# 2024 MILITARY & VETERAN SPOUSE WELLNESS SURVEY Who Participated & What We Learned





#### **About the Survey**

- 1150 respondents
- Collected08.23.24-01.05.25
- Focused on SAMHSA's 8
   Dimensions of Wellness



#### **Demographics**

90% Female

87% Heterosexual

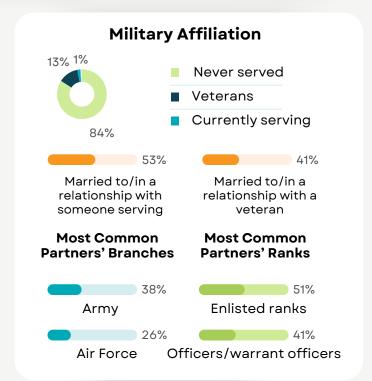
**79%** White

89% Live in the US

88% Married

76% Have children

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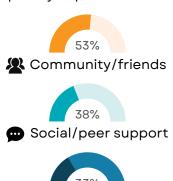






#### **Top Challenges**

Most Frequently Reported Current Issues



Suitable employment

#### **Key Findings**

- Over half of respondents experienced some level of anxiety or depression, at rates higher than civilians.
- 62% reported some level of insomnia.
- Vulnerable groups included unemployed individuals, LGBT+ spouses, those with lower educational attainment, and Guard/Reserve-affiliated families.
- A majority of respondents reported difficulty finding community, friends, or social support.

#### **Wellness Dimension Satisfaction**

| Dimension       | Avg Rating (1-10) |
|-----------------|-------------------|
| © Environmental | 7.72              |
| ⋄ Spiritual     | 7.10              |
| 🕮 Intellectual  | 6.96              |
| Occupational    | 6.55              |
| 🗊 Financial     | 6.41              |
| ⊖ Social        | 6.31              |
| 🚱 Emotional     | 5.98              |
| Physical        | 5.60              |

## **Occupational** • Wellness 73% Moderately high scores on **Occupational** Wellness Scale

find meaningful

employment

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Intellectual Wellness



Moderately high scores on Intellectual Wellness Scale

Respondents rated this among their highest areas of satisfaction

Social ○ Wellness



Moderate scores on UCLA Loneliness Scale

Homemakers averaged the highest loneliness scores

**Environmental Wellness** 





live on-base

live off-base

High satisfaction with home and neighborhood

- Most satisfied with housing/location: Black/African American respondents
- Least satisfied with housing: Unemployed respondents
- Least satisfied with location: OCONUS respondents

8 **Physical Wellness** 

**Physical Activity** 



52%

Were categorized as 'insufficiently active'

Insomnia

24%

Screened **positive** for moderate to severe insomnia

**Alcohol Use** 

14%

Reported higher risk drinking habits with alcohol

8 **Spiritual Wellness** 

Spirituality



Moderately high scores on spiritual wellness scale

**Purpose** 



Moderately high scores on Purpose in Life Test

Respondents rated this among their highest areas of satisfaction

**Emotional Wellness** Anxiety **6.75** GAD-7 mild anxiety reported moderate/ severe anxiety **Depression** mild depression reported moderate/ severe depression Caregiver Burden **19.53** ZBI moderate burden reported high caregiver burden



