

# Adversities Associated with Separation from U.S. Reserve and National Guard

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## Introduction

- ❖ There is a higher risk of mental health problems in U.S. Reserve and National Guard service members separating from the military (Wang et al., 2020).

## Objectives

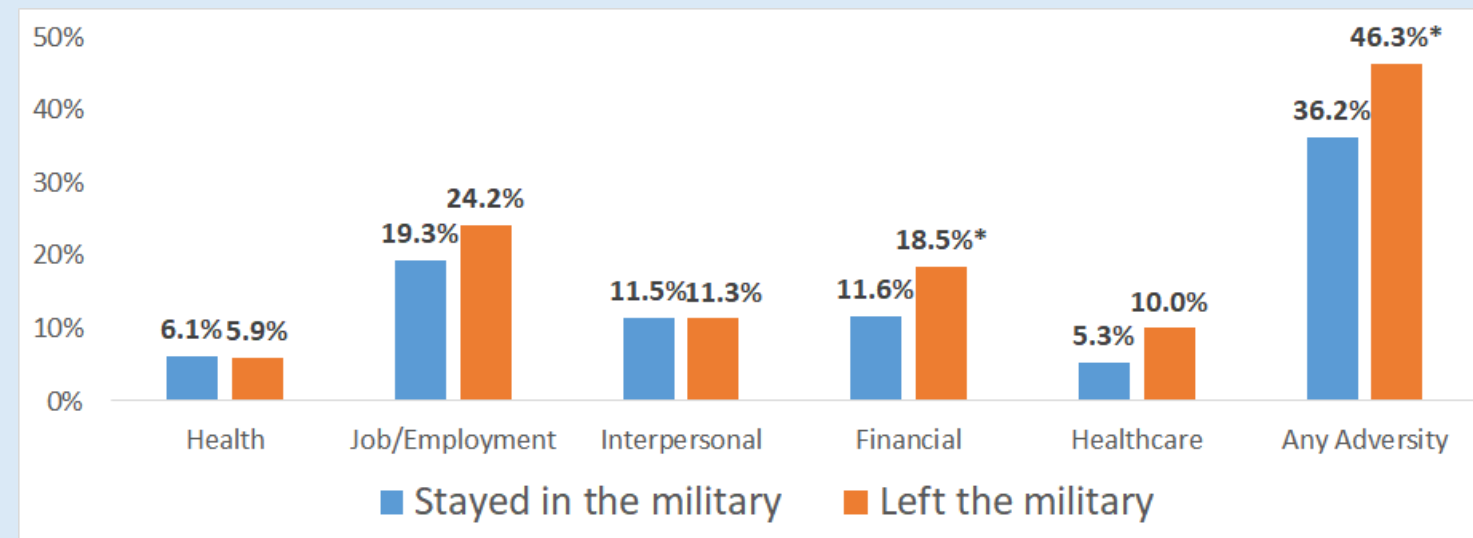
- ❖ The study examined the association of separating from military service with a variety of adversities (health, job/employment, interpersonal, financial, and healthcare access) among Reserve and National Guard personnel.

## Method

- ❖ **Analytic Sample:** 1,110 Reserve and National Guard soldiers who participated in the third wave of a longitudinal study in 2012.
- ❖ **Measures**
  - ❑ Separation from Military Service: whether they were currently in the Reserve and National Guard.
  - ❑ Adversities: seven items adapted from the Life Events Checklist Events (Gray et al., 2005) and the Deployment Risk and Resilience Inventory (King, et al., 2006).

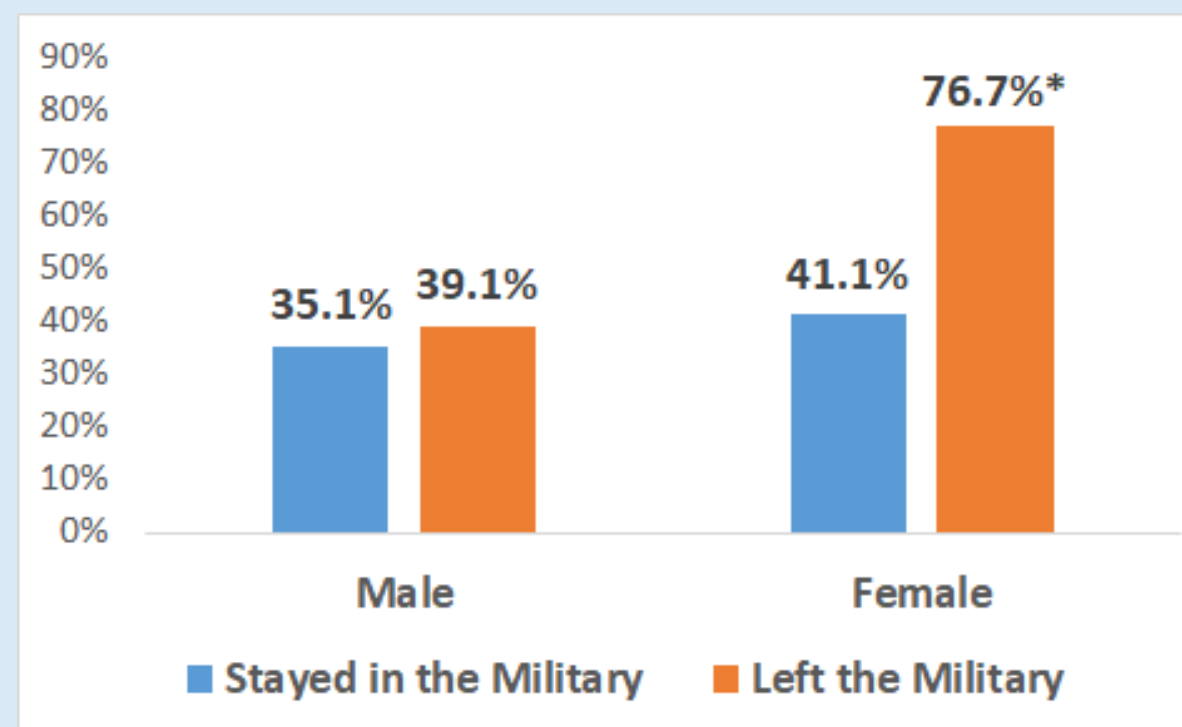
## Results

### ❖ Prevalence of Adversities by Separation from Service



\* $p < .05$  by Rao-Scott Chi-Square test statistics

### ❖ Prevalence of Any Adversity by Separation from Service, among Male and Female Service Members



\* $p < .05$  by Rao-Scott Chi-Square test statistics

## Results (cont.)

- ❖ Those who left the military were more likely to report financial (OR = 1.65, 95% CI = 1.01-2.70) and healthcare access problems (OR = 2.21, 95% CI = 1.10-4.46).
- ❖ Among male service members, there was no difference among those who left the military and those who stayed in the military (OR = 1.21, 95% CI = 0.79-1.88); whereas among female service members, those who left the military were more likely to experience an adversity than those who stayed in the military (OR = 4.80, 95% CI = 2.04-11.28).

## Discussion

- ❖ Results suggest that those who left the military were more likely to experience adversities, especially among female service members.
- ❖ Our findings highlight that transition from military to civilian life may be a critical period for interventions to address the unique needs of Reserve and National Guard service members, and reduce their risk of adverse mental health outcomes.

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King, L. A., King, D. W., Vogt, D. S., Knight, J., & Samper, R. E. (2006). Deployment Risk and Resilience Inventory: A Collection of Measures for Studying Deployment-Related Experiences of Military Personnel and Veterans. *Military Psychology*, 18(2), 89-120. doi: 10.1207/s15327876mp1802\_1

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