

The effect of military deployments and resiliency on GAD

👤 **Kyle Rosales, Alexander J. Erickson, Katie J. Carlson, Matthew Yalch, Lisa M. Brown**

BACKGROUND

- Generalized Anxiety Disorder (GAD) is common among U.S servicemembers.
- Military deployments related to combat and peacekeeping operations are associated with increased rates of GAD.
- Resilience, defined as qualities or skills that allow for healthy functioning following significant adversity, has a strong negative relation to GAD.
- Resilience may influence GAD diagnosis in soldiers more so than deployments .

METHODS

- N = 16,151 active duty Army personnel who completed the Army Study to Assess Risk and Resilience in Servicemembers (STARRS).
- We measured GAD, resilience, and deployment types.
- We created a composite resilience variable following a CFA.
- Tested relative effects via Logistic multiple regression.

RESULTS

- Deployments of each type associated with higher rates of GAD.
- Resilience had a medium-sized effect (OR= -2.70) on GAD over and above deployments.

DISCUSSION

- Further support of resilience as a protective factor.
- Additional trainings that enhance resiliency may prevent GAD in soldiers.
- Enhancing resilience may be warranted in GAD treatments.
- Resilience may be a protective factor for other anxiety related mental health diagnoses in soldiers.

**Resilience leads to fewer
GAD diagnoses in soldiers
over and above deployments.**

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