

# The Relationship between the Military and Depression

Lamonte Lyons, QAC 2012-01-2023, Wesleyan University

## Introduction

- Several factors contribute to the source of Depression: i.e., Traumatic brain injury, PTSD, Combat Zone, and Military Sexual Trauma
- Previous studies suggest an association between depression and dementia in military veterans
- symptoms of depression with level of job functioning among women and men in the U.S. Armed Forces.
- Depression also played a significant role, particularly for women.
- The aim of the present study was to examine potential relationships between key deployment stressors in male and female veterans

## Research Questions

- Is there an association of serving in the military and being diagnosed with depression.
- Is there an association of serving in the military and often having feelings of depression.
- Does the relationship between depression and military is based on sex.

## Methods

### Sample

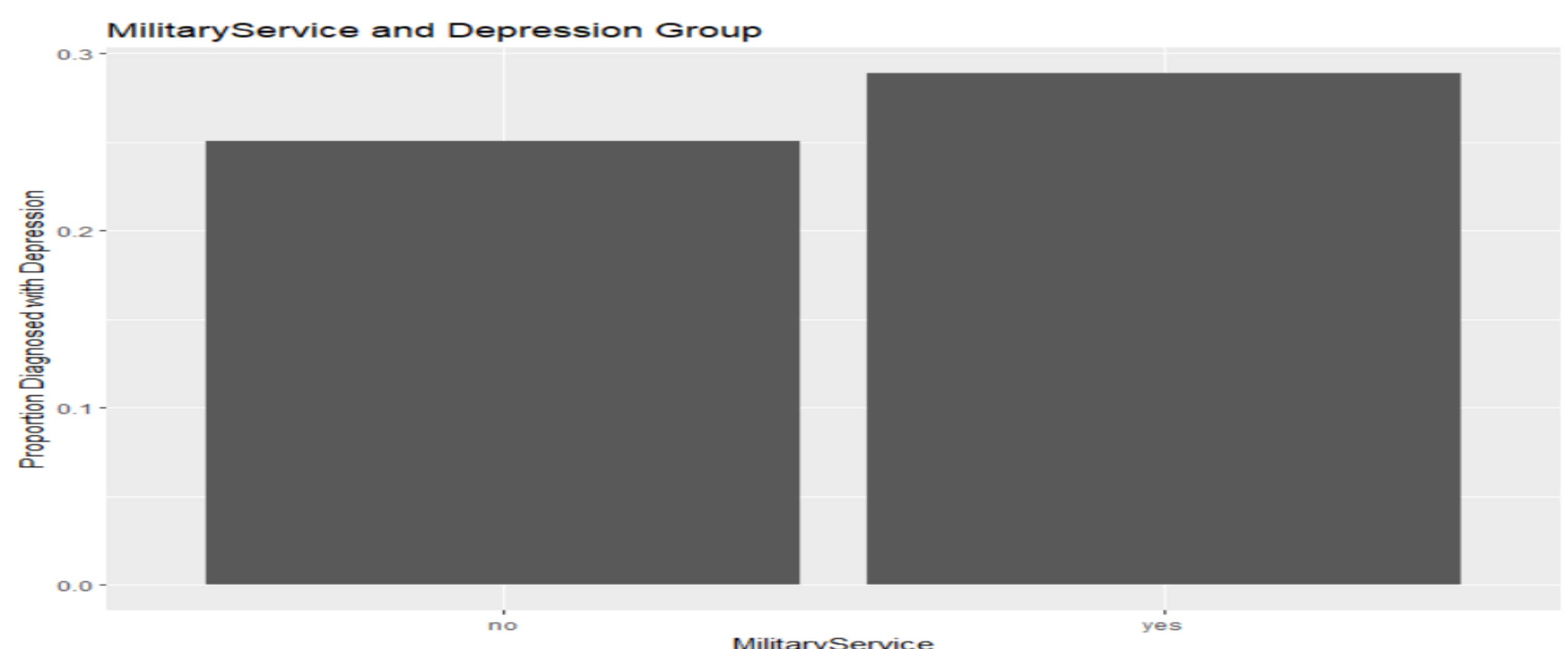
- Add Health Wave 5 Questionnaire and Codebook

### Measures

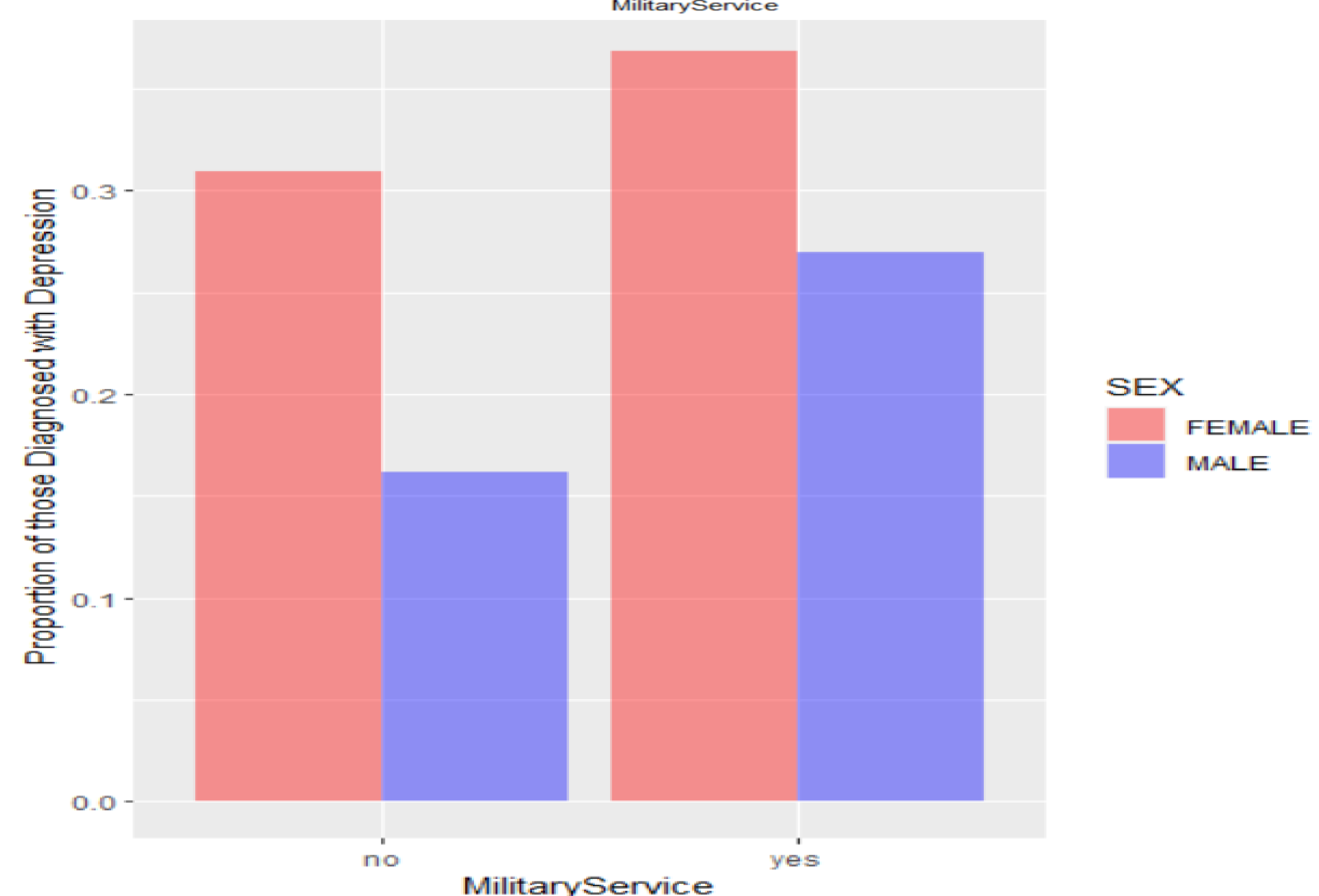
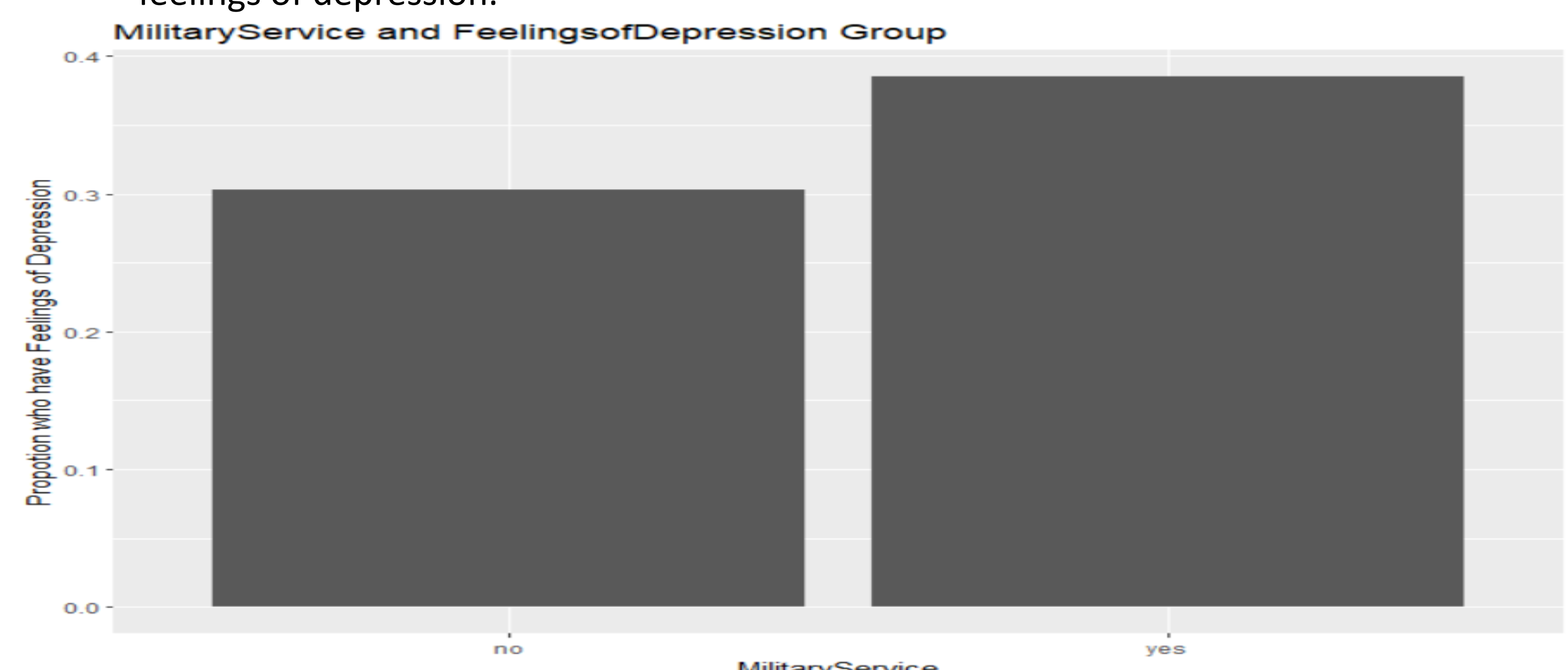
- Standardized self-report rating scales were selected based on those used in clinical (non-research) settings to provide adequate information about symptom severity while minimizing burden.
- Depression: Several factors as to why Military has a high number of service men and women who are depressed.
- Of those who ever been with DX with Depression?

## Results

In this graph, 25% of those who do not serve in the military are diagnose with depression. While those who serve in the military has a slightly higher rate of 28%.



In this graph, 30 % of those who never served in the military have feelings of depression, but never diagnosed, while 38% of those who do serve have feelings of depression.



## Discussion

- Additionally, 33% of women experienced high stress due to being a woman in the military. The effects of stress and depression on job functioning were quite similar for women and men.
- These findings build on the growing literature documenting the effects of deployment-related mental health symptoms and conditions, especially PTSD, on male and female veterans' quality of life
- Research suggests that female veterans of the United States military are more likely than their male counterparts to report mental health concerns such as posttraumatic stress, depression and suicidal thoughts.
- The findings of this study aided in identifying three demographic and behavioral health predictors of diagnosed depression and one predictor of undiagnosed depression in the female military veteran population that demonstrated both practical and statistical significance