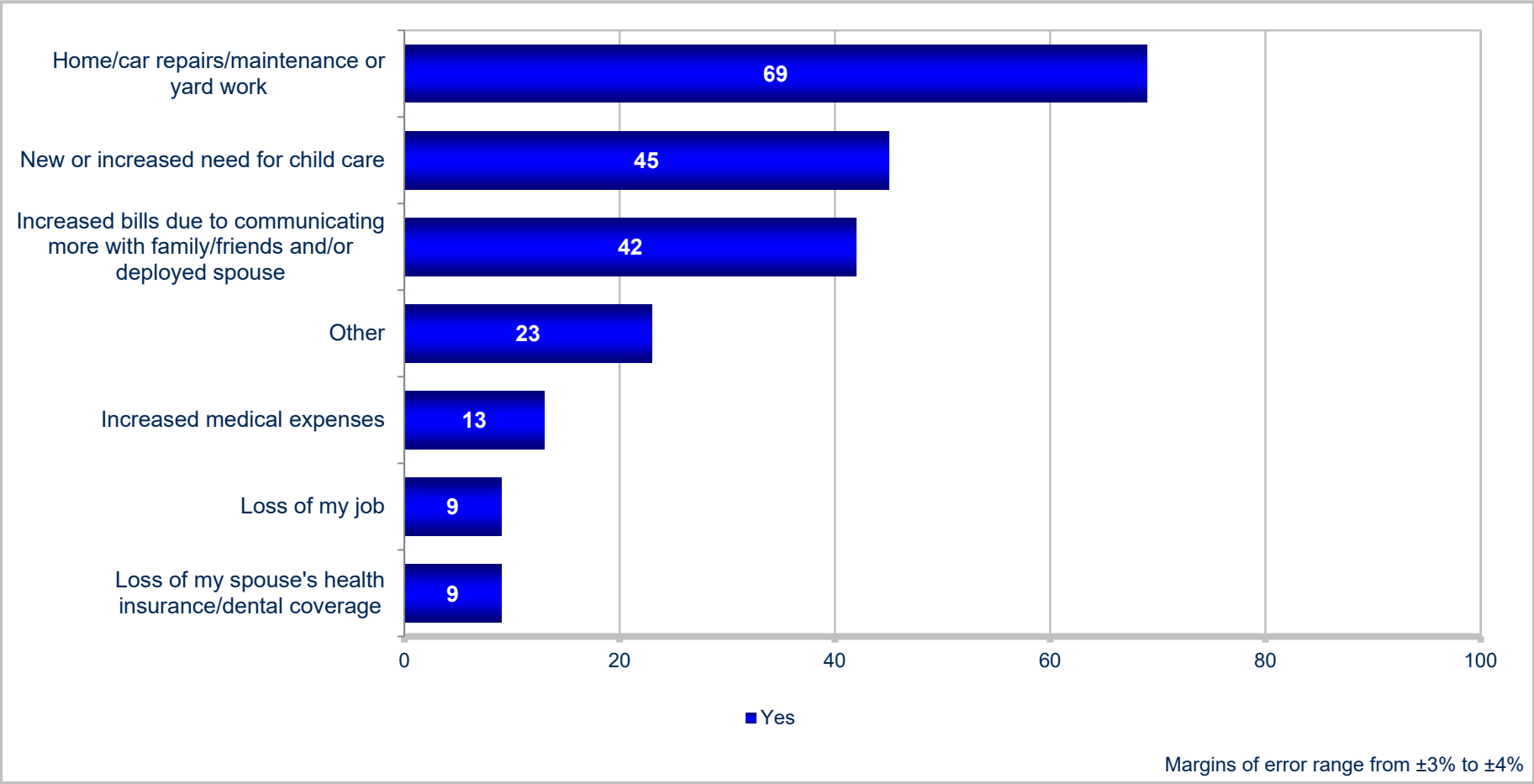
- **Higher response of** *Increased bills due to communicating more with family/friends and/or deployed spouse* – USMCR (58%)

RCSS 2019 Q23

# Activation/Deployment

# Trends: Activation and Deployment

- **Four in 10 spouses reported their husband/wife had been activated** in the past 24 months

- **Tricare medical coverage was the most frequently used military-provided program/service:** 78% of spouses whose husband/wife had been deployed in past 24 months reported using Tricare medical coverage in 2019

- A majority (63%) of spouses who interacted with **a Unit or Service Point of Contact (POC)** during their husband/wife's deployment were satisfied with the assistance they received

- **Increased stress was an issue for half of spouses** during their husband/wife deployed

# Activated in Past 24 Months
## Percent of All Reserve Spouses

> **42% of spouses indicated their husband/wife was activated in past 24 months**

**Has your spouse been activated in the past 24 months?**

| 20 | 22 | 58 |
|---|---|---|

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

■ Yes, my spouse is currently activated  ■ Yes, but my spouse is not currently activated  ■ No

Margins of error do not exceed ±2%
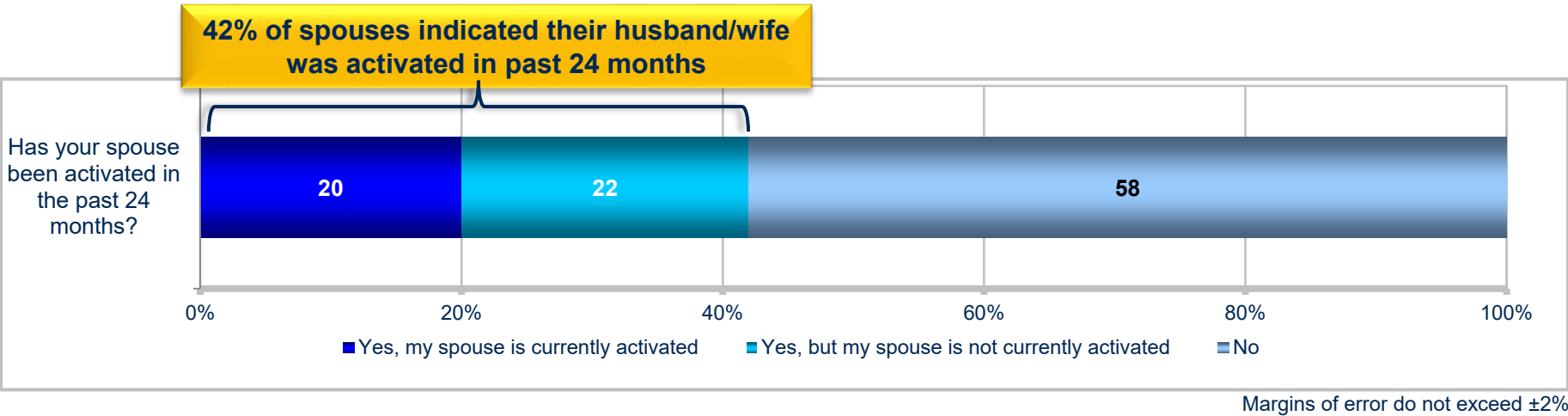
# Deployed in Past 24 Months
## Percent of Reserve Spouses Whose Husband/Wife Had Been Activated in Past 24 Months

> **Of the 42% of spouses whose husband/wife had been activated, 51% experienced a deployment**

> **Among those who deployed, 50% were deployed to a combat zone**

**Did any of your spouse's activations in the past 24 months result in deployment?**

| 20 | 31 | 49 |
|---|---|---|

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

■ Yes, my spouse is currently deployed  ■ Yes, but my spouse is not currently deployed  ■ No

Margins of error do not exceed ±2%

RCSS 2019 Q15
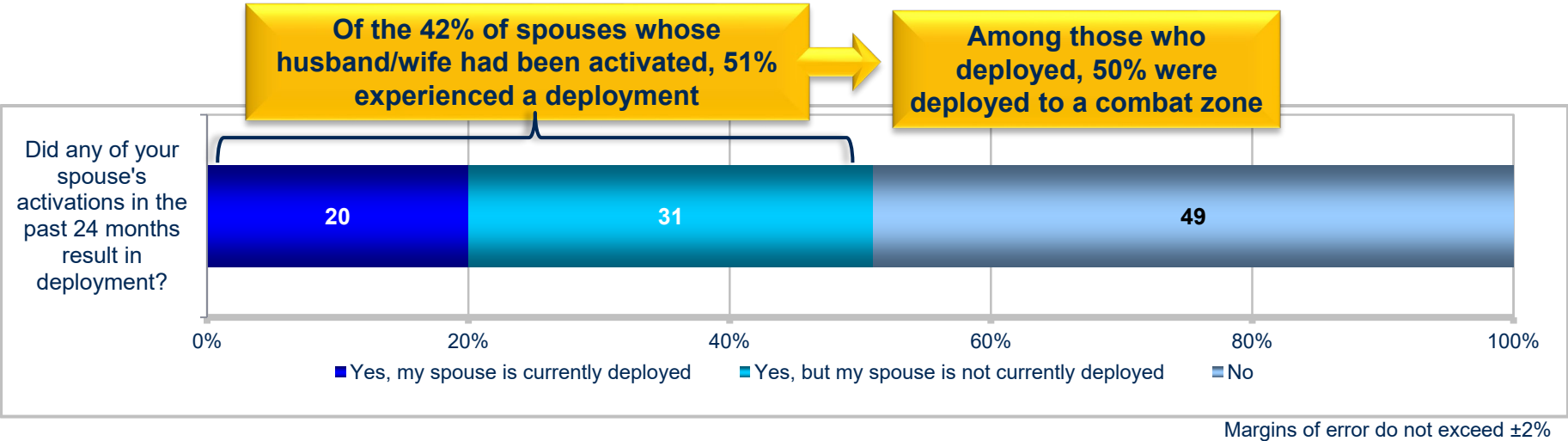
# Extent of Problems During Deployment
## Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months



| | Large extent | Moderate/Small extent | Not at all |
|---|---|---|---|
| Increase in your stress level | 50 | 42 | 8 |
| Loneliness | 39 | 50 | 11 |
| Home/car repairs/maintenance or yard work | 37 | 48 | 15 |
| Difficulty sleeping | 36 | 48 | 16 |
| Feelings of anxiety or depression | 36 | 43 | 21 |
| Managing child care/child schedules | 32 | 30 | 38 |
| Maintaining family routines (e.g., meals, sleep, recreation, study time) | 31 | 46 | 23 |
| My job or education demands | 29 | 32 | 39 |
| Difficulty maintaining emotional connection with spouse | 24 | 42 | 34 |
| Unintended weight gain or loss | 23 | 35 | 42 |
| Managing expenses and bills | 20 | 47 | 33 |

■ Large extent    ■ Moderate/Small extent    ■ Not at all      Margins of error range from ±1% to ±4%

RCSS 2019 Q25

# Use of Military-Provided Programs/Services
## Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months

| Program/Service | Percent (Yes) |
|---|---|
| TRICARE medical coverage | 78 |
| Yellow Ribbon Program | 44 |
| Military dental coverage | 43 |
| Pre-activation support (e.g., briefings) | 36 |
| Military OneSource | 28 |
| Morale, Welfare and Recreation (MWR) programs, services, and facilities | 14 |
| Family/personal counseling services | 12 |
| Other services for families during activation/deployment | 11 |
| Youth programs and outreach | 11 |
| Family Centers/Family Assistance Centers | 8 |
| Child care programs | 6 |
| Financial counseling services | 5 |

**Less likely to mark** Military OneSource – USMCR (12%), Without children (21%)

**More likely to mark** Military OneSource – With Children (30%)

■ Yes

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

RCSS 2019 Q20

# Satisfaction With Deployment Support Received
## Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months and Who Received Specified Deployment Support
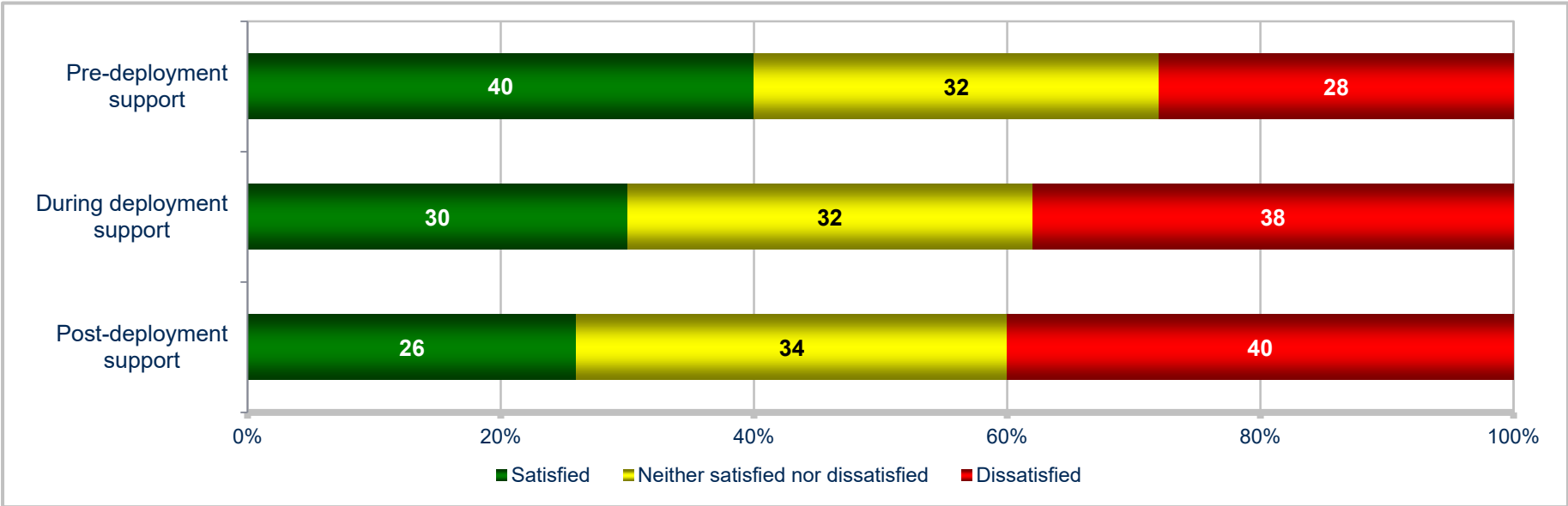


Margins of error do not exceed ±4%

- **Higher response of *Dissatisfied*:**

  - Pre-deployment support– USMCR (47%)

  - During deployment support– USAR (47%)

  - Post-deployment support– USAR (53%)

| | **Dissatisfied** | | |
|---|---|---|---|
| Most recent HIGHER than ■<br>Most recent LOWER than ■ | **2014** | **2017** | **2019** |
| Post-deployment support | **31** | **32** | **40** |
| During deployment support | 35 | 35 | 38 |
| Pre-deployment support | 25 | 28 | 28 |

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

# Satisfaction With Unit or Service Point of Contact (POC)
## Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months and Who Interacted With Their Unit or Service POC
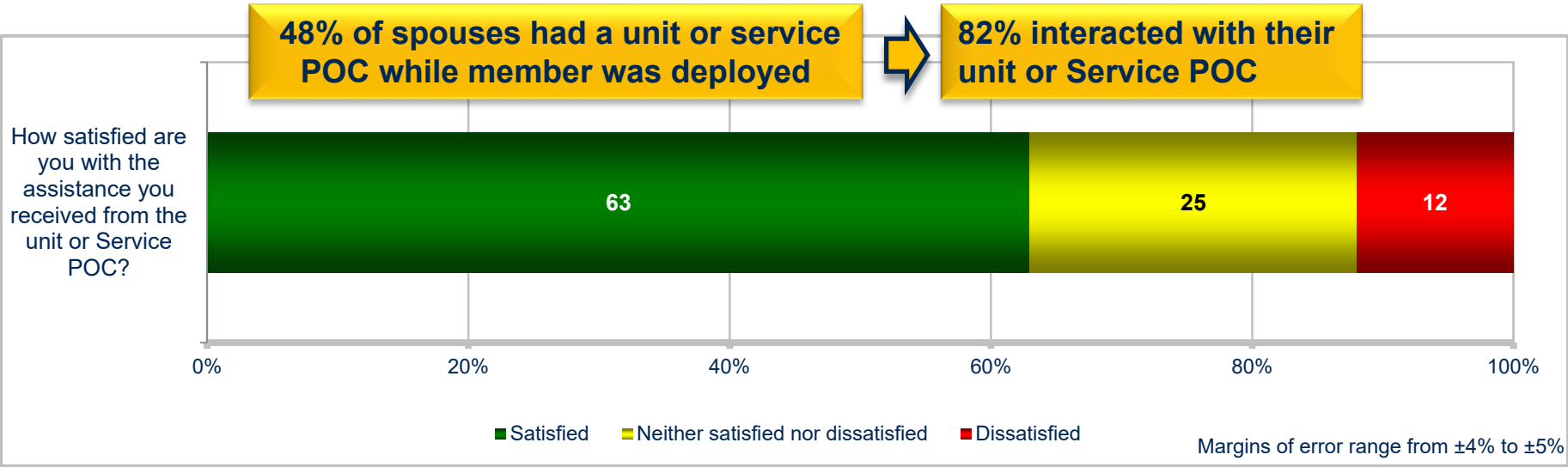
**48% of spouses had a unit or service POC while member was deployed**

**82% interacted with their unit or Service POC**

How satisfied are you with the assistance you received from the unit or Service POC?

| 63 | 25 | 12 |

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

■ Satisfied　■ Neither satisfied nor dissatisfied　■ Dissatisfied

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

### Satisfied

| Most recent HIGHER than ■ Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 67 | 70 | 62 | 65 | 62 | 63 | 63 |
| ARNG | 67 | 71 | 61 | 65 | 59 | 65 | 64 |
| USAR | 64 | 61 | 53 | 58 | 58 | 52 | 61 |
| USNR | 69 | 56 | 58 | 61 | 60 | 59 | 58 |
| USMCR | 67 | 75 | 60 | 60 | 55 | 30 | NR |
| ANG | 71 | 85 | 74 | 75 | 75 | 66 | 66 |
| USAFR | 70 | 82 | 74 | 69 | 69 | 71 | 64 |

Margins of error range from ±3% to ±24%

### Satisfied

| Most recent HIGHER than ■ Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 67 | 70 | 62 | 65 | 62 | 63 | 63 |
| E1–E4 | 59 | 69 | 57 | 61 | 67 | 65 | 61 |
| E5–E9 | 68 | 69 | 61 | 66 | 61 | 64 | 63 |
| O1–O3 | 68 | 74 | 65 | 64 | 66 | 65 | 74 |
| O4–O6 | 79 | 81 | 69 | 70 | 64 | 60 | 63 |

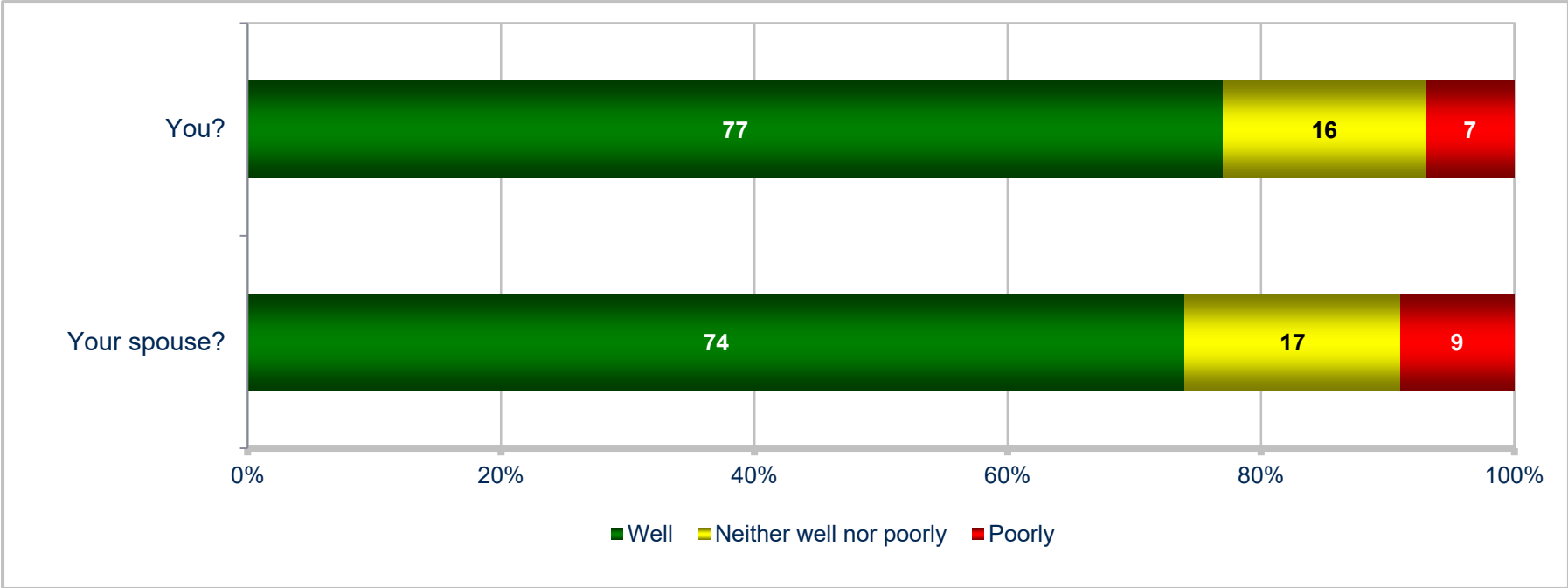Margins of error range from ±3% to ±18%

# Reunion and Reintegration

# Trends: Reunion and Reintegration

- **Majority of spouses reported reunion was going "well'** for them (77%) and husband/wife (74%) following return from deployment

- **The Yellow Ribbon Reintegration Program** was the most **frequently cited support service** used following member's return from deployment

# Assessment of Readjustment After Member Deployment For...
## Percent of Reserve Spouses Whose Husband/Wife Had Returned Home From a Deployment in Past 24 Months

**You?** — Well: 77 | Neither well nor poorly: 16 | Poorly: 7

**Your spouse?** — Well: 74 | Neither well nor poorly: 17 | Poorly: 9

Legend: ■ Well　■ Neither well nor poorly　■ Poorly

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

- **YOU: Higher response of *Poorly* – with Children (9%)**

| | | **Well** | | | | | |
|---|---|---|---|---|---|---|---|
| Most recent HIGHER than ■<br>Most recent LOWER than ■ | | **2008** | **2009** | **2012** | **2014** | **2017** | **2019** |
| ■ | You? | 71 | 69 | 73 | 77 | 76 | 77 |
| ● | Your spouse? | 66 | 63 | 67 | 71 | 72 | 74 |

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

# Spouse Received Support Services After Deployed Member Returned Home

## Percent of Reserve Spouses Whose Husband/Wife Had Returned Home From a Deployment in Past 24 Months



| | Yes | No | Don't know |
|---|---|---|---|
| Yellow Ribbon Reintegration Program | 30 | 60 | 10 |
| Family Readiness/Support Group | 17 | 72 | 11 |
| Military OneSource | 13 | 74 | 12 |
| Faith-based organization (e.g., church, synagogue, mosque) | 12 | 77 | 10 |
| Military-provided counseling services | 8 | 81 | 12 |
| Non-military-provided counseling services | 7 | 82 | 11 |

■ Yes  ■ No  ■ Don't know

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

RCSS 2019 Q35, Q37

# Spouse and Child Well-Being

# Trends: Spouse and Child Well-Being

- **15% of spouses rated their level of personal stress as higher** than usual in 2019 - this percentage has not changed since 2014

- **Six in ten spouses rated general health as good/excellent**

- **Average level of distress among military spouses in 2019 was 2.0** on a scale of 0 to 12

- **Half of spouses (49%) reported their child's behavior at home was impacted by their spouse's deployment**

# Health
## Percent of All Reserve Spouses

In general your health is...

| Excellent/Very good | Good | Fair/Poor |
|:---:|:---:|:---:|
| 62 | 29 | 9 |

■ Excellent/Very good    ■ Good    ■ Fair/Poor

Margins of error range from ±1% to ±2%
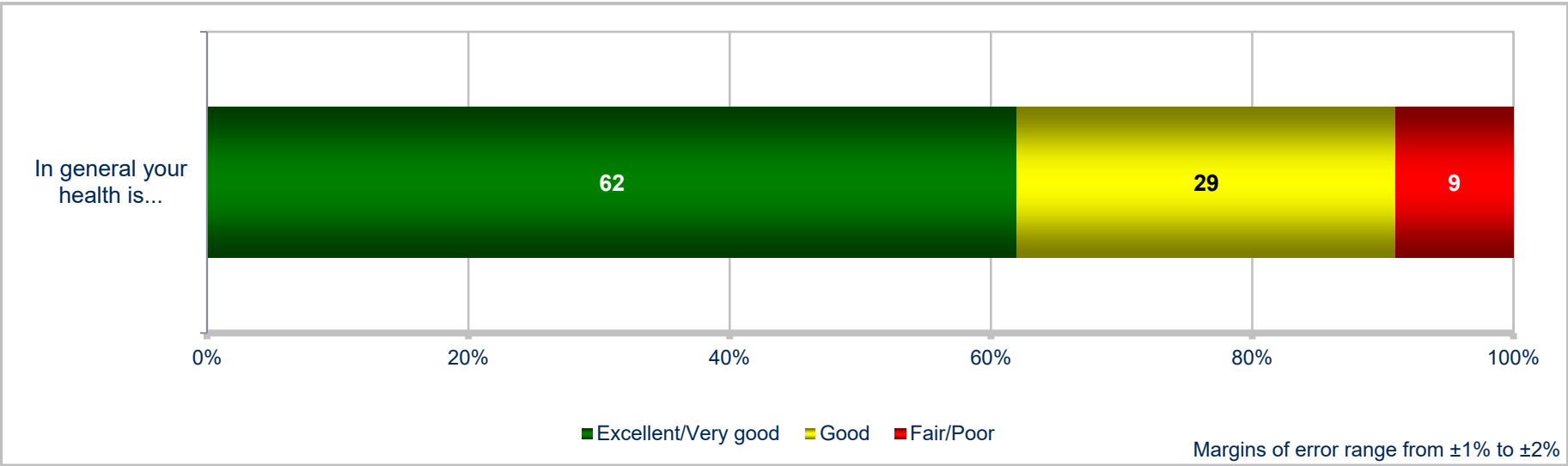
- **Higher response of** *Excellent/Very good* – USNR (68%); USAFR (67%); O1-O3 (74%); O4-O6 (73%)
- **Higher response of** *Fair/Poor* – E1-E4 (14%)

### Excellent/Very Good

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2017 | 2019 |
|:---|:---:|:---:|
| Total | 61 | 62 |
| ARNG | 59 | 59 |
| USAR | 60 | 61 |
| USNR | 62 | 68 |
| USMCR | 66 | 67 |
| ANG | 65 | 65 |
| USAFR | 65 | 67 |

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

### Excellent/Very Good

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2017 | 2019 |
|:---|:---:|:---:|
| Total | 61 | 62 |
| E1–E4 | 57 | 58 |
| E5–E9 | 58 | 58 |
| O1–O3 | 74 | 74 |
| O4–O6 | 71 | 73 |

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

RCSS 2019 Q74

# Patient Health Questionnaire (PHQ-4)
## Average Summary Score of All Reserve Spouses

**Average US PHQ-4 Score is 1.9[1]**

Patient Health Questionnaire — 2.0

**Scores over 3.0 indicate a higher-than-normal level of mental distress**

0   1   2   3   4   5   6   7   8   9   10   11   12

Lower levels of distress

Higher levels of distress

■ Average frequency of mental health problems

Margins of error do not exceed ±0.1
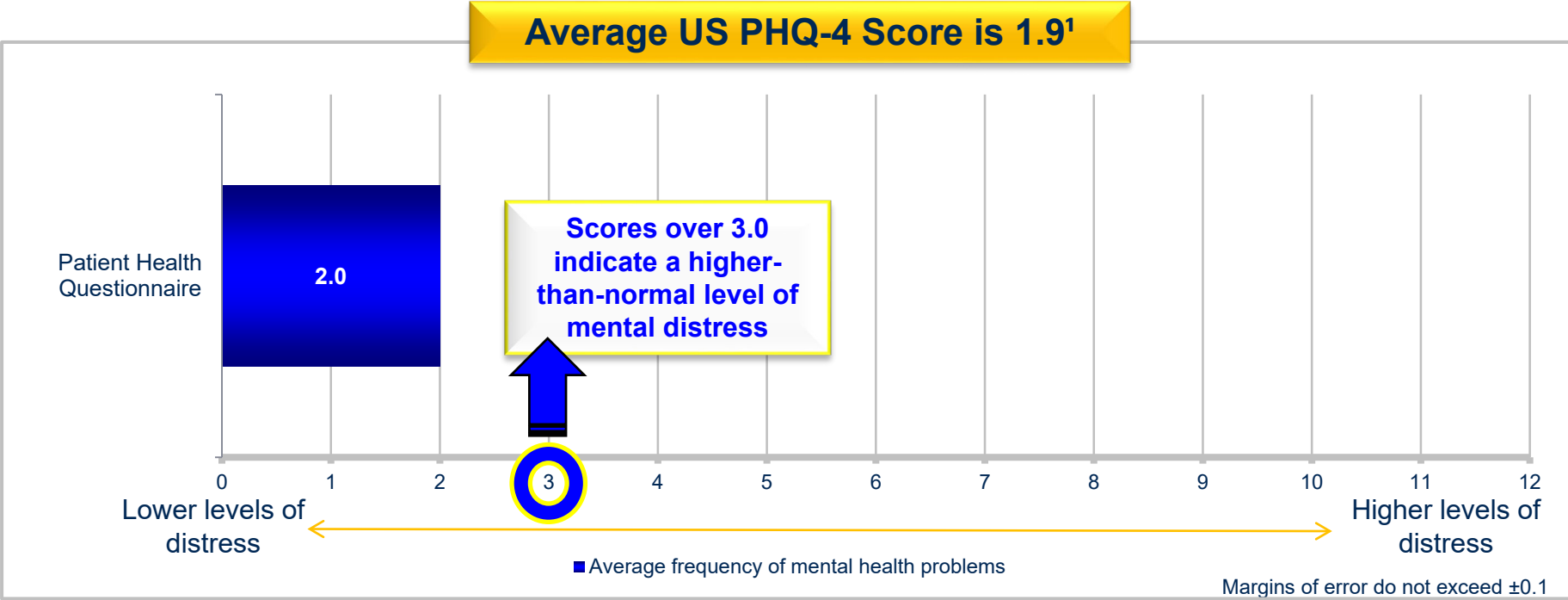
- **Average PHQ-4 summary score higher than DoD average** – ARNG (2.3); E1-E4 (2.4); E5-E9 (2.2)
- **Average PHQ-4 summary score lower than DoD average** – ANG (1.8); USAFR (1.4); O4-O6 (1.3)
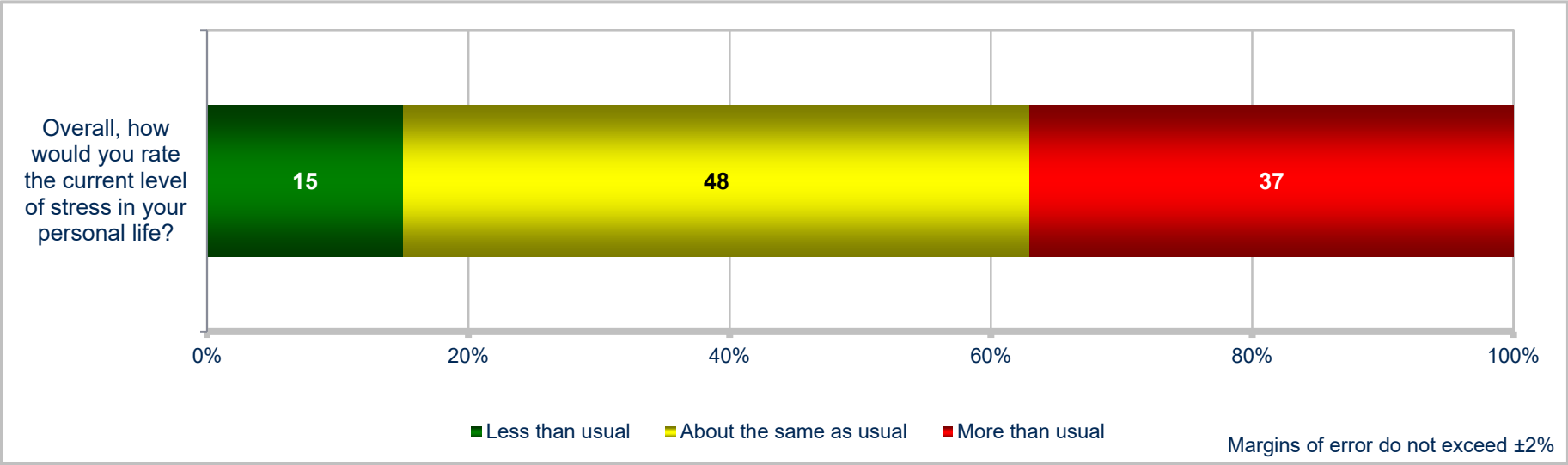
Note:  The timeframe given for response is "over the last two weeks." Each item on the PHQ-4 is rated on a 0 to 3 scale. Overall PHQ-4 scores are reported as a single figure, which is the sum of the scores across all 4 items (range = 0-12). A higher total score indicates a higher likelihood of mental 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.]

[1]Kampfen F, Kohler IV, Ciancio A, Bruine de Bruin W, Maurer J, Kohler HP. Predictors of Mental Health during the early  Covid-19 Pandemic in the US: role of economic concerns, health worries and social distancing. MedRxiv 2020.06.06.20124198 [Preprint]. June 8, 2020 [cited 2020 Oct 23]. Available from: https://doi.org/10.1101/2020.06.06.20124198.

RCSS 2019 Q56

# Current Level of Personal Stress
## Percent of All Reserve Spouses

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 |
|:---:|:---:|:---:|
| 15 | 48 | 37 |

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

Margins of error do not exceed ±2%

- **Higher response of** *More than usual* – ARNG (41%); USMCR (46%)

### More Than Usual

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 37 | 42 | 42 | 39 | 36 | 37 | 37 |
| ARNG | 43 | 46 | 49 | 42 | 40 | 40 | 41 |
| USAR | 41 | 47 | 43 | 42 | 34 | 38 | 39 |
| USNR | 29 | 38 | 38 | 33 | 36 | 37 | 37 |
| USMCR | 42 | 50 | 48 | 43 | 43 | 44 | 46 |
| ANG | 26 | 31 | 33 | 32 | 33 | 31 | 31 |
| USAFR | 27 | 31 | 31 | 34 | 32 | 34 | 30 |

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

### More Than Usual

| Most recent HIGHER than ■<br>Most recent LOWER than ■ | 2006 | 2008 | 2009 | 2012 | 2014 | 2017 | 2019 |
|---|---|---|---|---|---|---|---|
| Total | 37 | 42 | 42 | 39 | 36 | 37 | 37 |
| E1–E4 | 48 | 50 | 54 | 44 | 41 | 40 | 40 |
| E5–E9 | 34 | 40 | 40 | 38 | 36 | 37 | 37 |
| O1–O3 | 40 | 43 | 44 | 41 | 37 | 37 | 41 |
| O4–O6 | 30 | 35 | 36 | 33 | 31 | 31 | 33 |

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

RCSS 2019 Q55

# Behavioral Changes Most Impacted Child Experienced in Response to Deployment

## Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months, Who Had a Child at Home During Deployment, and Who Specified Behavior Applied to Child

**Of the 21% of spouses who experienced activation/deployment in past 24 months, 74% had at least one child living at home**



| Behavior | Increased | No change | Decreased |
|---|---|---|---|
| Problem behavior at home | 46 | 48 | 5 |
| Level of responsibility (e.g., "stepping up") | 40 | 43 | 17 |
| Problem behavior at school | 33 | 62 | 5 |
| Level of independence | 29 | 46 | 25 |
| Academic performance | 10 | 59 | 30 |

Legend: ■ Increased ■ No change ■ Decreased

Margins of error range from ±3% to ±5%

RCSS 2019 Q40
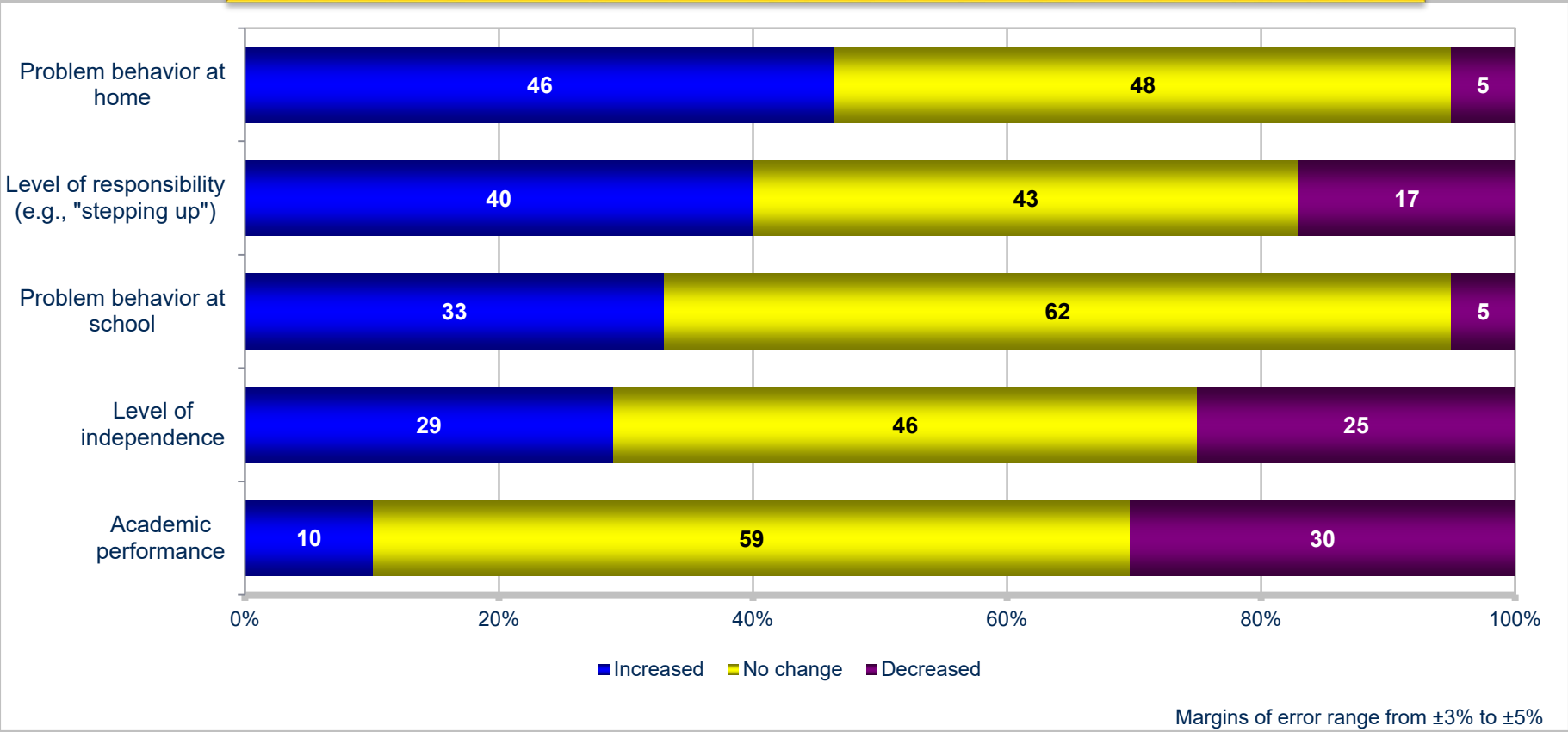
# Emotional Changes Most Impacted Child Experienced in Response to Deployment

**Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months, Who Had a Child at Home During Deployment, and Who Specified Emotion Applied to Child**



| | Increased | No change | Decreased |
|---|---|---|---|
| Level of fear/anxiety | 63 | 35 | 2 |
| Degree of pride in having a military parent | 53 | 44 | 3 |
| Closeness to family members | 49 | 42 | 9 |
| Level of distress over discussions of the war in the home, school, or media | 38 | 61 | 2 |
| Level of anger about my spouse's military requirements | 37 | 60 | 2 |
| Closeness to friends | 31 | 59 | 10 |
| Withdrawal from regular activities | 23 | 73 | 4 |

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

- **Higher response of** *Increased* for:
  - Level of fear/anxiety – ARNG (70%)

RCSS 2019 Q41

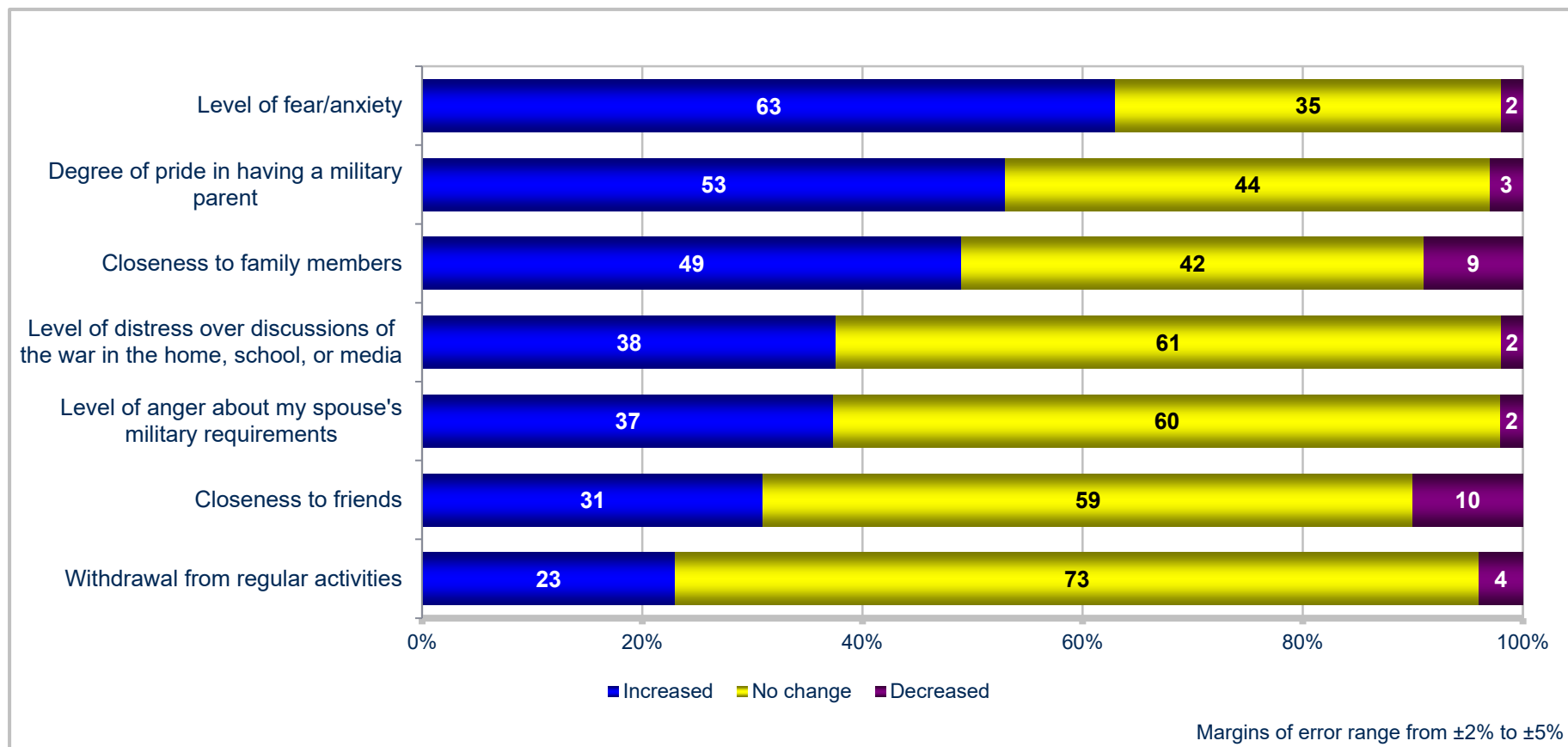# Importance of Factors for Most Impacted Child in Coping With Deployments

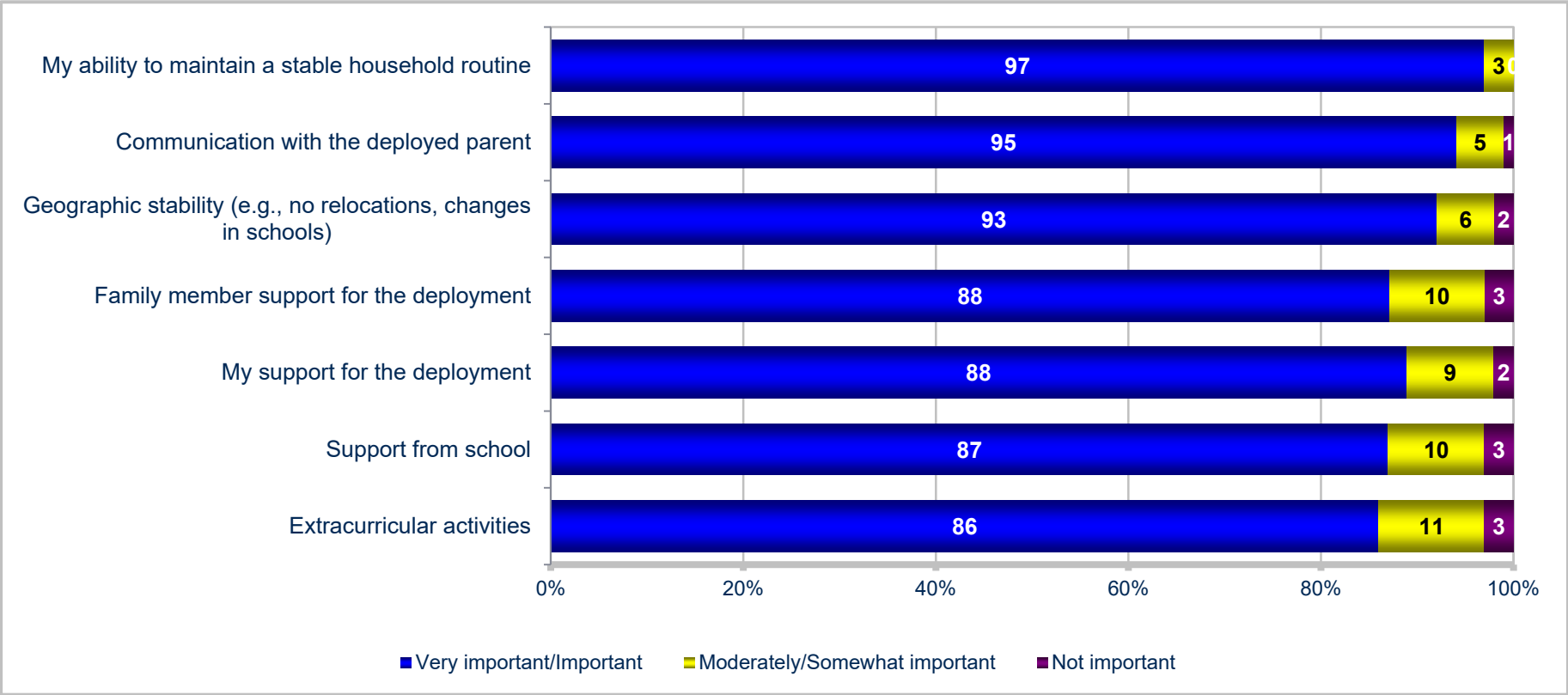**Percent of Reserve Spouses Whose Husband/Wife Had Been Deployed in Past 24 Months, Who Had a Child at Home During Deployment, and Who Specified Factor Applied to Child**



- **Higher response of** *Very important/Important* for:
  - My ability to maintain a stable household routine– USAFR (100%)
  - My support for the deployment– USMCR (97%)

RCSS 2019 Q42          Margins of error range from ±1% to ±3%

# Summary

61% of spouses were satisfied with military way of life, steady since 2009.

→ ADSS: 56% satisfied with military way of life

66% favored their husband/wife staying in the military

→ ADSS: 59% favored staying

Civilian spouse unemployment rate was 7%, steady since 2014

→ ADSS: Unemployment rate 22%

68% reported a comfortable financial condition, steady since 2017 though significantly higher than previous years

→ ADSS: 70% comfortable financial position

42% of spouses experienced an activation and 51% of those spouses experienced a deployment in the past 24 months; current activations (20%) and deployments (20%) were higher in 2019 than 2014–2017

→ ADSS: 12% currently deployed

30% indicated satisfaction with military support during the member's most recent deployment, steady since 2017

→ ADSS: 19% rated support during deployment as good or excellent*

74% indicated easy readjustment for husband/wife returning from deployment

→ ADSS: 47% rated readjustment as easy*

37% rated the current level of stress in their personal life as more than usual, steady since 2012

→ ADSS: 54% rated personal stress as higher than usual