



Military Families and Postpartum Depression:

- **Pregnant women with deployed spouses were 2.8 times greater to experience Postpartum Depression** (Millegan, Robrecht, Leventis, Crescitelli, McLay; Spousal Military Deployment as a Risk Factor for Postpartum Depression; Journal of Reproductive Medicine 2008;53:860-864)
- **Active Duty Military Women: Nearly 50% scored positive for depression upon birth and 40% screened positive for depression at 6 weeks postpartum** (Compare to civilian rates of 15-20%) (Rychnovsky J, Beck CT. Mil Med. 2006 Nov;171(11):1100-4)
- Military women who develop postpartum depression are more likely to be diagnosed later with another mental illness (Armed Forces Health Surveillance Center, 2015)
- **Higher risk for suicidality** (Armed Forces Health Surveillance Center, 2015)
- Military Moms with postpartum depression have a higher risk for leaving military service earlier than their counterparts and for suicidality. (Armed Forces Health Surveillance Center, 2015)
- Women who deployed AFTER childbirth and experienced combat had two times greater rates of maternal depression (Nguyen, Leard Mann, Smith, Conlin, Slymen, Hooper, Ryan; (2103) Millennium Cohort Study; Journal of Women's Health. January 2013, 22(1): 9-18)
- **Postpartum depression rates are higher for women in the Army** as compared to women serving in US Air Force or US Navy. (Nguyen, Leard, Mann, Smith, Conlin, Slymen, Hooper, Ryan; (2013) Millennium Cohort Study; Journal of Women's Health. January 2013, 22(1): 9-18)
- **58% of women who had comorbid PTSD screened positive for postpartum depression.** (Nguyen, Leard, Mann, Smith, Conlin, Slymen, Hooper, Ryan; 2013 Millennium Cohort Study; Journal of Women's Health. January 2013, 22(1)