



Impacts of Military Life on Families: Results from the Perstempo Survey of Canadian Forces Spouses

Sanela Dursun
Conditions of Service
Personnel and Family Support Research

Kerry Sudom
Psychosocial Health Dynamics
Personnel and Family Support Research

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Director General Military Personnel Research & Analysis

Chief Military Personnel

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Principle Author

(Original signed by)

Sanela Dursun, MA

Approved by

(Original signed by)

Catherine Campbell, MASc

Section Head – Personnel and Family Support Research

Approved for release by

(Original signed by)

Kelly Farley, PhD

Chief Scientist

Director General Military Personnel Research and Analysis

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Abstract

It has been recognized that increasing workload and time away can have adverse consequences for members and their families. The Human Dimensions of Deployments Study (HDDS) was established in order to examine the effects of perstempo, or personnel tempo, on Canadian Forces (CF) members, their families, and the organization. This report presents an overview of the findings from an HDDS survey sent to spouses/partners of CF members in 2005/06. The stressors experienced by the spouses of CF members, the potential outcomes of high levels of stress, and factors that may buffer against or exacerbate these outcomes, are discussed. The survey revealed that although the majority of spouses/partners are supportive of their CF member's career, the demands of military service, including deployments, can have negative impacts upon family life. It is evident that spouses provide vital support to service members' well-being, readiness, performance, and ability to carry out missions. At a time when the frequency and intensity of operational deployments is increasing, it is particularly important to assess the impacts of perstempo on CF members and their families, as well as factors that may serve to mitigate or exacerbate such impacts.

Résumé

Il est reconnu que l'augmentation des charges de travail et du temps passé au loin peut avoir des répercussions négatives sur les militaires et leurs familles. L'Étude sur les dimensions humaines des déploiements (EDHD) a été menée pour examiner les effets de la fréquence de déploiement du personnel, ou Perstempo, sur les membres des Forces canadiennes (FC), leurs familles et l'organisation. Le présent rapport présente un aperçu des conclusions d'un sondage mené dans le cadre de l'EDHD auprès des conjoints de membres des FC. Il traite des facteurs de stress qui affectent les conjoints des membres des FC, des résultats possibles des niveaux de stress élevés et des facteurs qui peuvent atténuer ou exacerber ces résultats. Le sondage révèle que, bien que la majorité des militaires bénéficient du soutien de leur conjoint à l'égard de leur carrière, les exigences du service militaire, y compris les déploiements, peuvent avoir des répercussions négatives sur la vie familiale. Il est évident que les conjoints offrent un soutien vital pour le bien-être, l'état de préparation et le rendement des militaires en service ainsi que pour leur capacité à mener à bien des missions. À une époque où la fréquence et l'intensité des déploiements opérationnels augmentent, il est particulièrement important d'en évaluer les répercussions sur les membres des FC et leurs familles, ainsi que les facteurs susceptibles d'atténuer ou d'exacerber ces répercussions.

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Executive summary

Impacts of Military Life on Families: Results from the Perstempo Survey of Canadian Forces Spouses:

Sanela Dursun; Kerry Sudom; DGMPRA TR 2009-001; Defence R&D Canada – DGMPRA; November 2009.

In recent years, the tempo of military operations for the Canadian Forces (CF) has increased, and it has been recognized that the increasing workload and time away can have adverse consequences for members and their families. Awareness of the potential negative impacts of workload and time away prompted the establishment of the Perstempo (personnel tempo) and Human Dimensions of Deployments Study (HDDS) in order to examine the effects of perstempo on CF members, their families, and the organization. “Perstempo” is defined as the sum of the demands made by military service upon individual members, in terms of deployment load or the tempo of CF operations (optempo), the time members spend away from home for more than twenty-four hours/overnight, and general workload (garrison load). A Perstempo survey was previously sent to CF members. However, it was also considered important to assess the impacts of perstempo from the perspective of the families affected. Thus, this paper presents the results of a Perstempo survey sent to the spouses/partners of CF members. The aim of this report was to provide descriptive information on aspects of perstempo, and the potential impacts of high perstempo, from the perspective of the spouses/partners of CF members.

A paper-based survey was sent to a total of 7000 randomly selected spouses/partners of CF members. A total of 1661 responses were returned, yielding a response rate of 24%. The survey administration was completed in 2006.

The majority of respondents were supportive of their CF spouse/partner’s career. However, although most of the respondents were employed and satisfied with their family income, many felt that they had made career sacrifices or that their career had been negatively impacted by their partner’s military service. Levels of reported stress varied across the deployment cycle, and were highest among those whose CF spouse/partner was currently deployed. However, although the deployment period was perceived as stressful, respondents reported feelings of pride and being in control.

Overall, respondents reported high levels of mastery, self-esteem, active coping strategies, and support from their CF spouse/partner. Many of the respondents were comfortable with revealing personal issues to CF service providers, although fewer respondents were open to discussing their problems with military co-workers, other military members’ spouses, or military superiors.

In general, individual and family health and well-being were relatively high, and remained consistent across the stages of deployment. However, respondents whose CF spouse/partner was currently deployed indicated higher levels of depression compared to those who were preparing for a deployment or whose CF spouse/partner had recently returned. As well, levels of conflict between military and family life were highest at the deployment and post-deployment points. Stress associated with the CF partner’s military service was reported to be one of the main contributors to illness among those diagnosed with a psychological disorder such as depression.

The Perstempo survey of spouses/partners of CF members is a valuable tool to facilitate understanding of the impacts of military service on CF families. The present report revealed some of the stressors that are experienced by military families, potential individual, family, and organizational outcomes of such stress, as well as factors that may serve to mitigate or exacerbate such outcomes. It is clear that although the majority of spouses/partners of CF members are able to cope with the demands of military service, some negative impacts may occur. Importantly, spouses/partners provide support to service members' well-being, readiness, performance, and ability to carry out missions. At a time when the frequency and intensity of operational deployments is increasing, it is vital to assess the impacts of perstempo on the CF as well as family members. The survey is a valuable tool for facilitating the understanding of the impacts of military service on CF families.

Sommaire

Impacts of Military Life on Families: Results from the Perstempo Survey of Canadian Forces Spouses:

Sanela Dursun; Kerry Sudom; DGMPRA TR 2009-001; R & D pour la défense Canada – DRASPM; Novembre 2009.

Au cours des dernières années, la fréquence des opérations militaires des Forces canadiennes (FC) a augmenté et on a reconnu que l'augmentation de la charge de travail et du temps passé au loin peut avoir des répercussions négatives sur les militaires et leurs familles. La reconnaissance des répercussions négatives possibles de la charge de travail et du temps au loin a motivé l'étude sur la fréquence de déploiement du personnel (Perstempo) et sur les dimensions humaines des déploiements (HDDS) pour examiner les effets du Perstempo sur les membres des FC, leurs familles et l'organisation. Le « Perstempo » se définit comme la somme des exigences du service militaire imposées aux membres des FC, en ce qui concerne la charge de déploiement ou le rythme des opérations des FC (Optempo), le temps que les militaires passent loin de la maison pour des périodes de plus de 24 heures/d'une journée, et la charge de travail en général (charge de garnison). Un sondage sur le Perstempo a déjà été mené auprès des membres des FC. Cependant, on considère qu'il est également important d'évaluer le Perstempo du point de vue des familles touchées. Par conséquent, ce document présente les résultats du sondage sur la Perstempo qui a été mené auprès des conjoints de membres des FC. L'objectif de ce rapport est de fournir des renseignements descriptifs sur les aspects du Perstempo, et les répercussions possibles d'une fréquence élevée de déploiement du personnel, du point de vue des conjoints de membres des FC.

Un questionnaire en format papier a été transmis à un total de 7 000 conjoints de membres des FC choisis au hasard. En tout, 1661 personnes interrogées ont répondu au sondage, pour un taux de réponse de 24 %.

La majorité des répondants soutenaient la carrière de leur conjoint dans les FC. Cependant, bien que la plupart des répondants avaient un emploi et étaient satisfaits de leur revenu familial, bon nombre estimaient avoir fait des sacrifices professionnels et que leur carrière avait subi des répercussions négatives en raison du service militaire de leur partenaire. Les niveaux de stress indiqués variaient selon le cycle de déploiement et étaient plus élevés chez les conjoints des FC qui étaient alors déployés. Cependant, les répondants semblaient en mesure de faire face aux déploiements malgré les niveaux de stress accrus, car ceux dont le conjoint était en déploiement ont déclaré avoir un plus grand sentiment de fierté et de contrôle d'eux-mêmes, et moins de tristesse et de colère, par rapport à ceux qui étaient en phase de prédéploiement.

De façon générale, les répondants ont indiqué des niveaux élevés de maîtrise, d'estime d'eux-mêmes, de stratégies actives d'adaptation ainsi que de soutien de la part de leur conjoint des FC. Bon nombre de répondants étaient à l'aise de révéler leurs problèmes personnels aux fournisseurs de services des FC, mais peu d'entre eux acceptaient de discuter de leurs problèmes avec leurs collègues militaires, les conjoints des autres militaires ou les supérieurs militaires.

En général, la santé individuelle et familiale des militaires et leur bien-être étaient relativement élevés et demeuraient constants au cours des étapes de déploiement. Cependant, les répondants dont les conjoints des FC étaient en déploiement ont indiqué un niveau plus élevé de dépression par rapport à ceux qui se préparaient au déploiement ou à ceux dont le conjoint était de retour depuis peu. De plus, les niveaux de conflit entre la vie militaire et familiale étaient plus élevés au cours des phases de déploiement et de postdéploiement. Le stress relié au service militaire du conjoint d'un membre des FC a été mentionné comme l'un des principaux facteurs de maladie parmi ceux qui ont reçu un diagnostic de perturbation psychologique comme la dépression.

Le sondage sur la fréquence de déploiement du personnel mené auprès des conjoints des membres des FC est un outil précieux pour faciliter la compréhension des répercussions du service militaire sur les familles des FC. Le présent rapport révèle certains facteurs de stress subis par les familles des militaires ainsi que des retombées individuelles, familiales et organisationnelles possibles de ce stress et des facteurs susceptibles d'atténuer ou d'exacerber ces retombées. Bien que la majorité des conjoints de membres des FC soient capables de faire face aux exigences du service militaire, il est clair que certaines répercussions négatives peuvent survenir. Le soutien des conjoints aux militaires en ce qui concerne leur bien-être, leur état de préparation, leur rendement et leur capacité de mener à bien des missions est important. À une époque où la fréquence et l'intensité des déploiements opérationnels augmentent, il est particulièrement important d'évaluer les répercussions de la fréquence de déploiement sur les membres des FC et leurs familles. Le sondage est un outil précieux pour faciliter la compréhension des répercussions du service militaire sur les familles des FC.

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1 Introduction

Many organizations have come to recognize the importance of family life on workplace productivity and organizational well-being. Employees who enjoy a happy, healthy family life are likely to be more committed, focused and effective at work than those whose daily concerns revolve around a stressful family life (Kossek & Ozeki, 1998; Major, Klein & Ehrhart, 2002). Likewise, conflict between individuals' work and personal lives has been linked to negative consequences not only for the individual, but also for the organization. For example, employees who experience work-family conflict also report lower levels of general well-being (Aryee, 1992; Frone, 2000; Frone, Russell & Cooper, 1992; Thomas & Ganster, 1995), more alcohol use and poorer health (Allen, Herst, Bruck & Sutton, 2000; Frone, Russell & Barnes, 1996), lower levels of job satisfaction (Adams, King & King, 1996), higher levels of burnout (Burke, 1988), and increased job turnover and decreased performance (Jex, 1998). Much of the research on work and family life points to the bi-directional relationship between these two domains.

Perhaps more than any other kind of organization, the military has a pervasive influence on the lifestyle of its enlisted members and their families. Unlike most organizations, the member's family generally is highly involved in the culture and organization of the military (Wisecarver, Cracraft, & Heffner, 2006). As well, military life places on its members and their families unique and extremely intense demands, including frequent separation and eventual reunions, relocations, risk of injury or death, long hours, changing work schedules, isolation from civilian society, and an overarching culture that is still heavily masculine (e.g., valuing hierarchy, dominance, power and control of emotions) (Segal & Harris, 1993). The unique demands of military service can significantly disrupt family life (Castro, Bienvenu, Huffman, & Adler, 2001). Military institutions challenge families in ways that would be unimaginable in most civilian occupations. These realities, combined with isolation from traditional sources of support such as extended families, close friends, and stable community relationships (Black, 1993; Chandler, 1989) are associated with personal and interpersonal stress for some military families.¹

1.1 Importance of Studying Families of Canadian Forces Members

1.1.1 Impact of Spousal Support on the Well-Being of Military Members

Perceiving relationships as supportive has been found to enhance individuals' health and psychological well-being (Cohen & McKay, 1984; Cohen & Wills, 1985). In particular, support from one's spouse has been found to have a direct effect on marital quality (Dehle, Larsen, & Landers, 2001; Julien, Chartrand, Simard, Bouthiller, & Begin, 2003) and general well-being (Dehle *et al.*, 2001). Previous research has also documented the stress-buffering role of spousal support (Beutell & Greenhaus, 1983; Suchet & Barling, 1986; Matsui, Ohsawa, & Onglatco, 1995). For example, in their study of Japanese working women, Matsui *et al.* (1995) reported

¹ In order to be as concise as possible, the term "spouse" is used to refer to both, married and common-law partners. The term "families" refers to both traditional and non-traditional families, including extended and binuclear families.

that support from the husband buffered the effects of parental demands on family-work conflict. As well, analyses of the Perstempo survey of CF members have indicated that perceived support from one's spouse and confidence in the spousal relationship were positively associated with psychological well-being (Dursun, 2006).

Whereas perceptions of spousal support and satisfying marriages tend to buffer individuals from psychological distress and the psychological impact of negative life events, marital distress has negative consequences for the emotional and physical well-being of spouses. Marital distress and lack of support have been linked to both major depression (e.g., Beach, Martin, Blum, & Roman, 1993; Johnson & Jacob, 1997) and depressive symptoms (e.g., Aseltine & Kessler, 1993; Beach & O'Leary, 1993; Cohan & Bradbury, 1997; Culp & Beach, 1998; Horneffer & Fincham, 1996; Tower & Kasl, 1995; Ulrich-Jakubowski, Russell, & O' Hara, 1998; Whiffen & Gotlib, 1989). In fact, O'Leary, Christian, and Mendell (1994) reported that individuals experiencing marital discord are ten times more likely than happily married people to experience depressive symptoms.

Although the relationship between social support and health and well-being is well established in the general literature (Cohen & McKay, 1984; Cohen & Wills, 1985; Thoits, 1985; Wills, 1985), to date, research exploring the impact of different sources of support on military members' health and well-being has been somewhat limited. In particular, little is known about the impact of spousal support and marital satisfaction on military members' psychological well-being. Of the research that does exist within military samples, a link between social support and health and well-being is evident. Research shows that low levels of social support significantly contribute to serious clinical conditions, such as post-traumatic stress disorder (PTSD) and combat stress reactions (Dirkzwager, Bramsen, & van der Ploeg, 2003; Solomon & Mikulincer, 1990; Solomon, Margalit, Waysman, & Bleich, 1991; Steiner & Neumann 1978). Most soldiers appear to view family and friends as their most significant source of support (Solomon *et al.*, 1991). A study of American military families found that highly cohesive and supportive families coped more effectively with stressors in comparison to families with less cohesion and internal support (Lavee, McCubbin, & Patterson, 1985).

The strength of personal and familial relationships is thought to serve as a buffer against the adverse effects of stressors commonly encountered in military life (McCubbin, 1998). Research conducted during Operation Desert Storm found that the soldiers who reported higher rates of family problems at home had more psychological symptoms and were less resistant to combat stress syndrome (Teitelbaum, 1992). Furthermore, McCreary, Thompson and Pasto (2003) found that family concerns were associated with psychological well-being among CF personnel preparing to deploy on a peacekeeping mission.

1.1.2 Impact of Spousal Support on the Military Organization

Recently, the Perstempo survey of CF members demonstrated that the spousal relationship is important for a number of organizational outcomes. Specifically, CF members' perceptions of their spouse as supportive of their career was positively associated with personal morale and organizational commitment. As well, members' confidence in their spousal relationship was associated with higher personal morale (Dursun, 2006).

Despite the abundance of research on work and family issues over the past 20 years, there have been very few studies examining the influence of spouses on work-related outcomes. One line of research that has attempted to demonstrate a link between family processes and organizational outcomes is that which assesses the extent to which work-family conflict (WFC) serves as a stressor. Two meta-analyses (Allen et al., 2000; Kossek & Ozeki, 1999) assessed the relationship between WFC and a variety of work-related outcomes. In both meta-analyses, higher levels of WFC were related to lower levels of job satisfaction. The findings obtained for organizational commitment were inconsistent in the Kossek and Ozeki (1999) meta-analysis, in that organizational commitment was related to WFC in some studies, but not in others. Kossek and Ozeki contended that these mixed results might be due to the different measures used in the various studies to measure work-to-family conflict. Finally, in both meta-analyses greater levels of work-to-family conflict were related to increased turnover intentions.

Another stream of research has focused on providing evidence that family-supportive benefits decrease work-family conflict (Allen, 2001; Goff, Mount, & Jamison, 1990; Grover & Crooker, 1995; Roehling, Roehling, & Moen, 2001; Thompson, Beauvais, & Lyness, 1999) and the relation between individual well-being and organizational outcomes (Bennett, Cook, & Pelletier, 2003). Goff *et al.* (1990) found that having family-supportive supervisors was related to reduced absenteeism via the effects of such support on decreased work-family conflict. In a study of American workers, Grover and Crooker (1995) found that people are more attached to organizations that offer family-supportive policies, regardless of the extent to which they might personally benefit from the policies. These and other similar studies suggest that the support that organizations provide for families, through either family-friendly policies or reduced pressures, can improve important organizational outcomes.

Several studies in the U.S. military examined the impact of family factors on military members' retention. The spouse's support for the service member's reenlistment has an important impact on whether the member will actually remain in the service (Etheridge, 1989; Orthner, 1990; Seboda & Szoc, 1984). Other family variables that have been demonstrated to affect retention plans or actual behaviour include spouse's attitudes about military life (Bourg & Segal, 1999; Lakhani, 1995), member and spouse satisfaction with the quality of military life (Kerce, 1995; White, Baker, & Wolosin, 1999), member and spouse perception of the extent to which supervisors, coworkers and/or the military organization are supportive of families (Orthner & Pittman, 1986; Sadacca, McCloy & DiFazio, 1993), and perception of family friendly policies (Huffman, Youngcourt, & Castro, 2003; Kossek & Ozeki, 1999).

Orthner and Pittman (1986) provided empirical evidence for the link between family support variables and the work commitment of U.S. Air Force personnel. They found that work commitment is the result of gratifications received from several sources, including one's job and family. Additionally, they found support for the hypothesis that "organizations may be capable of increasing work commitment by providing support services directly to families, thereby increasing family support and the overall ability of the organization to influence workers' attitudes toward their jobs and their commitment to the organization" (p.580).

Much like organizational research in other domains, in the military context, research on the links between family and job performance/readiness is limited. One significant quantitative study on this topic was conducted as part of the U.S. Army Family Research Program (AFRP), which was initiated in 1986 and conducted over a five-year period. Overall, the AFRP found some

relationships between family factors, particularly military family support, and individual readiness, as measured by supervisor ratings (Segal & Harris, 1993). Vernez and Zellman (1987) suggested that family factors might impact on readiness primarily through the individual military member's behaviour and commitment. In fact, separation from one's family for military reasons was one of the primary factors negatively affecting organizational commitment and job satisfaction (Allen *et al.*, 2000).

Although many of the findings from the U.S. military family studies might be generalizable across Western militaries, it is necessary to understand CF members and their families in their own context. Although Canadian literature remains scarce, the Department of National Defence (DND) is currently engaging in research on Canadian military families and the effects of deployment on families. Research in the CF has pointed out that family considerations, such as availability and quality of family support and ability to balance work and family life, were some of the greatest factors affecting retention, in that members identified family issues as the number one reason for leaving the military (Dunn & Morrow, 2002).

Individual readiness refers to the degree to which an individual is psychologically prepared to deploy and/or conduct operations and to withstand the mental challenges associated with an operation (Sharpe & English, 2006). This has become an even more pressing issue for the CF in the past decade with the higher operational tempo that the CF is experiencing. The preparedness of an individual member's family to deal with the rigors of the deployment cycle is also considered a part of personal readiness. Many members of the military community assume that family issues can influence readiness. Any military commander can cite examples from his/her own experience of ways in which soldiers' families have fostered or hindered individual and unit readiness. In addition, research with military samples identified family concerns as a category of stress in the Canadian Forces Stress in Military Operations research (Farley, 1995). The significance of family attitudes for retention and other organizational outcomes, combined with the changing nature of the deployments of CF members, warrants conducting further research if emerging patterns are to be understood and predicted. Given the lack of empirical research in this area, the relationship between spousal support and organizational outcomes should only be considered suggestive.

In addition to the impact on military member well-being and organizational outcomes, research on military spouses suggests that spouses' willingness to support a military career is associated with their own well-being (Burrell, Adams, Durand, & Castro, 2006). Specifically, spouses' satisfaction with military life and their support for the members' military career was associated with more positive psychological well-being (Burrell *et al.*, 2006). Therefore, it is important to understand what factors contribute to the well-being of the military spouses and their quality of life, along with the features of spousal well-being that are associated with their willingness to support the military career of their serving spouses.

1.1.3 The Changing Face of the Canadian Forces

Understanding the relationship between perstempo and family outcomes is important, particularly at a point when several trends, both in the military and in society in general, have functioned to increase attention to the impacts of military life on families. Prior to the 1980s, family issues were not of paramount concern to the military because many members were younger and single. In the late 1980s, Segal (1986) characterized the military as a "greedy" institution because of its

tremendous demands for the loyalty and commitment of service members and their families. Family members were expected to adapt to these demands and place their unconditional support behind the service member in his/her efforts to successfully accomplish the military mission.

In the past several decades, however, various trends have combined to increase attention to military families in the CF. First, the conditions of military family life, to which families are required to adapt, have changed. The military has become increasingly involved in a variety of multinational peacekeeping and humanitarian assistance missions as well as the most recent combat role in Afghanistan. Since the end of the Cold War, the CF has taken part in a wider range of missions than in the past. As a result, families have to be prepared to manage life without the presence of at least one spouse, potentially making it difficult for families to adjust to military life (Burnam, Meredith, Sherbourne, Valdez & Vernez, 1992). In addition, the present role of the CF in Afghanistan, and the increased danger associated with it, has created additional stress for both members and their families. Even though these dangerous missions have sparked new interest in Canadian military families, insufficient attention has been paid to the potential repercussions of these missions on the families of military personnel.

Second, in addition to the changing nature of CF missions and the resultant increase in family separation, the demographic patterns of military personnel have changed dramatically in recent years. Most notable is the increasing proportion of married military personnel. During the 1980s, following the promulgation of the Canadian Human Rights Act and the Canadian Charter of Rights and Freedoms, the CF removed its restrictive age eligibility requirements for entry, thus permitting older Canadians to apply for military service. Recent focus groups conducted with CF service providers identified an emerging trend of increasing numbers of older, already married (or in a common-law relationship) individuals joining the military (Sudom & Dursun, 2006). Thus, whereas in the past, the majority of personnel entering the military were single, most members are now married (Myklebust, 1999). In fact, 62% of the Regular Force CF population was married as of January 2009 (DND, 2009), many of these being dual-service couples. This trend is important, as married military members have additional family responsibilities in comparison to their unmarried counterparts. The ability of military members to divide their time and energy between two demanding roles places additional stress on the military member and can have adverse affects on the family. As for the CF as an organization, an increased proportion of married military personnel implies a greater need for policies, programs, and practices to be responsive to family needs, as well as a larger number of individuals who are served by such family programs.

The third notable trend is the fact that in recent decades, women have been fully integrated into all CF roles, including combat. In 1989, a Canadian Human Rights Commission (CHRC) Tribunal directed that all trials of women in non-traditional roles were to cease and that women were to be fully integrated into all CF roles except service on submarines. In 2001, that last restriction was removed. The proportion of women in the Regular Force grew by 13% between 1997 and 2002, and 22% in the Reserve. Compared to the ceiling of 1,500 women in 1971, the current membership of 9,000 women represents an increase of about 600% since this time. The unique social pressures on women with regards to family and the increased role that women are playing in the military make work-family conflict for women in the military of much greater concern. Women now face many of the same conflicts their male counterparts faced when dividing their focus between their family and military career. However, family roles have traditionally been more central for women and families have been "greedier" for women than

for men, in the sense that sacrifices for families were more likely to be expected and considered legitimate. Additionally, because of deeply ingrained career expectations, men may still be reluctant to take on the primary caregiving role in the family that is often expected when the mother is a military member (Moen, 1992; Spain & Bianchi, 1996). This social dilemma increases conflict within the family as well as between family and work.

In addition to the above trends related specifically to the CF, a number of societal and economic changes have had a significant effect on the military and the relation between military and family life. Our society and the workforce have changed dramatically over the past few decades. Although in general, women still have disproportional responsibility for raising children, men increasingly share this role. The switch from traditional complementary roles, wherein men assumed instrumental responsibilities and women ensured that expressive needs were met, to a role-symmetrical model in which men and women can be equally involved in earning and caring, has accentuated the importance of fathers within the lives of their children, not only in terms of the provision of resources, but also with respect to their presence and involvement (Norris, 2004). Indeed, recent empirical evidence suggests that men's psychological involvement in the family is much greater than is traditionally assumed (Pleck, 1997). Furthermore, the workplace has changed to reflect an increase in dual-career families, which presents a particular challenge for military families. The spouses of military members have often been left to manage day-to-day family activities, parenting, and balancing home and work life. Frequent relocations and separations due to deployment and other military taskings compromise the capacity of military spouses to develop and maintain their own careers.

The changes in CF missions, family patterns, gender roles, and general societal and economic trends have caused the military to shift strategies for attracting and retaining high-quality service members. Also resulting from the changes described above, personnel research has begun to address the variables affecting recruitment and retention. With these as key issues in the military, a deeper understanding of the factors that affect not only well-being of military personnel and their families, but also important organizational outcomes, such as performance and retention, is required.

1.2 Impacts of Military Service on Families

Military spouses face a number of unique stressors as they attempt to meet the demands placed upon them by the military institution. Elements of the military lifestyle which influence the well-being of family members include frequent relocations, temporary housing, spouse unemployment and underemployment, separations, deployments to hostile situations, and long and often unpredictable work hours. Any combination of these factors may be associated with a deterioration of functioning for military spouses. Perhaps the most significant among these stressors has been the separation of family members due to operational deployments (Westhous, 1999).

Separations often entail a reorganisation of family roles and routines as the spouse remaining at home adjusts to the partner's absence. Stressors may include strain on the marital relationship, childcare concerns, changes in children's well-being, difficulties accessing military services, and practical issues associated with home and car maintenance (Van Vranken, Jellen, Knudson, Marlowe, & Segal 1984). Non-deployed spouses have been shown to experience loneliness,

anger and depression as well as headaches, menstrual irregularity, weight change and sleep disturbances (Van Vranken *et al.*, 1984). Coupled with a recent relocation, imminent childbirth or spouse unemployment, the functioning of partners of military members may be threatened. Separation appears to be most difficult in certain situations, including experiencing a military separation for the first time, having recently moved to a new duty station, being a junior member, and experiencing difficulties with children (Coolbaugh & Rosenthal, 1992; Weinstein & Beach, 1984; Wood & Gravino, 1988).

It has been recognized that children in military families experience challenges of military family life during deployment, such as fear of harm to their parent and absence of their mother and/or father (Siebler, 2003). Children have been shown to have higher levels of depression (Jensen, Martin & Watanabe 1996), experience sadness and tearfulness, have a need for greater discipline at home (for boys), and have more frequent symptoms of mental health concerns during deployment (Rosen, Teitelbaum, & Westhuis 1993). To provide a comprehensive analysis of the impact deployments have on the children of military members is beyond the scope of this study. However, parenting stress is recognized as a key stressor within the context of family stress. The presence of children within the household has an influence on individual adjustment as well as the stability of marital relations. There has also been evidence that the quality of the parent-child relationship and perceived involvement with children influence the quality of life of all family members (Everson, 2005). Reduced quality of life has been linked to the burden of parenting alone, the single-handed management of the household, and the loneliness associated with being separated from their loved ones for an extended period of time (Medway, David, Cafferty, & Chappell, 1995).

1.2.1 The Deployment Cycle

Military deployments and duty-related separations are defining experiences for military members and their families. Deployment and duty-related separations are challenging for families, and the resultant stress is a normative response during military separations (Martin, Vaitkus, Johnson, Mikolajek, & Ray, 1996). In studying military families and deployments, researchers have identified a distinct process referred to as “cycles” or “stages” of deployment that families experience (Kelley, 1994; Pincus, House, Christensen, & Adler, 2001; Van Breda, 1999). These stages are the pre-deployment phase, the deployment phase, and the post-deployment phase. Spouses of military members go through a number of feelings and experiences throughout this cycle, including initial shock, departure, emotional disintegration, recovery and stabilization, anticipation of the homecoming, reunion and reintegration/stabilization (de Soir, 1997). Studies have yielded contradictory findings on the effects of deployment on individuals and families throughout each of the phases. For example, Amen, Jellen, Merves and Lee (1988) suggested the post-deployment period to be the most difficult, while Kelley’s (1994) research indicated that the pre-deployment time was especially difficult for children and families.

The pre-deployment phase is the stage before members are deployed to the environment where the operation, mission or exercise takes place. According to Adler, Vaitkus and Martin (1996) conflicts in the family are at their peak prior to deployment. Anxiety, apprehension and sadness were the most common feelings reported (Van Breda, 2001). It has also been suggested that detachment, by means of passive emotional withdrawal, is evident in this phase (Van Breda, 2001).

During the deployment phase, many spouses experience a period of emotional destabilization and disorganization (MacDermid, Olson, & Weiss, 2002; Pincus et al., 2001) characterized by reports of sadness, depression, disorientation, anxiety, loneliness, feeling overwhelmed, numbness, anger, and relief (Pincus et al., 2001; Wexler & McGrath, 1991). There are also physical reactions such as sleep disturbances and other physical health complaints (Frankel, Snowden, & Nelson, 1992; Wood, Scarville, & Gravino, 1995; Wright, Burrell, Schroeder, & Thomas, 2006). Researchers have found that during deployment, common feelings experienced by spouses left at home included loneliness, worry, sadness, and anxiety (Van Vranken *et al.*, 1984; Wexler & McGrath, 1991). At this phase, many spouses develop clinical levels of depression (Kelley, 1994), and show symptoms such as irritability, sleep difficulties and loss of appetite (Adler, Bartone, & Vaitkus, 1995). Of particular concern for the spouses of deployed members is the added pressure of single parenting, since many spouses also hold full-time employment of their own (Karney, 2007). Along with the added responsibilities of childcare, the children themselves experience specific challenges during deployment, such as anxiety associated with the absence of their deployed parent and concerns about the safety of their deployed parent (Siebler, 2003). During deployment, children manifest higher levels of depression (Jensen, Martin, & Watanabe, 1996), experience sadness and tearfulness, possess a need for greater discipline at home (for boys), and have more frequent mental health concerns (Rosen *et al.*, 1994).

As the deployment ends, the reintegration phase begins. In anticipation of homecoming, both excitement and apprehension increase (Logan, 1987; Pincus et al., 2001; Weins & Boss, 2006). During the deployment, roles have been redefined, new family systems have developed, and both serving members and their spouses have inevitably changed (Segal, 2006). The post-deployment phase is typically marked by ambivalence and anxiety (Figley, 1993), as well as disappointment, when the fantasy of reunion does not materialize (Potts, 1988). Common experiences in marriages during this time include poor communication, emotional distancing, sexual difficulties and anger (Blount, Curry & Lubin, 1992; Jolly, 1987). As well, numerous studies have highlighted homecoming problems such as marital conflict and estrangement, behavioural changes in children, and physical stress symptoms (see Jensen, Martin, & Watanabe 1996; Teitelbaum 1992). Members who were involved in combat or other trauma may introduce the after-effects of these experiences in the family system (Figley, 1993; Gimbel & Booth, 1994). Sometimes these effects are only experienced some time later, following an “incubation period” (e.g., Ford, Shaw, Sennhauser, Greaves, Thacker, *et al.* 1993). The reintegration phase can take up to six months, as the couple and family stabilize their relationships (Pincus et al., 2001). It was suggested that by the time families are reunited with serving personnel, many families have endured more significant stress than the member (Figley 1993).

Although the researchers vary in their perception of which stage of deployment is the most stressful, they are unequivocal in the view that deployments place both the deployed member and spouse remaining at home under considerable stress. However, research is lacking on how family members experience the different deployment phases, particularly among families of CF members.

1.3 Internal and External Resources

Although the stressors associated with military service, including family separation and parenting difficulties, may lead to adverse outcomes for the spouse of a serving member, it is evident that certain resources, both external to and within the individual, can serve to buffer some of the adverse effects of such stress. That is, individuals exposed to the same stressor will not necessarily react to it in the same way, and such differences in response may depend upon the resources available.

1.3.1 Internal Resources

Individual differences are relatively enduring patterns of reactions and beliefs that affect the way experiences are comprehended and acted upon (Folkman, Lazarus, Gruen, & DeLongis, 1986). The relative stability of these responses means that individual differences typically predispose people to act and react in particular ways. Certain personal characteristics can act as moderators affecting resiliency or vulnerability in the face of stressful events (Kobasa, 1979; Scheier, Carver, & Bridge, 2001). They can also affect more situation-specific expectations and appraisals. For example, military spouses who held a positive attitude, accepted a military lifestyle, and were independent and self-reliant adapted better to separation (Patterson & McCubbin, 1984; Voydanoff, 1987; Weinstein & Beach, 1984; Wood & Gravino, 1988). Such individual-level factors examined in the present study include mastery, self-esteem, and coping.

There is considerable evidence that one's self-concepts can serve as a barrier to the harmful effects of stressors. Pivotal among these personal resources is mastery, or the extent to which people see themselves as being in control of the forces that importantly affect their lives (Pearlin, Menaghan, Lieberman, & Mullan, 1981). Two reasons have been suggested as to why mastery functions as a powerful moderator of stress. First, the possession of a sense of control in itself may reduce feelings of vulnerability to otherwise threatening conditions and, in so doing, may also reduce perceptions of threat associated with such conditions. A second explanation is that mastery acts as a self-fulfilling prophecy: when we feel that we possess control over the important forces of our lives, we act accordingly (Pearlin *et al.*, 1981).

Self-esteem is a psychological resource that influences stress and coping processes (Pearlin & Schooler, 1978). Presumably, individuals who hold positive views of themselves should be less likely to feel overwhelmed when confronted with stressful demands compared to those who do not have positive views, because the former would see themselves as able to cope with a broad array of problems. In one study, for example, persons with high self-esteem reported less depression in the face of job loss than did those with low self-esteem (Pearlin *et al.*, 1981).

Coping refers to the thoughts and behaviours used in circumstances that are perceived as both personally significant and as challenging one's resources for dealing with a situation (Folkman & Lazarus, 1980; Folkman & Moskowitz, 2004). Coping has been conceptualized along two dimensions, active and passive. These categories refer to the type of action (approach or avoidance) used to deal with the stressor (Blalock & Joiner, 2000). Whereas active strategies involve attempts to directly address the source of the stressor (e.g., changing what's causing the stress, trying to feel challenged by it), passive strategies involve attempts to avoid the stressor (e.g., becoming apathetic, physically withdrawing from the situation). Active coping has been

found to relate to more positive physical and mental health outcomes, whereas passive or avoidant strategies are generally considered to be more maladaptive and may lead to psychological distress (Matheson & Anisman, 2003; Nolen-Hoeksema, 2000; Ravindran, Matheson, Griffiths, Merali, & Anisman, 2002). In accordance with this, research on coping strategies of military members has revealed that individuals who used passive coping strategies (e.g., denial or disengagement from stressful experiences) reported more symptoms of psychological and physical distress (e.g., Dobрева-Martinova, Villeneuve, Strickland, & Matheson, 2002). Conversely, spouses who functioned most effectively during a period of separation tended to use active coping styles (Jensen & Shaw, 1996) and attempted to derive meaning from the situation (Hammer, Cullen, Marchand, & Dezsofi, 2006).

1.3.2 External Resources

External resources refer to sources outside of the individual (e.g., family, community) that may buffer against the negative effects of stress on well-being. There is fairly consistent evidence that the perceived availability of social support moderates the effects of stress on subsequent physical (Wallston, Alagna, DeVillis, & DeVillis, 1984) and psychological distress (Kessler & McLeod, 1985). In particular, social support from one's spouse is critical for individual well-being. In comparison to other relationships, the marital relationship is more exclusive and generally involves more frequent and emotionally intense interactions (Cutrona, 1996; Vinokur & Vinokur-Kaplan, 1990). The high levels of interdependence that characterize the marital relationship may enhance the salience of the partner's behaviour because of its implications for spousal well-being (Berscheid, 1983). Having a good marriage or few marital problems is associated with positive adjustment to separation and can positively affect marital adjustment and stability upon return (Coolbaugh & Rosenthal, 1992; Schumm, Bell, & Gade, 2000; Wood & Gravino, 1988).

Another factor that appears to moderate the effects of separation on spousal well-being is maintaining social support with family and friends (Weins & Boss, 2006). Rosen and Moghadam (1990) examined the buffering effects of four types of support in the military environment:

- a. perceived support from other wives in the husband's unit;
- b. perceived support from parents, siblings, and other relatives;
- c. perceived support from military wives outside the husband's unit; and
- d. perceived support from friends outside the military.

Perceived support from other wives in the military husband's unit was the only type of support that emerged as a significant buffer against the stressor of a husband's absence (Rosen & Moghadam, 1990). The lack of effect of perceived support from family members was explained by the fact that many spouses of military members do not live near their families. It has also been emphasized that if one has family, friends, and a circle of associates, one is not necessarily the automatic beneficiary of support in times of stress. The exchange of intimate communication and the presence of solidarity and trust have been emphasized as the necessary components of perceived support that buffer the negative impacts of stress (Pearlin *et al.*, 1981).

1.4 The Human Dimensions of Deployment Study of Canadian Forces Spouses

Taken together, it is clear from the research described above that the military can have a pervasive influence on family life, and conversely, that the family can have an impact not only on the serving member, but on the military organization as a whole. However, there has been a paucity of research conducted in the CF addressing the interactions between military and family life, and even less from the perspective of the family. To address this shortcoming, a large-scale survey of spouses/partners of CF members was undertaken in 2005 as part of the Human Dimensions of Deployment Study (HDDS) project.

The aim of this report is to provide descriptive information on spouses' responses on the HDDS survey, and thus to contribute to the understanding of perstempo and its impact on family well-being. The report is organized in accordance with a model of personnel tempo by Dursun (2006), which describes how the demands of military service can impact retention, performance and overall organizational effectiveness. In this model, the key factors were grouped under the categories of stressors, mediating or buffering factors (i.e., individual- and group-level constructs that may alter the effects of stress on well-being and other outcomes), and outcomes (i.e., potential effects of military stressors). The present report is organized in a similar fashion.

2 Methods

2.1 Participants

A paper-based survey was mailed out to a sample of 7,039 spouses/partners of CF members, stratified based on gender and environment, from a centralized personnel database of CF regular force members. The survey administration was completed in 2006. Responses were received from 1,661 spouses, yielding a response rate of 24%. Demographic information on the respondents is shown in Table 1. The majority of the spouses were female and spoke English as their first language. Most were not members of the CF, although one-fifth were former members. Almost half of CF spouses were employed full-time, while approximately 40% were either employed part-time or were homemakers.

Table 1: Demographic Characteristics of the Spouses

	Percentage
Gender	
Male	11.7%
Female	88.3%
Age (mean, range)	38.6 (19-71)
First Official Language	
English	73.9%
French	26.1%
Education	
Less than high school/some high school	4.8%
High school diploma	16.4%
Some college or college diploma	36.4%
Some university or university degree	34.3%
Some graduate school or graduate degree	8.1%
Military Status	
Not a current member of the CF	89.5%
Reserve Force (Class A)	2.4%
Reserve Force (Class B)	2.3%
Reserve Force (Class C)	0.2%
Regular Force	5.5%
Former CF member	20.5%
Employment Status	
Employed full-time	45.5%
Employed part-time	19.9%
Homemaker	18.0%
Unemployed	9.2%
Other	7.4%

Demographic information for the CF member is shown in Table 2.² The majority of spouses in the study were married to Junior or Senior Non-Commissioned Members (NCMs). Approximately 14% of CF members were deployed at the time of the survey, while seven percent were preparing for a deployment within the next seven months, and approximately 10% had recently returned from a deployment (in the past seven months). Most of the CF members (approximately 70%) either had never deployed, or had been deployed more than 7 months ago.

Table 2: Rank, Element, and Deployment Status of the Military Members

	Frequency	Percent
Rank		
Junior NCM	582	35.4%
Senior NCM	510	31.0%
Junior Officer	259	15.7%
Senior Officer	295	17.9%
Environment		
Sea	423	25.9%
Land	630	38.6%
Air	580	35.5%
Deployment Status		
Preparing for a deployment	118	7.1%
Currently deployed	226	13.6%
Post-deployed	160	9.6%
Never deployed/deployed more than 7 months ago	1157	69.7%

2.2 Procedure

The survey was granted ethical approval by the Social Science Research Review Board (SSRRB). The cover page of the survey provided details necessary to fulfil the requirements for informed consent, including information regarding the purpose of the study (i.e., to help understand the consequences of military service for the respondent and his/her loved ones, and to aid in the development of new ways of supporting families when military members are away from home), and assurance that participation was entirely voluntary and that participants were free to skip any question they did not wish to answer. Participants were also guaranteed that their responses would be kept anonymous and strictly confidential, and that results would only be reported in aggregate. On average, the survey required 30 minutes to complete. The questionnaire could be completed in either French or English.

² Corresponding data for rank in the CF married/common-law population is as follows: Jr NCM: 46.6%; Sr NCM 27.9%; Jr Officer 14.4%; Sr Officer 11.1%. Corresponding data for environment in the population is: Sea: 17.1%; Land 49.5%; Air 33.3%. Where applicable the data were weighted to reflect the population estimates, however, only weighted results were presented if differences were statistically significant. Otherwise, to ensure the consistency, unweighted results were presented.

2.3 Measures

2.3.1 Stressors

2.3.1.1 Overall Stress

Overall stress was assessed with a single question, “Thinking about the amount of stress in your life, would you say that most days are:” The responses for this question ranged from 1 (“not at all stressful”) to 5 (“extremely stressful”).

2.3.1.2 Financial and Career Stress

Participants were asked to indicate how they felt about their income. Possible responses ranged from 1 (“living comfortably on present income”) to 5 (“finding it very difficult on present income”).

To assess the impacts of military life on career, respondents were asked about the effects of their CF spouse/partner’s military service on their own employment experiences. They selected one of four statements, ranging from no effects of military service on career, to being unemployed or having had their career severely affected by their spouse/partner’s military career.

2.3.1.3 Parental Stress

Four measures were used to assess parental stress. With a five-item scale, the first measure assessed the frequency of specific interactions with children (e.g., “I spend quality time with my child(ren)”). Participants rated how frequently they engaged in certain interactions with their children, using a scale ranging from 1 (“never”) to 5 (“very often”). To obtain a positively oriented scale, negatively phrased questions were reverse coded. The mean rating across the four items was used as the overall scale score.

Child delinquency was assessed using eight items from a revised version of measures included in a national survey of juvenile delinquency conducted by researchers at the University of Michigan’s Institute for Social Research (see Bachman, Johnston, & O’Malley, 1993). Respondents reported the frequency of each behaviour (e.g., vandalism) on a 6-point scale ranging from 1 (“never”) to 6 (“5 or more times”). The mean rating across all of the items was used as the overall scale score.

Children’s delinquent behaviour in school and school performance were measured using eight items developed by Gold (1966) and used in the Youth in Transition Survey administered by the University of Michigan’s Institute for Social Research (Bachman, O’Malley, & Johnston, 1978). Gold’s (1966) scale has high reliability and validity and was employed in some of the most widely read and cited North American delinquency studies (e.g., Agnew, 1984). Respondents reported the frequency of each behaviour (e.g., damaged school property on purpose) on a 6-point scale ranging from 1 (“never”) to 6 (“5 or more times”). The mean rating across all of the items was used as the overall scale score.

Finally, trouble with parents was assessed using a combination of Gold's (1966) Trouble with Parents Scale and two items used in the National Youth Survey (NYS) (see Elliott, 1994; Elliott & Huizinga, 1983). Respondents reported the frequency of each of 5 behaviours (e.g., stole from family) on a 6-point scale ranging from 1 ("never") to 6 ("5 or more times"). The mean rating across all of the items was used as the overall scale score.

2.3.1.4 Members' Optempo

A series of questions related to operational tempo, including military postings, and CF spouses' workload and deployments. Questions included frequency of relocations and their CF spouses' deployment stage (pre-, during, or post-deployment), and the number of days their CF spouse had been away in the past several years. Furthermore, respondents were asked about their workload (hours worked per week), as well as their CF spouse's workload.

2.3.1.5 Deployment Experiences

Feelings and Experiences across the Deployment Cycle. Spouses were asked how often they experienced a number of feelings prior to, during, and after a deployment (e.g., resentment, pride). The respondents indicated how often they experienced each feeling on a 5-point scale ranging from 1 ("never") to 5 ("always"). Similarly, spouses were asked about their experiences throughout the deployment cycle (e.g., "My spouse/partner and I argue a lot prior to a deployment"; "I ease up on rules, routines, and expectations while my spouse/partner is away"; "My spouse/partner regains control over the household"). Frequency of each of the experiences was rated on the same 5-point scale.

Use of CF/DND Services. The respondents were asked about their use of CF/DND services across the deployment cycle. Specifically, spouses were asked about whether they attended a pre-deployment screening, a post-deployment briefing, and whether they used specific services during and after the deployment (e.g., Military Family Resource Centers [MFRCs], social worker). If they did not use services, they were asked to select the reasons why they did not use the service (e.g., had no need).

Personal Problems during Deployment. Respondents were asked whether they experienced personal problems during their partner's absence on deployment. As well, respondents were asked whether they thought about taking their own life, or about ending their relationship, while their partner was on their most recent deployment.

Child Behaviours during Deployment. Respondents were asked a number of questions regarding how their children responded to deployment. Twenty-seven items regarding both positive (e.g., "more outgoing," "contributes more to cleaning and maintaining house") and negative (e.g., "decline in school performance," "nightmares") behaviours during a deployment were given. Responses were on a 5-point scale ranging from 1 ("never") to 5 ("always").

2.3.2 Buffering Factors

2.3.2.1 Mastery

Participants completed the seven-item Pearlin Mastery Scale (Pearlin et al., 1981). This scale is a measure of self-concept and references the extent to which individuals perceive themselves in control of forces that significantly impact their lives. Participants were asked the extent of their agreement with each statement regarding the respondent's perception of self. Responses ranged from 1 ("strongly disagree") to 4 ("strongly agree"). The scale is constructed by adding together the responses from each item and averaging across the number of items. To obtain a positively oriented scale (i.e., a higher score represents the perception of greater mastery over one's environment), negatively phrased questions were reverse coded. The mean rating across all of the items was used as the overall scale score.

2.3.2.2 Self-Esteem

A reduced (six-item) version of the Rosenberg Self-Esteem Scale (RSE) was used to measure global personal self-esteem. Participants responded to statements about themselves (e.g., "On the whole I am satisfied with myself") using a five-point scale ranging from 1 ("strongly agree") to 5 ("strongly disagree"). O'Brien (1985) conducted a factor analysis on the RSE and found a single factor, strongly supporting the unidimensionality of the scale. Further, the RSE correlated significantly with global subscales of the Eagly Feeling of Inadequacy Scale, additionally supporting the contention that the RSE measures global self-esteem (O'Brien, 1985). Shapurian, Hojat and Nayerahmadi (1987) found good test-retest reliability of the scale, as well as concurrent validity with other criterion measures. Negatively phrased items were recoded so that on all items, high scores reflected a high degree of personal self-esteem. The mean rating across all of the items was used as the overall scale score.

2.3.2.3 Coping

Coping strategies were measured using an 18-item scale that has been used in various studies conducted by the Walter Reed Army Institute of Research and the United States Medical Research Unit (Castro, 1998). The items reflect a broad spectrum of cognitive/behavioural and socio-emotional responses. Participants were asked to indicate the degree to which they used each of the items/behaviours as a way of dealing with stressors on a five-point scale ranging from 1 ("never") to 5 ("always"). The scale contains three subscales, active coping (i.e., active attempts to remove or attenuate the stressor), passive coping (ignoring the problem, withdrawing from the situation) and religious coping (seeking religious guidance or turning to prayer). Due to the low psychometric properties of the religious coping scale, only the active and passive subscales were used in the present analyses. Participants received a score for active and passive coping by averaging the responses across each set of items.

2.3.2.4 Perceived Spousal Support

A scale was developed to measure participants' perceptions of their spouses' positive support behaviours. Participants indicated the level of agreement with 10 items (e.g., "Talks over his/her problems with me") on a 5-point scale ranging from 1 ("strongly disagree") to 5 ("strongly agree"), which indicates the extent to which each behaviour describes their partner. As such, this scale measures the presence of overall spousal supportive behaviours as perceived by the spouses of CF members. Negatively worded items were reverse-coded such that higher scores reflected greater levels of perceived support. The mean rating across all ten items was used as the overall scale score.

2.3.2.5 Perceptions of Support from Canadian Forces Sources

Participants were asked to indicate the extent to which they agreed with statements related to their willingness to reveal personal problems to the military spouse's superiors, coworkers, other spouses and CF service providers (e.g., "It is not good to let your spouse's superior(s) at work know about your personal or family problems because his or her career might be affected"). Responses ranged from 1 ("strongly disagree") to 5 ("strongly agree"). Perceived support from each of the sources was examined individually rather than averaging the responses.

2.3.2.6 Perceptions of Canadian Forces Support for Families

Participants responded to 21 items intended to measure perceptions of the extent to which the CF supports families. The measure included items such as "The CF expects that work should take priority over family" and "The Canadian military still has the sense of being one big family where people look out for each other." Participants indicated the extent to which they agreed with the statements using a rating scale ranging from 1 ("strongly disagree") to 5 ("strongly agree"). Each response was examined individually rather than averaging across the responses.

2.3.2.7 Support for the Member's Military Career

To assess the extent to which participants supported CF members' military ambitions, they were asked to indicate the extent to which they were supportive in relation to their spouse's current service, their spouses pursuing a long-term career in the CF, deploying in the next six months, and deploying in six months or longer using a four-point scale, from 1 ("not at all supportive") to 4 ("very supportive"). An overall score for support was derived by averaging the responses of the four items.

2.3.3 Outcomes

2.3.3.1 Individual Well-being

Psychological Well-being. The abbreviated version of the General Health Questionnaire (Banks, Clegg, Jackson, Kemp, Stafford, & Wall, 1980), the GHQ-12, was used to measure psychological well-being. This scale measures non-psychotic psychological distress and is a valid and reliable indicator of distress in the general population. The scale focuses on recent interruptions in

normal healthy functioning (e.g., “Have you recently lost much sleep over worry?”). Responses were rated on a four-point scale ranging from 1 (“not at all”) to 4 (“much more than usual”). The mean rating across the twelve items was used as the overall scale score.

Life Satisfaction. The five-item Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) was used to assess global life satisfaction. The SWLS has been found to be positively associated with other measures of subjective well-being and negatively associated with measures of psychopathology (Diener et al., 1985). Respondents indicated the extent to which they agreed with each statement (e.g., “In most ways my life is close to ideal”) on a five-point scale ranging from 1 (“strongly agree”) to 5 (“strongly disagree”). The mean rating across all ten items was used as the overall scale score.

Depressive Symptoms. A shortened (nine item) version of the Center for Epidemiologic Studies Depression Scale (CES-D; Radloff, 1977) was used to assess symptoms of depression. Participants rated the frequency with which they experienced each of the nine symptoms on a four-point scale ranging from 1 (“rarely or none of the time”) to 4 (“most or all of the time”). The mean rating across all of the items was used as the overall scale score.

Somatic Complaints. The Physical Symptoms Scale (PSS), used in several studies conducted by the Walter Reed Army Institute of Research (e.g., Bliese, Escolas, Christ, & Castro, 1998; Halverson, Bliese, Moore, & Castro, 1995) consists of 22 common physical symptoms (e.g., headaches, back problems, intestinal upset). The participants were asked to report any experience of these symptoms in the past month on a four-point scale ranging from 1 (“not at all”) to 4 (“very often”). This scale included items measuring hyperalertness, somatic complaints and general anxiety. Eleven items were drawn from the Hopkins Symptom Checklist (HSCL; see Derogatis, Lipman, Rickels, Uhlenhuth, & Covi, 2007). Four items were drawn from Bartone *et al.*'s (1989) Symptoms Checklist measuring psychosomatic complaints. The summed PSS score is composed of the number of the items endorsed as having occurred often or very often. The PSS weighted scale is composed of the mean score for each of the 23 items.

Psychological Disorders. Respondents were asked whether they had been medically diagnosed with a number of stress-related psychological disorders, or believed they had one of the disorders, including PTSD, depression, and anxiety disorder. If they had been diagnosed, or believed that they suffered from a psychological problem, they were prompted to indicate to what extent they believed a number of factors, including the CF spouse/partner's military service, contributed to their problems. Each of the potential contributors was rated on a four-point scale ranging from 1 (“no effect”) to 4 (“a large effect”).

Suicidal Ideation. Respondents were asked whether they had ever seriously considered taking their own life at any time during their spouse/partner's career in the CF, or whether they had actually attempted suicide during this time. As well, they were asked whether their consideration or attempt had occurred in the past 12 months.

2.3.3.2 Family Well-being

Marital Quality. Marital Quality was assessed by the Quality Marriage Index (QMI; Norton, 1983), a six item scale in which members rated the extent to which they agreed with each statement (e.g., “Our marriage/partnership is strong”) on a five-point scale ranging from

1 (“strongly disagree”) to 5 (“strongly agree”). The mean rating across all six items was used as the overall scale score.

Confidence in the Spousal Relationship. Respondents were asked how often they feared divorce or termination of their relationship, their spouse/partner having an intimate relationship with another person while they are away, and their spouse/partner leaving them. Responses were on a 6-point scale ranging from 1 (“all of the time”) to 6 (“never”). These items are revised versions of one item (fear of marital breakdown) included in Spanier and Filsinger’s (1983) Dyadic Adjustment Scale. A single score was derived by averaging the responses on the three items.

Conflict between Military and Family Life. The extent to which military life interfered with family, and family interfered with respondents’ work, were measured using modified items from The Work-Family Conflict (WFC) and Family-Work Conflict (FWC) scales (Netemeyer, Boles, & McMurrian, 1996). A sample of WFC is “The demands of military service interfere with my home and family life.” A sample FWC item is “Things I want to do at work don’t get done because of the demands of my family or spouse/partner.” Each subscale contained six items. As well, respondents were asked a single question about the extent to which their family life has affected their own work commitments (“My family has suffered as a result of my work commitments”). Extent of agreement with each statement was endorsed on a five-point scale ranging from 1 (“strongly disagree”) to 5 (“strongly agree”). Separate scores for WFC and FWC were obtained by averaging across the responses to each set of items.

Partner’s PTSD Symptoms. Respondents were asked whether their CF spouse/partner had been diagnosed with PTSD, or if he/she exhibited signs of trauma (e.g., being easily startled by noise). If symptoms or a diagnosis was present, respondents were asked about how often their spouse/partner’s problems affected them (e.g., in terms of feelings of isolation or despair). Responses were on a five-point scale ranging from 1 (“never”) to 5 (“always”).

Violence. Respondents were asked about whether their spouse/partner had ever been violent toward them, their children, older adults in the family, pets, property, or possessions. As well, if violent incidents had occurred, they were asked to indicate whether they were connected to stressors relating to the military, posttraumatic symptoms, family pressures, or personal pressures. Finally, they were asked to indicate the sources they had gone to if they decided to seek help (e.g., counsellor, friends, other military spouses).

2.3.4 Data Screening and Statistical Analyses

Prior to analyzing the survey data, screening procedures were employed in order to identify out-of-range values, estimate plausible means and standard deviations, and estimate other factors such as skewness, kurtosis, normality, and multicollinearity.

All of the variables were screened for normality. There were few cases of extreme skewness or kurtosis, since most skewness coefficients had an absolute value of less than 2, and most kurtosis coefficients were less than an absolute value of 4 (Table 3). The exceptions were the child behaviour scales (i.e., delinquency, school performance, and trouble with parents), which had a high positive skew and kurtosis, indicating that most of the scores on these scales were at the lower end (i.e., occurred infrequently).

Data used in the present study were also screened for multicollinearity and singularity through the exploration of bivariate correlations among the variables. The correlations are presented in Tables 4-6. No correlations exceeding .70 were found.

Descriptive statistics (i.e., response frequencies, means, and standard deviations) and Pearson correlations between all of the variables of interest were calculated. Univariate analyses of variance (ANOVA) were performed to assess group differences in the variables. Specifically, differences were assessed, where appropriate, according to the stage of deployment that respondents' CF spouse/partner was currently in, as well as according to the degree to which respondents felt that their career was affected by their spouse/partner's military career. Both of these variables (i.e., deployment stage and career impacts) were chosen for the analyses due to their potentially important impacts on spousal well-being. Finally, hierarchical regression was used to analyse the potential moderating, or buffering, effects of mastery, self-esteem, coping, and support from spouse on the impact of military-family conflict on respondents' support for their spouse/partner's military career.

3 Results

3.1 Reliability Analysis

The reliability of the scales used in the survey was estimated using the Cronbach's alpha reliability coefficient, which is a measure of the internal consistency of a scale. Although a reliability coefficient of .70 is generally used for retaining a scale (Nunally, 1978) a more lenient cut-off of .60 is sometimes adopted. In particular, the number of items can adversely affect the reliability of a scale (Garson, n.d.). Thus, in cases where the number of items in a scale is low (as happens in cases where a full scale is divided into smaller subscales of only a few items each, which are then assessed for reliability individually), a more lenient coefficient may be warranted. In the present research, since many of the scales were divided into subcomponents, .60 was used as a cut-off value. As demonstrated in Table 3, only the child delinquency scale had a reliability coefficient that was below this value.

3.2 Correlations among the Variables

The correlations between the stressors and buffering factors, between the stressors and outcomes, and between the buffers and outcomes, are shown in Tables 4-6. Children's delinquent school behaviours and trouble with parents were associated with lower levels of spousal mastery, self-esteem, and perceived spousal support, as well as lower levels of many of the individual and family well-being variables. Number of days that the CF member had been away for military reasons in the past year was associated with higher levels of child delinquent school behaviours and depression. In addition, time away was associated with greater conflict between military life and family functioning. All of these correlations, however, were relatively low (below .30). Mastery, self-esteem, and active coping were positively correlated with perceived support from the CF spouse, psychological well-being, life satisfaction, marital quality, and confidence in the spousal relationship, while being negatively related to depression and physical symptoms. Perceived support from the military spouse was associated with greater life satisfaction, marital quality, and confidence in the relationship, while being correlated with fewer symptoms of depression and less conflict between military and family life. Support for the CF member's military career was associated with higher levels of mastery, spousal support, life satisfaction, confidence in the relationship, and well-being, as well as lower levels of passive coping, depression, and conflict between work and family life.

Table 3: Descriptive Statistics for the Survey Scales

	No. of Items	Possible Range	Mean, Standard Deviation	Reliability Coefficient	Skewness	Kurtosis
Quality of relationship with children	4	1-5	4.07 (.57)	.72	-.57	.40
Child delinquency	8	1-6	1.12 (.37)	.49	6.73	68.28
Child school performance	8	1-6	1.20 (.47)	.68	4.02	23.13
Trouble with parents	5	1-6	1.17 (.50)	.66	4.73	29.57
Mastery	7	1-5	3.75 (.68)	.80	-.44	.09
Self-esteem	6	1-5	4.23 (.63)	.88	-.95	1.22
Active coping	5	1-5	3.26 (.61)	.68	-.17	.59
Passive coping	5	1-5	2.23 (.65)	.73	.10	-.34
Spouse support	10	1-5	4.06 (.65)	.88	-.74	.39
Support for CF career	4	1-4	3.37 (.71)	.82	-1.06	.32
Psychological well-being	12	1-4	2.79 (.39)	.82	-.32	1.36
Life satisfaction	5	1-5	3.63 (.82)	.88	-.64	.35
Depression	9	1-4	1.60 (.62)	.89	1.33	1.25
Physical symptoms	23	1-4	1.48 (.34)	.81	1.46	3.55
Quality marriage index	6	1-5	4.36 (.87)	.98	-1.73	3.11
Confidence in relationship	3	1-6	5.20 (.91)	.84	-1.51	2.62
Military-family conflict	6	1-5	2.85 (.89)	.90	.10	-.54
Work-family conflict	6	1-5	2.62 (.96)	.89	.33	-.49

Table 4: Correlations between the Stressor Variables and Potential Buffering Factors

	1	2	3	4	5	6	7	8	9	10	11	12
1. Child delinquency	—											
2. Child school behaviours	.63***	—										
3. Child trouble with parents	.31***	.45***	—									
4. Military partner's days away (2004)	.09**	.11***	.02	—								
5. Work hours (respondent)	.06	.05	.03	.07*	—							
6. Work hours (CF spouse)	.05	.05	.09**	.20***	.11***	—						
7. Mastery	-.10**	-.14***	-.15***	-.04	.12***	-.03	—					
8. Self-esteem	-.09**	-.13***	-.14***	-.07**	.14***	-.02	.61***	—				
9. Active coping	.03	.02	-.03	.02	-.01	.05	.28***	.34***	—			
10. Passive coping	.07*	.10**	.13***	.05	-.10**	.03	-.38***	-.34***	-.15***	—		
11. Spouse support	-.07*	-.13***	-.21***	-.02	-.01	-.06*	.39***	.36***	.19***	-.32***	—	
12. Support for CF career	.02	-.03	-.12***	-.02	.01	-.01	.16***	.10***	.08**	-.18***	.17***	—

* $p < .05$; ** $p < .01$; *** $p < .001$

Table 5: Correlations between the Stressors and Outcome Variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Child delinquency	—														
2. Child school behaviours	.63***	—													
3. Child trouble with parents	.31***	.45***	—												
4. Days away (2004)	.09**	.11***	.02	—											
5. Work hours (respondent)	.06	.05	.03	.07*	—										
6. Work hours (CF spouse)	.05	.05	.09**	.20***	.11***	—									
7. Psych. well-being	-.07*	-.13***	-.15***	-.08**	.03	-.05*	—								
8. Life sat.	-.12***	-.19***	-.19***	-.07**	.08**	-.08**	.48***	—							
9. Depression	.08**	.19***	.19***	.10***	-.05	.07**	-.66***	-.56***	—						
10. Physical symptoms	.10**	.21***	.19***	.09**	-.04	.06*	-.29***	-.35***	.45***	—					
11. Marital quality	-.09**	-.09**	-.17***	-.04	-.01	-.05	.25***	.46***	-.32***	-.16***	—				
12. Confidence in relationship	-.09**	-.11***	-.16***	-.11***	-.04	-.08**	.29***	.40***	-.35***	-.26***	.48***	—			
13. Military-family conflict	.01	.06	.12***	.20***	.02	.28***	-.27***	-.32***	.35***	.25***	-.19***	-.30***	—		
14. Family-work conflict	-.00	.05	.13***	.02	-.07*	.13***	-.25***	-.31***	.29***	.20***	-.17***	-.24***	.59***	—	
15. Work-family conflict	.05	.11***	.14***	.08**	.14***	.13***	-.25***	-.33***	.30***	.23***	-.22***	-.29***	.63***	.55***	—

Table 6: Correlations between the Buffers and Outcome Variables

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Mastery	—														
2. Self-esteem	.61***	—													
3. Active coping	.28***	.34***	—												
4. Passive coping	-.38***	-.34***	-.15***	—											
5. Spouse support	.39***	.36***	.19***	-.32***	—										
6. Support for CF career	.16***	.10***	.08**	-.18***	.17***	—									
7. Psych. well-being	.48***	.48***	.23***	-.33***	.28***	.16***	—								
8. Life sat.	.60***	.62***	.23***	-.36***	.49***	.18***	.48***	—							
9. Depression	-.54***	-.55***	-.21***	.41***	-.33***	-.20***	-.66***	-.56***	—						
10. Physical symptoms	-.30***	-.30***	-.13***	.27***	-.20***	-.09**	-.29***	-.35***	.45***	—					
11. Marital quality	.30***	.29***	.12***	-.23***	.66***	.13***	.25***	.46***	-.32***	-.16***	—				
12. Confidence in relationship	.29***	.29***	.10***	-.32***	.51***	.24***	.29***	.40***	-.35***	-.26***	.48***	—			
13. Military-family conflict	-.27***	-.19***	-.02	.27***	-.25***	-.34***	-.27***	-.32***	.35***	.25***	-.19***	-.30***	—		
14. Family-work conflict	-.27***	-.23***	.00	.21***	-.25***	-.23***	-.25***	-.31***	.29***	.20***	-.17***	-.24***	.59***	—	
15. Work-family conflict	-.27***	-.20***	-.07**	.25***	-.29***	-.10***	-.25***	-.33***	.30***	.23***	-.22***	-.29***	.63***	.55***	—

3.3 Family Demographics

Most families owned a home (74.7%), while 13.9% lived in permanent married quarters (PMQs) and 10.3% rented a civilian residence. As expected, average total household income increased with rank, as indicated in Figure 1.

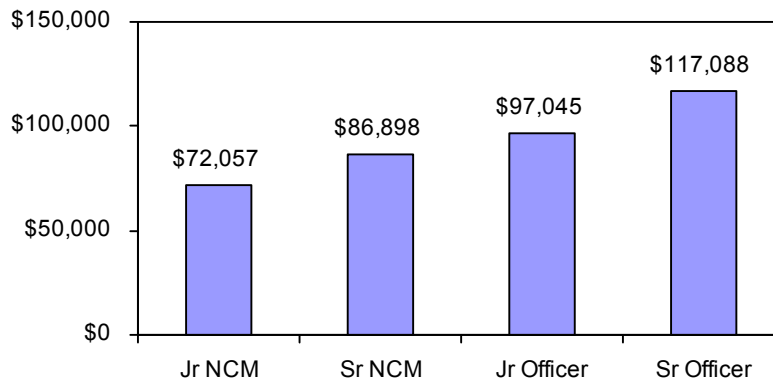


Figure 1: Average Household Income by Rank of Military Spouse/Partner

3.3.1 Children

Most respondents had children in their home, and the majority of these were living in the home on a full-time basis. Specifically, 69.7% had one or more children living in their home full time and 7.3% had children in their home part time. Of all the families with children, 8.2% had one or more with special needs.

Of those respondents with children, the childcare used most often was in someone else's home by a non-relative, or in a civilian daycare centre, as indicated in Figure 2. A smaller number used an MFRC daycare or had someone come into their own home to care for their children.

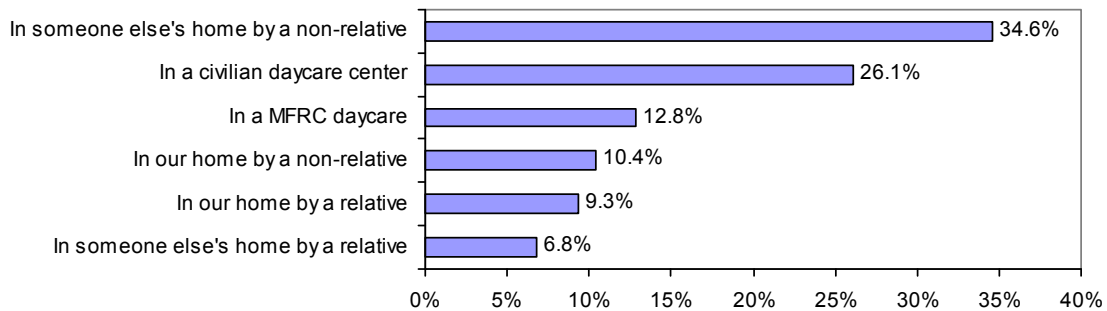


Figure 2: Childcare Services Used³

³ Respondents were permitted to select multiple types of support.

3.4 Stressors

3.4.1 Overall Stress

Figure 3 shows the percentage of spouses who reported that most days were “quite a bit stressful” or “extremely stressful.” Those whose CF spouses/partners were currently deployed reported higher levels of stress compared to those preparing for deployment or who had recently returned from a deployment.

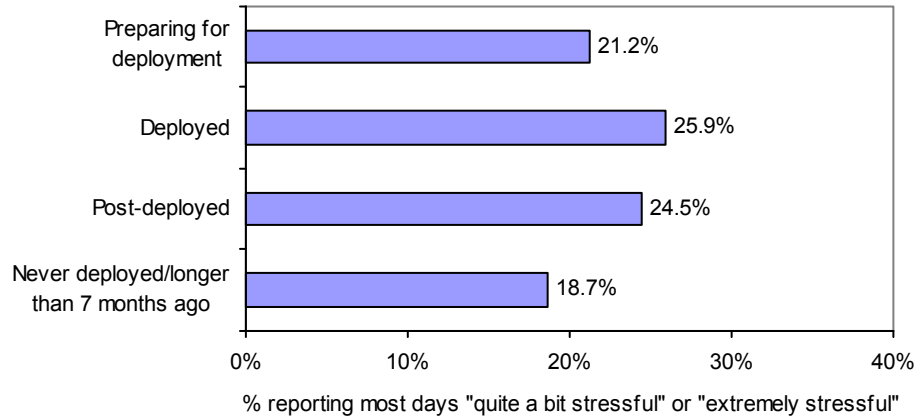


Figure 3: Overall Stress Reported by Spouses

3.4.2 Financial and Career Stress

The majority of spouses were comfortable or coping with their present household income. Only 11% of respondents reported that they found it difficult or very difficult to live on their present income (Table 7).

Table 7: Satisfaction with Present Income

	Percent of Respondents
Living comfortably on present income	45.6%
Coping on present income	42.8%
Finding it difficult on present income	9.9%
Finding it very difficult on present income	0.9%

Despite the fact that so many of the spouses of CF members were employed (see Table 1), half of the respondents indicated that they had made some career sacrifices because of their partner’s military service, as indicated in Figure 4. In addition, some of the respondents felt that they were overqualified for their work or that their career had been severely affected by their partner’s service in the CF.

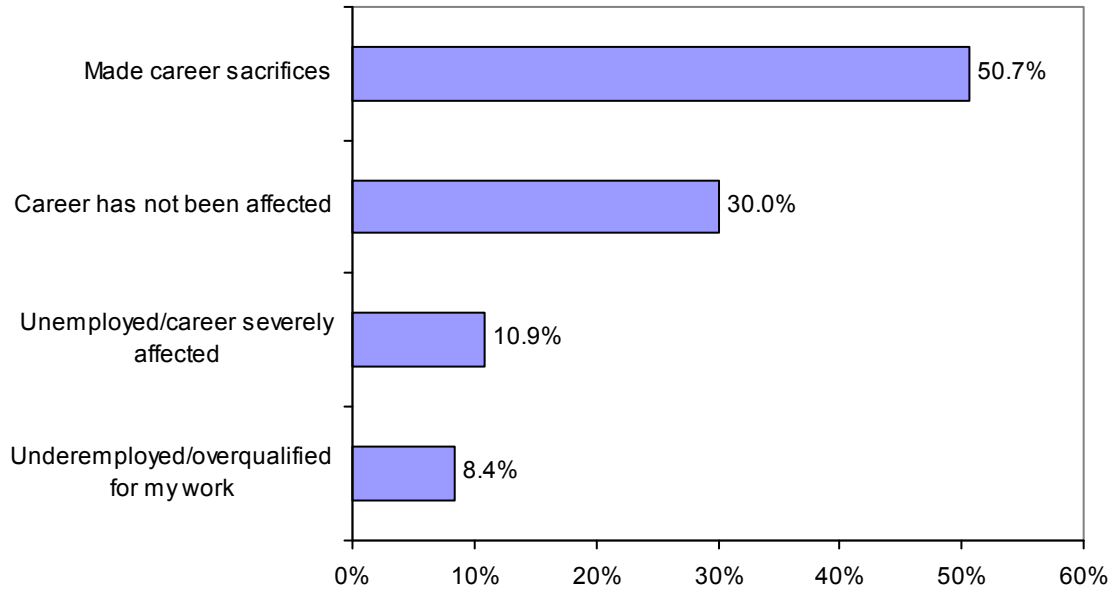


Figure 4: Career Impacts for Spouses/Partners of Canadian Forces Members

3.4.3 Parental Stress

As indicated in Figure 5, the majority of respondents had a positive relationship with their children. Most reported that they frequently spent quality time with their children.

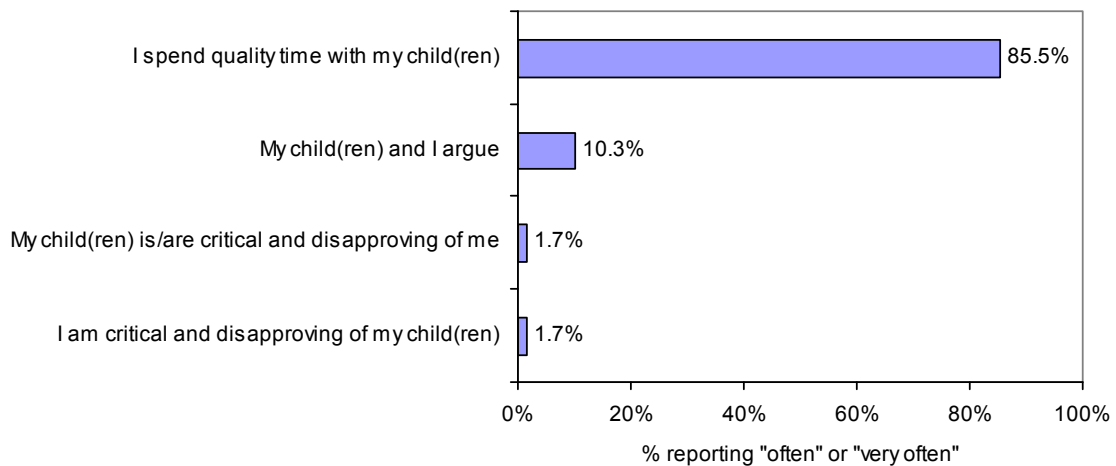


Figure 5: Quality of Relationship with Children

Few respondents reported negative child behaviours. The most commonly reported behaviours were drinking alcohol and consistently getting low grades, although even these were not high (Table 8).

Table 8: Delinquent Child Behaviours, School Performance, and Trouble with Parents⁴

	Percent Reporting Behaviour happened 4 Times or more
Delinquency	
Drank alcohol under age	4.0%
Used illegal drugs	2.7%
Got into a serious fight	1.8%
Stealing	0.5%
Shoplifting	0.3%
Vandalism	0.2%
Breaking and entering	0.0%
Car theft	0.0%
School Performance	
Consistently gets low grades	7.3%
Skipped a day of school without an excuse	4.3%
You had to meet the principal because your child got into trouble	1.8%
Been suspended or expelled from school	1.5%
Smoked in school (against the rules)	0.9%
Got into a serious fight with a student at school	0.4%
Hit a teacher	0.2%
Damaged school property on purpose	0.0%
Trouble with Parents	
Hit you	2.6%
Damaged family property	2.1%
Hit your spouse or intimate partner	1.5%
Stole from family	1.1%
Ran away from home	0.3%

⁴ Percentages are based on responses from individuals who reported having children (n = 1185).

3.4.4 Canadian Forces Members' Optempo

On average, respondents reported that they had moved residence approximately four times because of their spouse/partner's military service. Respondents worked an average of 35 hours per week in the previous year, while their CF spouse spent approximately 46 hours at work each week, in addition to about seven hours of work per week at home. Broken down by rank, survey respondents reported that Senior Officers worked the longest hours per week (50.5), followed by Junior Officers (46.8 hours), Senior NCMs (46.8 hours), and Junior NCMs (43.9 hours).

Total time away in the year before the survey was sent out (2004) is presented in Figure 6. Compared to the other rank groups, Junior NCMs were away for the greatest number of days in the previous year, while Senior Officers were away the least.

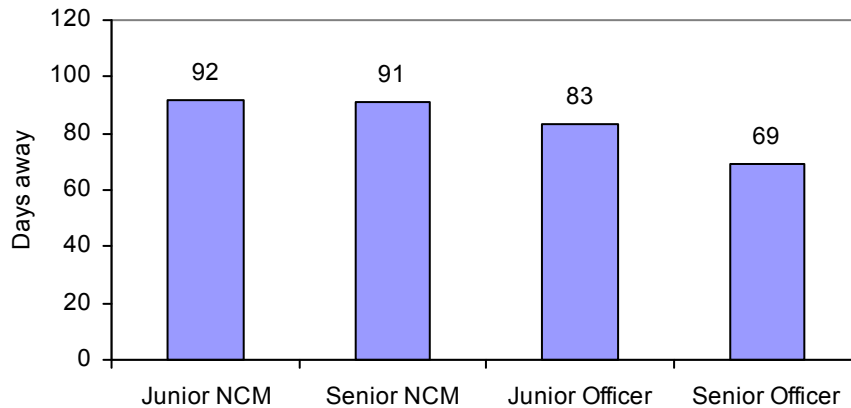


Figure 6: Total Time Away for Military Reasons in the Previous Year

3.4.5 Deployment Experiences

3.4.5.1 Pre-Deployment⁵

Spouses reported both positive and negative emotions during the pre-deployment phase. As indicated in Table 9, a higher percentage experienced positive feelings such as pride and confidence, compared to negative feelings such as anger and resentment.

⁵ In this section, only respondents whose CF spouse was preparing to deploy within the next 7 months were included in the analyses.

Table 9: Feelings prior to Deployment

Feelings prior to Deployment	“Often”/“Always”
Capable	79.2%
Confident	72.9%
In control	65.7%
Sadness	53.6%
Pride	53.2%
Frustration	36.5%
Anxiety	33.0%
Apprehension	30.8%
Resentment	29.7%
Anger	24.5%
Guilt	7.8%

In terms of experiences during the pre-deployment phase (Table 10), the majority of respondents reported that they developed a plan for keeping in touch and worked together to get things done prior to the deployment. Approximately half of the spouses indicated that they worked through their feelings before the deployment, long before the member left. Although most of the experiences were positive, about half of the spouses reported that their military partner worked long hours before deploying. As well, 16% argued frequently with their partner, and approximately 15% of spouses withdrew from their partner physically and emotionally prior to deployment.

Table 10: Experiences prior to deployment

Experiences prior to Deployment	“Often”/“Always”
My spouse/partner and I develop a plan for keeping in touch while he/she is away	87.6%
My spouse/partner tells me that he/she will miss me	86.7%
My spouse/partner and I work together to get things done	83.7%
My spouse/partner works long hours before deployment	56.3%
My spouse/partner and I talk about our feelings for each other	54.1%
I work through my feelings long before my partner leaves	50.5%
My spouse/partner and I do a lot of special activities together	45.8%
My spouse/partner and I grow closer during this period	29.3%
I avoid thinking about upcoming deployments	29.2%
I focus only on my spouse/partner, not my own needs	27.3%
My spouse/partner and I argue a lot	20.4%
I withdraw emotionally and physically from my spouse/partner	15.4%
I do not discuss departure of spouse/partner with my children	5.6%
I withdraw from my children	1.4%
My spouse/partner doesn't tell me about deployment until the last minute	1.0%

3.4.5.2 Deployment⁶

The feelings experienced during deployment are presented in Table 11. In comparison to Table 9, it is evident that feelings of pride and being in control increased from pre-deployment to the deployment phase, while sadness, anxiety, and anger decreased.

Table 11: Feelings during Deployment

Feelings during Deployment	“Often”/“Always”
Capable	81.9%
Pride in my spouse/partner	78.5%
Self-reliant	75.7%
Confident	75.6%
In control	75.2%
Independent	65.7%
Pride in myself	58.1%
Assertive	48.4%
Fatigue	45.7%
Emotional highs and lows	45.0%
Fears for deployed spouse/partner	34.4%
Burdened by being a temporary single parent	32.0%
Poor sleep	30.7%
Relief – now I can “get on with it”	30.6%
Sadness	29.6%
Overwhelmed	25.6%
Boredom	25.1%
Anxious	16.7%
Depressed	15.8%
Intolerance of children’s behaviour	12.6%
Angry	11.8%
Slowed activity	11.1%
Poor concentration	7.8%
Fearful of infidelity	6.4%
Helplessness	5.0%
Hopelessness	4.5%
Resentful when my children take their feelings about the deployment out on me	3.4%

⁶ In this section, only respondents whose CF spouse was currently deployed were included in the analyses.

As shown in Table 12, in terms of experiences during deployment, most of the spouses of CF members reported that they were able to manage tasks and cope with the absence of the member while he/she was away, and were able to pursue their own interests and hobbies. However, some experienced problems such as changes in appetite or difficulty sleeping, and a smaller number gained weight or drank more alcohol.

Table 12: Experiences during Deployment

Experiences during Deployment	“Often”/“Always”
I assume responsibility for my family while my spouse/partner is away	99.0%
I manage all household tasks	93.3%
I am able to cope emotionally with spouse/partner’s absence	86.8%
I pursue my own interests and hobbies	42.9%
I enjoy managing the household	40.9%
I do not sleep as well	35.7%
I appreciate the opportunity to do things “my way” during a deployment	34.3%
My children and I trace the location of my spouse/partner’s ship/unit/platoon	31.7%
My appetite changes	30.9%
I am overprotective of my children	29.7%
I need to make additional childcare arrangements	23.8%
I ease up on family rules, routines, and expectations	18.9%
I talk about my experiences with deployment with other military spouses/partners	16.1%
I go out more with my friends	13.3%
I gain weight	8.3%
I restrict television or radio coverage of the deployment within my household	6.3%
If anything goes wrong, I blame it on my absent spouse/partner	6.0%
I start/increase my level of smoking	5.6%
I drink more alcohol	5.2%
I seek help from <u>civilian</u> service providers (resource centre staff, church, psychologists, social workers) if I need it during a deployment	2.9%
I seek help from <u>military</u> service providers (resource centre staff, padres, psychologists, social workers) if I need it during a deployment	2.8%
I use more prescription drugs	2.4%
I use more non-prescription drugs	1.9%
I withdraw from my children	1.9%

According to the respondents, 64% of CF members who were currently deployed took or were planning to take Home Leave Travel Allowance (HLTA). Among those members who did take HLTA, 82% took the leave at either three, four, or five months into the deployment.

Most of the survey respondents were able to keep in frequent contact with their CF spouse during the deployment. Specifically, 74% of respondents had daily or weekly email contact with their CF spouse. As well, 84% had daily or weekly telephone contact. Approximately half (48%) of respondents had weekly or monthly contact with the deployed spouse via CF postal mail.

3.4.5.3 Post-Deployment⁷

The majority of spouses reported positive feelings during the post-deployment phase, including being happy, excited, patient, and compassionate (Table 13). A smaller number felt let down, angry, or were fearful of the possibility of infidelity during the deployment.

Table 13: Feelings following Deployment

Feelings after Deployment	“Often”/“Always”
Happy, joyous	86.1%
Appreciative of the support my spouse/partner provides me	84.7%
Excited	83.7%
Enjoyment of resumption of sexual relationship	75.9%
Compassionate toward spouse/partner	74.4%
Patient because I understand that it will take time for my spouse/partner to recover and reconnect with me and the family	60.0%
Understanding that he/she needs rest and solitude	56.8%
Feeling that “I had it worse”	28.9%
Anxious about resuming sexual relationship	20.2%
Resentful because spouse/partner feels he/she “had it worse”	14.0%
Anger at spouse trying to “take over” family activities	12.2%
Let down (fantasy of reunion doesn’t live up to expectations)	11.5%
Anger at spouse/partner’s absence	11.3%
Insecure	10.2%
Fearful of infidelity	9.6%
Resentful because spouse/partner wants to socialize with members of his/her unit	9.1%
Anger at spouse’s need for solitude and rest	7.0%
Shy	6.4%
Suspicious	5.1%
Resentful because spouse/partner’s family wants to spend time with him/her	4.1%
Jealous/resentful of time my children spend with spouse/partner	3.9%
Withdrawn	3.8%
Timid	1.9%

⁷ In this section, only respondents whose CF spouse had returned from a deployment within the last 7 months were included.

Many of the experiences reported by respondents following a deployment were positive. For example, it was reported that communication following deployment was good, in that the CF spouse/partner talked about the deployment and asked about things that happened while he/she was away. A relatively smaller number of respondents reported frequently arguing about issues such as finances, child discipline, and spousal roles (Table 14).

Table 14: Experiences following Deployment

Experiences after Deployment	“Often”/“Always”
My spouse/partner and I resume our sexual relationship soon after he/she returns	82.5%
I try to talk with my spouse/partner about his/her activities while he/she was away	79.7%
My spouse/partner asks about things that happened while he/she was away	75.6%
My spouse/partner discusses the deployment within the family	58.2%
My spouse/partner and I visit family and friends	35.9%
I want my spouse/partner to “take care of me”	30.7%
My spouse/partner and I spend more money	30.1%
My spouse/partner and I “treat” ourselves	29.2%
My spouse/partner and I buy new things	24.8%
My spouse/partner and I plan a special vacation alone together soon after a deployment	23.1%
My spouse/partner regains control of the household	22.7%
My spouse/partner and I take the children away on a holiday after a deployment	18.2%
My spouse/partner and I argue about child discipline	16.9%
My spouse/partner acts in ways that indicate that he/she forgets our household is sometimes noisy, confused and cluttered	14.7%
My spouse/partner has difficulty compromising	13.3%
My spouse/partner and I argue about finances	8.3%
My spouse/partner does not ask about family activities that happened during his/her absence	7.1%
My spouse/partner and I argue about spousal roles	7.0%
I take the children away so that my spouse/partner can rest	6.0%
My spouse/partner and I argue about spending money	5.7%
My spouse/partner acts in ways that indicate that he/she is threatened by the independence I experienced while he/she was deployed	5.1%
My spouse/partner will not talk about his/her experiences during the deployment	4.6%
My spouse/partner is violent	1.3%

3.4.5.4 Use of Services

Only 34% of spouses reported participating in pre-deployment screening. The majority of these (79%) were interviewed with their military spouse. Others were interviewed alone without the military member present (11%), alone first and then together (6%), or together first and then alone (3%). Prior to deployment, 43% of spouses were invited to attend an information session, of which almost two-thirds (62%) attended.

Approximately 43% of the respondents reported that they had been contacted by the MFRC during their CF spouses' deployment, while 28% had been contacted by a CF official. Almost half (44%) of spouses used at least one CF/DND service during the deployment. The services most frequently used by spouses were the MFRC mail drop-off, the deployment information pack, and the mission information line (Figure 7).

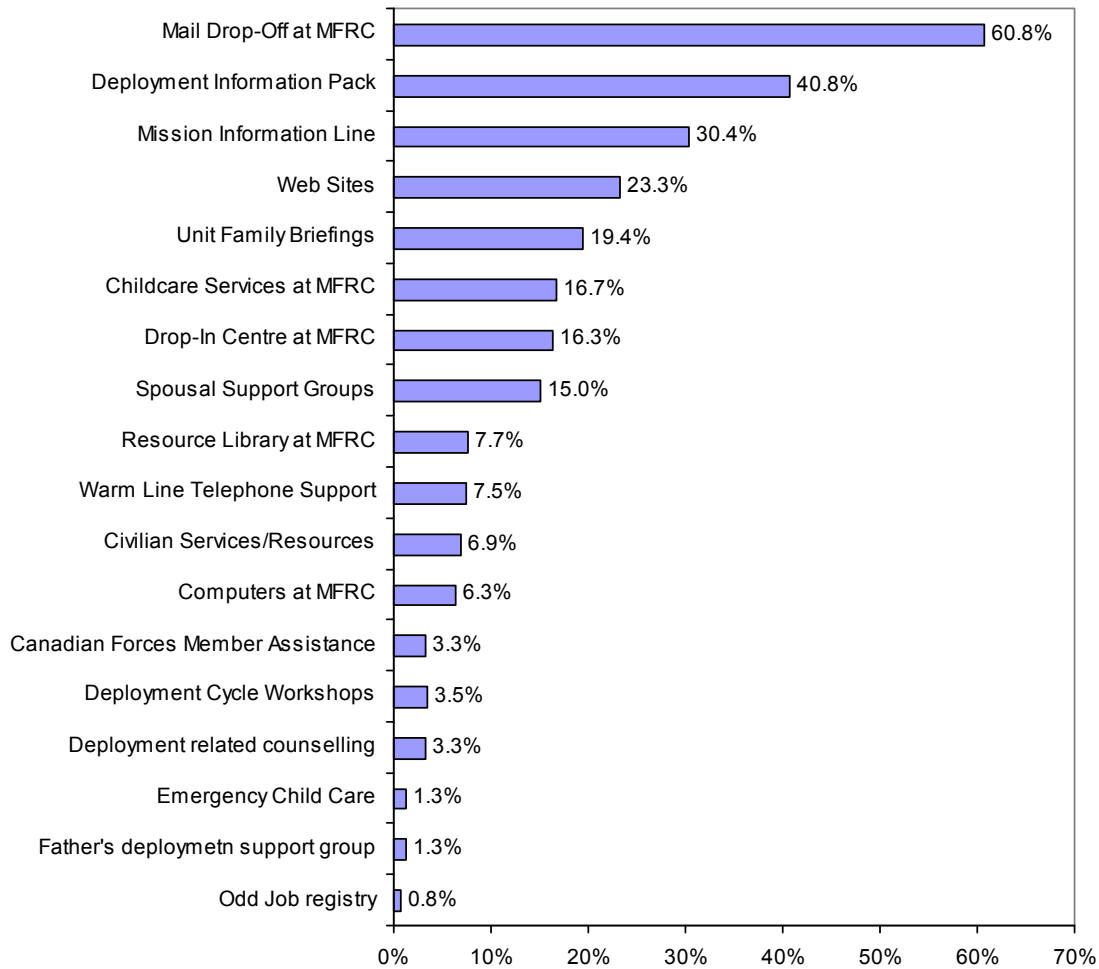


Figure 7: CF/DND Services used during the Deployment⁸

⁸ Respondents were permitted to select multiple types of support.

Over half of the respondents (56%) did not use CF services during deployment. Most of these indicated that the reason for not using the available assistance was that they did not have a need, followed by not being aware that services were available (Figure 8). A small percentage reported that they did not trust CF service providers, did not want contact with the CF, feared negative career repercussions for their spouse, or were discouraged by their spouse from using services.

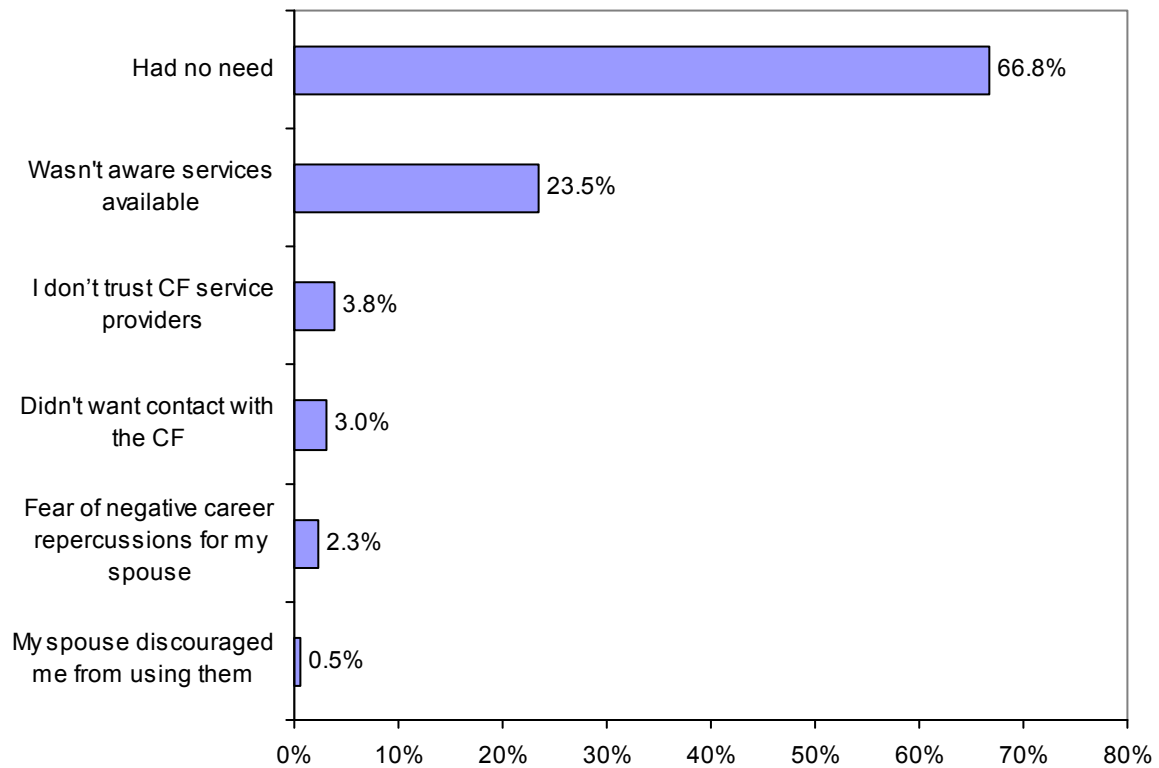


Figure 8: Reasons for not using Canadian Forces/Department of National Defence Services during Deployment

Approximately one-fifth of respondents whose CF spouse/partners' deployment was over were invited to an information session or debriefing, of which half attended. Only 5% of spouses reported that they had used post-deployment services. Of these, the most frequently utilized service was MFRC programs, followed by visits to a civilian counsellor or civilian psychiatrist/psychologist (Figure 9).

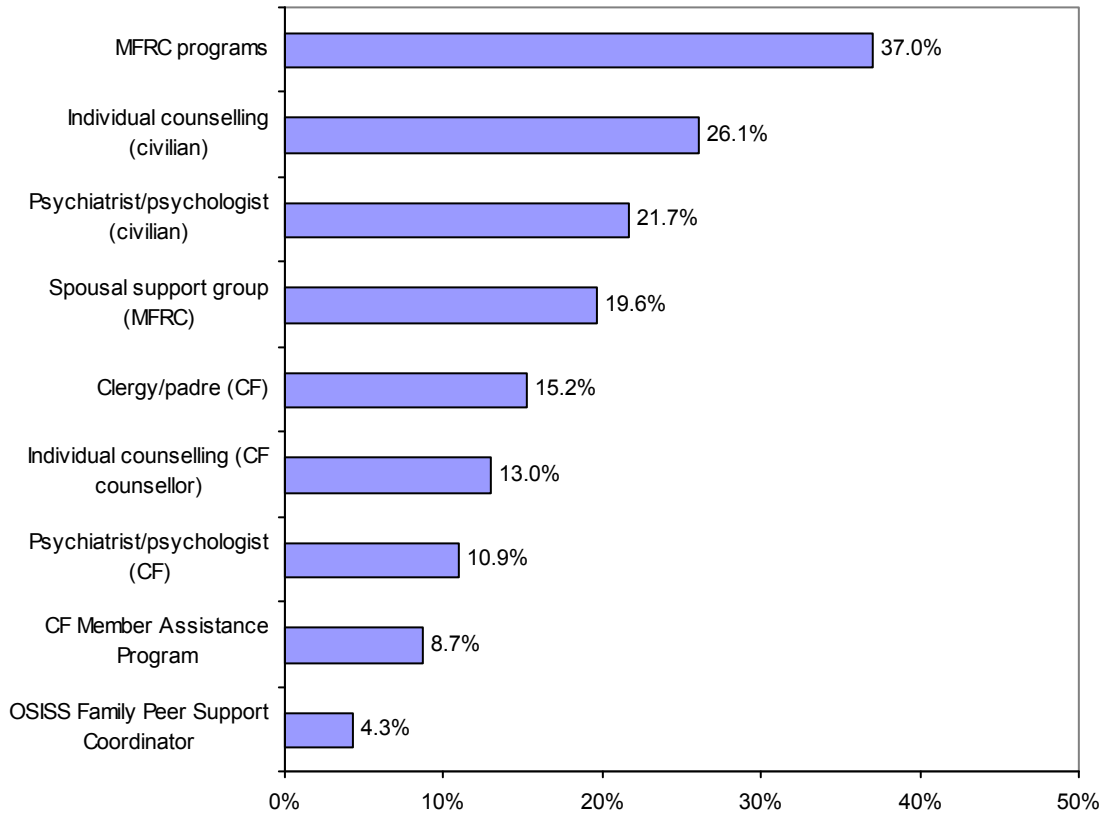


Figure 9: Canadian Forces/Department of National Defence Services used Post-deployment⁹

⁹ Respondents were permitted to select multiple types of support.

As indicated in Figure 10, as was the case with pre- and during-deployment services, the main reason for not using CF/DND services following deployment was because respondents felt that they had no need. In addition, approximately one-quarter of the spouses who did not use services were not aware that post-deployment services were available. A small percentage reported that they did not trust CF service providers, did not want contact with the CF, feared negative career repercussions for the CF spouse, or were discouraged by their CF spouse from using such services.

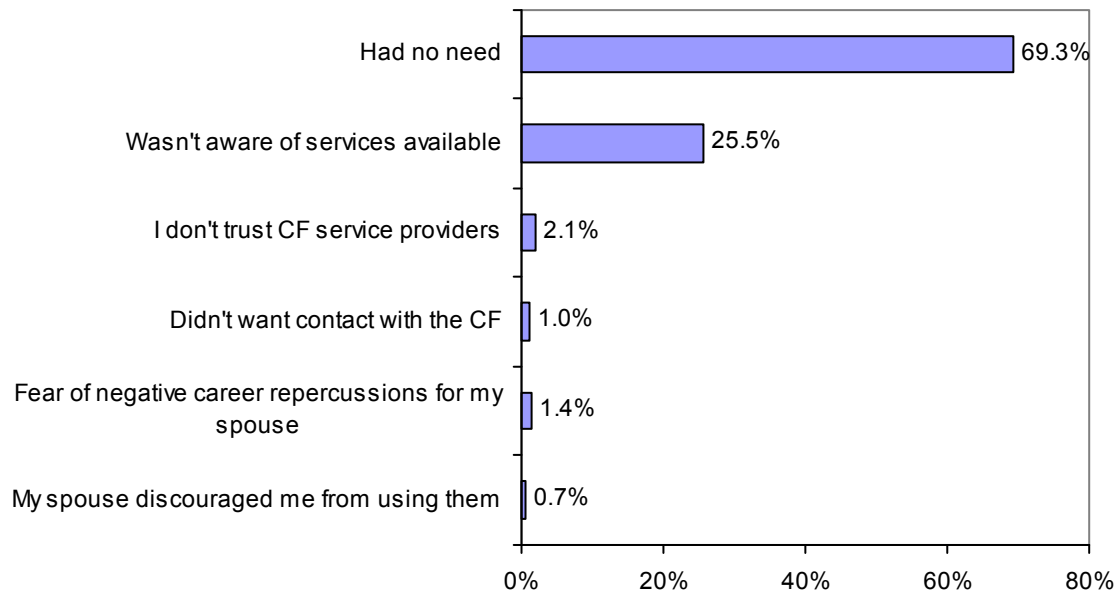


Figure 10: Reasons for not using Canadian Forces/Department of National Defence Services after Deployment

3.4.5.5 Personal Problems during Deployments

Approximately one-third of the respondents experienced minor personal problems during deployments, and 23% experienced difficult or serious issues. In a similar pattern, of the respondents with children, it was reported that 39% of children experienced minor problems, while 26% experienced more difficult or serious problems.

In addition to the above feelings and experiences, respondents were asked whether they had thought about ending their own life, or ending the relationship with their partner, during their partner's most recent absence on a deployment. Approximately 4% indicated that they had thought about taking their own life, while 16% had thought about ending the relationship.

3.4.5.6 Child Behaviours during Deployments

As shown in Table 15, children of deployed parents reacted both positively and negatively to deployments. Although over half of children frequently exhibited pride in the deployed parent,

approximately one-quarter felt sad or unhappy, and 20% became anxious or fearful. However, few had more serious behavioural changes, such as violence, running away, or crime.

Table 15: Children’s Reactions to Deployment

Behaviour	“Often”/“Always”
Pride in deployed parent	53.7%
Constantly thinking about the deployed parent	44.9%
More “clingy”	44.7%
Young children sleeping with parent	33.8%
Accepts more responsibility	28.9%
Unhappiness/sadness	25.3%
Contributes more to cleaning and maintaining house	25.2%
Maintenance of a strong fantasy relationship with the absent parent	24.6%
Overall behavioural changes	23.8%
“Acting out”	21.5%
Anxiety	20.5%
Fearfulness	19.1%
An increase in sibling rivalry	17.3%
Greater independence	14.6%
Anger	13.3%
Decline in school performance	13.1%
Nightmares	9.0%
Aggression	7.7%
Emotional withdrawal	5.6%
More outgoing	4.9%
Improvement in school performance	4.1%
Disruptions in friendships	3.1%
Violence	2.4%
Irrational guilt	2.1%
Running away	0.4%
Minor crime	0.3%
Serious crime	0.3%

3.5 Buffering Factors

3.5.1 Mastery

Table 16 presents the differences in mastery as a function of the impacts of military service on the respondents' career. Those whose career was considerably impacted (e.g., they were underemployed, overqualified, or unemployed because of their CF spouse/partner's military career) reported significantly lower levels of mastery than individuals whose career had not been affected or who had made some career sacrifices.¹⁰

Table 16: Differences in Mastery as a Function of Career Impacts of Military Service¹¹

	Mean	F	p	Effect Size (Partial eta Squared)
		17.16	.000	.02
Career has not been affected	3.84 ³			
Made some career sacrifices	3.78 ³			
Underemployed/overqualified/unemployed	3.56 ^{1,2}			

The potential moderating influence of mastery on the relationship between military-family conflict and support for the CF spouse/partner's career was assessed. Although mastery was directly associated with support for CF career, in that individuals with higher reported levels of mastery were more supportive of their CF spouse/partners' military career (reported earlier in Table 4), mastery did not function as a buffering factor in the relationship between military-family conflict and support for CF career.

3.5.2 Self-Esteem

In line with the findings for mastery, individuals whose career had been adversely affected by their spouse/partner's military career reported lower levels of self-esteem in comparison to individuals whose career had not been affected or who had made some career sacrifices (Table 17).

¹⁰ For this and the analyses that follow, it is noted that although many of the differences are statistically significant, the effect size may not be particularly high.

¹¹ For this and the tables that follow, superscript numbers beside the "Mean" values represent pairwise comparisons that were statistically significant. For example, in Table 17, the responses "Career has not been affected", "Made some career sacrifices", and "Underemployed/overqualified/unemployed" are labelled 1, 2, and 3 respectively. The numbers beside the mean for "Underemployed/overqualified/unemployed" (1 and 2) indicate that those who felt their career was severely impacted by the military had significantly lower self-esteem compared to those whose career had not been affected or who had made some sacrifices.

Table 17: Differences in Self-Esteem as a Function of Career Impacts of Military Service

	Mean	F	p	Effect Size (Partial eta Squared)
		10.51	.000	.01
Career has not been affected	4.31 ³			
Made some career sacrifices	4.23 ³			
Underemployed/overqualified/unemployed	4.10 ^{1,2}			

The potential buffering effect of self-esteem on the relationship between military-family conflict and support for the spouse/partner’s career was assessed. As indicated in Table 18, although military-family conflict was significantly correlated with lower support for the CF career, it is evident that self-esteem can buffer this effect (R^2_{change} for Step 3). That is, high levels of conflict between military and family life are associated with lower levels of support for the CF spouse’s military career. However, when faced with such conflicts, individuals with high self-esteem may be less likely to report decreased support. It is noted, however, that although the R^2_{change} for Step 3 was statistically significant, it was not large, indicating that the magnitude of the relationship between WFC and spousal support did not differ greatly, depending on the level of self-esteem, although there was a tendency for those higher in self-esteem to perceive greater levels of support when experiencing WFC.

Table 18: Hierarchical Regression Analysis of Self-Esteem on Military-Family Conflict

Predictor		<i>r</i>	β	R^2_{change}
Step 1	Military-Family Conflict	-.34***	-.27***	.11***
Step 2	Self-Esteem	.10***	.04	.001
Step 3	Military-Family Conflict x Self-Esteem	.05*	.04**	.003*

3.5.3 Coping

Active, problem-focused strategies, such as looking for information about possible choices and deciding what needs to be done, were used more frequently than passive strategies, such as withdrawing or trying to ignore the problem. As reported earlier in Table 3, the overall mean for active coping was higher than that for passive coping (means of 3.26 and 2.23, respectively). As indicated in Table 19, there were no differences in use of active coping strategies according to the degree to which respondents’ career had been affected by their spouse/partner’s military service. However, use of passive coping strategies was significantly higher among individuals whose career was severely affected by military service, in comparison to those whose career was not affected.

Table 19: Use of Active and Passive Coping as a Function of Career Impacts of Military Service

	Mean	F	p	Effect Size (Partial eta Squared)
Active Coping		2.41	.09	.00
Career has not been affected	3.21			
Made some career sacrifices	3.27			
Underemployed/overqualified/unemployed	3.30			
Passive Coping		5.61	.004	.01
Career has not been affected	2.16 ³			
Made some career sacrifices	2.24			
Underemployed/overqualified/unemployed	2.31 ¹			

Overall, coping strategies did not change significantly across the stages of deployment, as shown in Table 20. Respondents therefore continued to utilize active strategies more frequently than passive strategies, regardless of whether their CF spouse/partner was deployed, preparing for a deployment, or had recently returned.

Table 20: Coping across the Deployment Cycle

	Mean	F	p	Effect Size (Partial eta Squared)
Active Coping		.70	.55	.00
Preparing for deployment	3.23			
Deployed	3.22			
Post-deployment	3.31			
Never deployed/deployed more than 7 months ago	3.25			
Passive Coping		1.12	.34	.00
Preparing for deployment	2.18			
Deployed	2.29			
Post-deployment	2.18			
Never deployed/deployed more than 7 months ago	2.23			

3.5.4 Support

3.5.4.1 Perceived Spousal Support

Most respondents reported high levels of support from their spouse/partner. As reported earlier in Table 3, the mean score on this was 4.06, a very high value since the items were rated on a 1-5 scale.

As shown in Table 21, respondents whose career had been severely affected by their spouse/partner's military service reported significantly lower levels of perceived support from their partner, in comparison to those whose career had not been affected or who had made some career sacrifices.

Table 21: Differences in Perceived Support from Canadian Forces Spouse as a Function of Career Impacts of Military Service

	Mean	F	p	Effect Size (Partial eta Squared)
		11.10	.000	.01
Career has not been affected	4.14 ³			
Made some career sacrifices	4.05 ³			
Underemployed/overqualified/unemployed	3.92 ^{1,2}			

As indicated in Table 22, perceived support did not differ depending on the stage in the deployment cycle that their CF spouse/partner was at. Thus, respondents perceived high levels of support from their partner even when he/she was away on a deployment.

Table 22: Perceived Spousal Support across the Deployment Cycle

	Mean	F	p	Effect Size (Partial eta Squared)
		.87	.46	.00
Preparing for deployment	4.09			
Deployed	4.11			
Post-deployment	4.01			
Never deployed/deployed more than 7 months ago	4.05			

3.5.4.2 Perceptions of Support from Canadian Forces Sources

The respondents reported on the extent to which they agreed that it is not good to let other individuals (military coworkers, other military members' spouses, military superiors, and CF service providers) know about their personal problems. Figure 11 presents the percentage of respondents, divided by rank of the CF partner, who agreed or strongly agreed that their problems should not be disclosed. Spouses of NCMs were slightly more likely than spouses of officers to agree that they should not reveal personal problems to others.

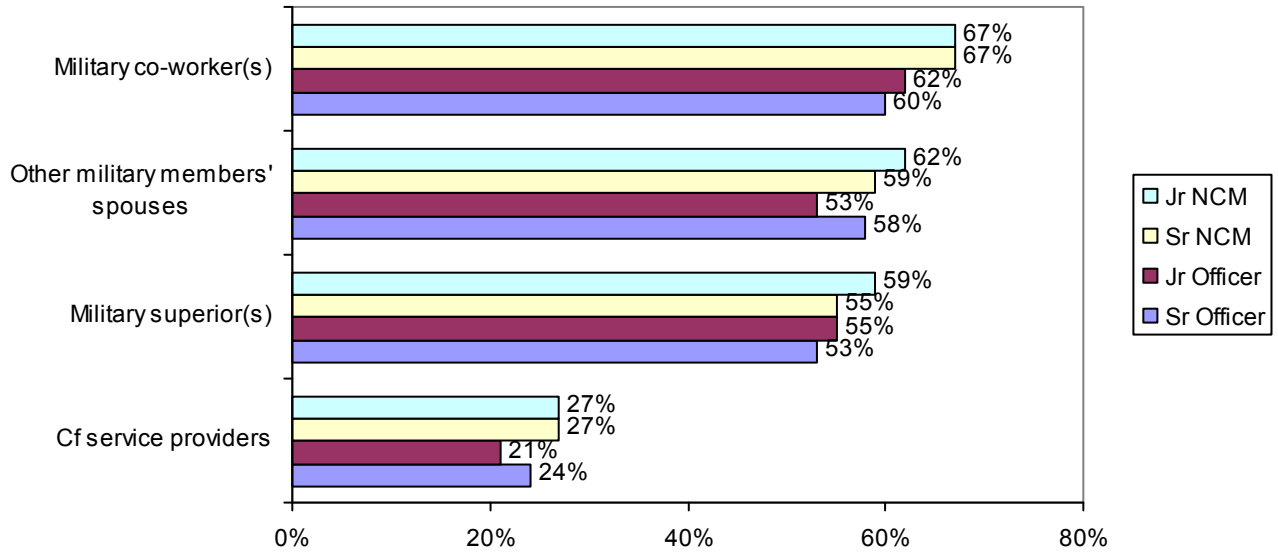


Figure 11: Percentage of Spouses who 'Agree' or 'Strongly Agree' that it is not good to let others know about their problems

3.5.4.3 Views of the Canadian Forces and Canadian Forces' Support for Families

Views of the military and its support for families were reported. As indicated in Table 23, a high percentage of respondents indicated that military personnel are “burning out” at a higher rate lately, that the demands of military service have increased, that the CF expects that work should take priority over family, and that absences of parents for military reasons contribute to problems among children. However, over half of respondents reported that attention to quality of life has improved the conditions of service of CF families.

Table 23: Views on Canadian Forces Support for Families

	“Agree” or “Strongly Agree”
People who join the CF must accept that absences from the home are a necessary part of military service	92.0%
Reducing personnel and budgets while increasing national and international taskings had a profound negative impact on the CF across the 1990s	90.9%
International deployments give military personnel a chance to make a difference in the world	81.7%
Personnel are “burning out” at a much higher rate	80.7%
The demands of military service upon uniformed members and their loved ones have increased dramatically	75.6%
Dual-military career couples, with both spouses/partners in uniform, face special problems that the CF should do more to deal with	70.8%
The CF expects that work should take priority over family	70.2%
Spouses/partners should be self-sufficient during deployments	66.7%
Many of my spouse/partner’s military colleagues have seen their personal relationships suffer due to the pressures of work	66.4%
Absences of CF parents contribute to problems among children in military families	65.8%
Military families are breaking down at a much higher rate than a decade ago	65.1%
There has been significant improvement in the services provided to families of deployed personnel	64.3%
A state of crisis exists among our personnel and their families because of the frequency of deployments	57.9%
Attention to quality of life within the military has significantly improved the conditions of service for CF members	56.7%
My employment or career has suffered as a result of my spouse/partner’s service in the CF	56.3%
Military children are at a disadvantage because civilian public schools do not understand military life	54.4%
Spouses/partners today are much less supportive of military careers than they were ten years ago	44.2%
There has been a decline in the civility and friendliness of military life	43.6%
The Canadian military still has the sense of being one big family where people look out for each other	36.4%
My marriage/partnership is stronger because of frequent time apart	21.9%
Too many military resources are now devoted to caring for people	13.1%

3.5.4.4 Support for Canadian Forces Career

As indicated in Figure 12, the vast majority of spouses were supportive of their CF partner's career. In addition, over 60% were supportive of the CF member deploying within the next 6 months or later.

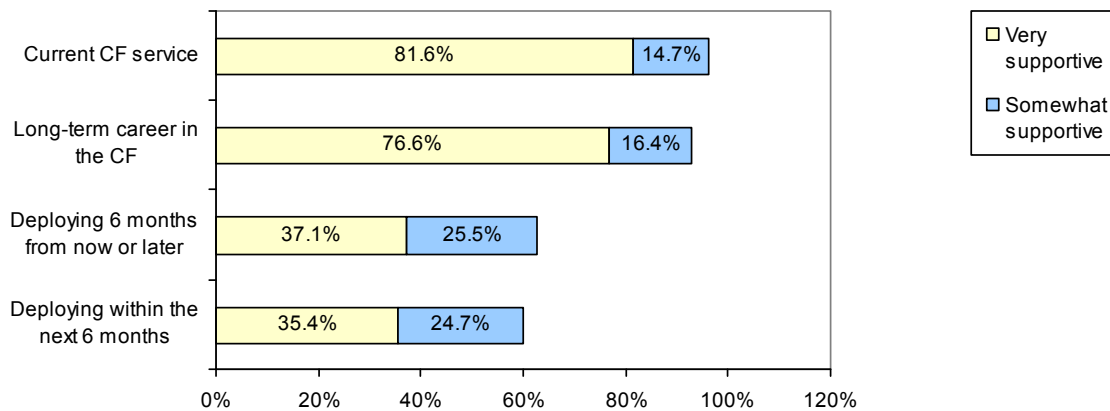


Figure 12: Support for Canadian Forces Spouses' Career

Table 24 presents the differences in respondents' support for their CF spouse/partner's military career as a function of the degree to which their own career had been affected by military service. As expected, individuals whose career had not been affected reported significantly higher levels of support than those who had made some career sacrifices or whose career was severely affected by military service.

Table 24: Support for Canadian Forces Career as a Function of Career Impacts of Military Service

	Mean	F	p	Effect size (Partial eta Squared)
		13.02	.000	.02
Career has not been affected	3.50 ^{2,3}			
Made some career sacrifices	3.34 ¹			
Underemployed/overqualified/unemployed	3.25 ¹			

As shown in Table 25, support for the military partner's career in the CF was highest among those preparing for a deployment, and lowest for those who were in the deployment or post-deployment phase.

Table 25: Support for Canadian Forces Career across the Deployment Cycle

	Mean	F	p	Effect Size (Partial eta Squared)
		3.987	.008	.01
Preparing for deployment	3.55 ^{2,3}			
Deployed	3.33 ¹			
Post-deployment	3.27 ¹			
Never deployed/deployed more than 7 months ago	3.38			

3.6 Outcomes

3.6.1 Individual Well-being

3.6.1.1 Variations in Individual Well-being as a Function of Deployment Status

To assess whether psychological well-being, depression, and life satisfaction varied as a function of deployment status, a multivariate analysis of variance (MANOVA) was conducted. As indicated in Table 26, individuals whose CF partner was currently deployed experienced the lowest levels of psychological well-being overall. Well-being was significantly lower among individuals in the deployment stage as compared to those whose CF partner had never deployed. There were no differences in life satisfaction across the stages of deployment. Finally, the highest levels of reported depressive symptoms were found among those whose CF partner was currently deployed.

Table 26: Individual Well-being as a Function of Deployment Status

	Mean	F	p	Effect Size (Partial eta Squared)
Psychological Well-being		2.965	.031	.01
Preparing for deployment	2.81			
Deployed	2.72 ⁴			
Post-deployment	2.76			
Never deployed/deployed more than 7 months ago	2.80 ²			
Life Satisfaction		.309	.819	.00
Preparing for deployment	3.66			
Deployed	3.63			
Post-deployment	3.57			
Never deployed/deployed more than 7 months ago	3.63			
Depression		7.74	.000	.01
Preparing for deployment	1.56 ²			
Deployed	1.77 ^{1,4}			
Post-deployment	1.65			
Never deployed/deployed more than 7 months ago	1.56 ²			

3.6.1.2 Psychological Health across the Deployment Cycle as a Function of Presence of Children

To assess whether the relationship of deployment status to psychological well-being, depression, and life satisfaction varied as a function of presence of children in the family, a 2 (children present; no children) by 4 (preparing for deployment, deployed, post-deployment, never deployed) factorial multivariate analysis of variance (MANOVA) was conducted. As shown in Table 27, there were no significant differences in depression or psychological well-being as a function of deployment status between spouses with or without children. However, a significant interaction was observed between deployment groups as a function of presence of children in terms of satisfaction with life, $F(3, 1627) = 4.46, p = .004, \eta^2 = .01$. A follow-up simple effects analysis indicated that during the post-deployment phase, spouses with children reported significantly lower life satisfaction than those without children, $F(1, 1636) = 12.23, p = .000, \eta^2 = .01$. For individuals in the pre-deployment, deployment, and never-deployed groups, life satisfaction levels did not differ depending on the presence of children (as seen in Figure 13).

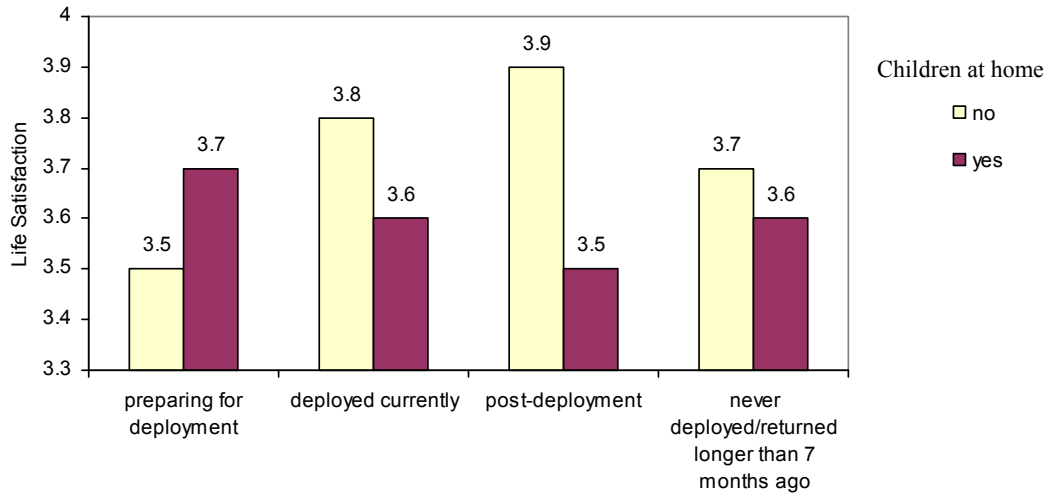


Figure 13: Differences in Life Satisfaction according to Deployment Status and Presence of Children

3.6.1.3 Variations in Individual Well-being as a Function of Career Impacts

As shown in Table 27, individuals who reported that they were underemployed, overqualified, or unemployed as a result of their CF partner’s military career had significantly lower levels of psychological well-being and life satisfaction, and greater levels of depressive symptoms, compared to those who had made some career sacrifices or whose career had not been affected.

Table 27: Individual Well-being as a Function of Career Impacts

	Mean	F	p	Effect Size (Partial eta Squared)
Psychological Well-being		19.02	.000	.02
Career has not been affected	2.86 ^{2,3}			
Made some career sacrifices	2.77 ^{1,3}			
Underemployed/overqualified/unemployed	2.69 ^{1,2}			
Life Satisfaction		35.94	.000	.04
Career has not been affected	3.82 ^{2,3}			
Made some career sacrifices	3.62 ^{1,3}			
Underemployed/overqualified/unemployed	3.32 ^{1,2}			
Depression		16.75	.000	.02
Career has not been affected	1.49 ^{2,3}			
Made some career sacrifices	1.61 ^{1,3}			
Underemployed/overqualified/unemployed	1.75 ^{1,2}			

3.6.1.4 Somatic Complaints

Respondents did not report high levels of somatic complaints, as indicated by the overall mean of 1.48 reported earlier in Table 3. The number of physical symptoms experienced by the respondents did not vary across the deployment cycle, and were similar to the overall mean (Table 28).

Table 28: Somatic Complaints across the Deployment Cycle

	Mean	F	p	Effect size (partial eta squared)
		1.41	.24	.00
Preparing for deployment	1.46			
Deployed	1.48			
Post-deployment	1.53			
Never deployed/deployed more than 7 months ago	1.48			

3.6.1.5 Psychological Disorders

Figure 14 presents the percentage of CF spouses who reported having been diagnosed with a psychological disorder, or believed they had a disorder even though they had not been diagnosed. The most common issue was depression, followed by stress-related physical problems and anxiety.

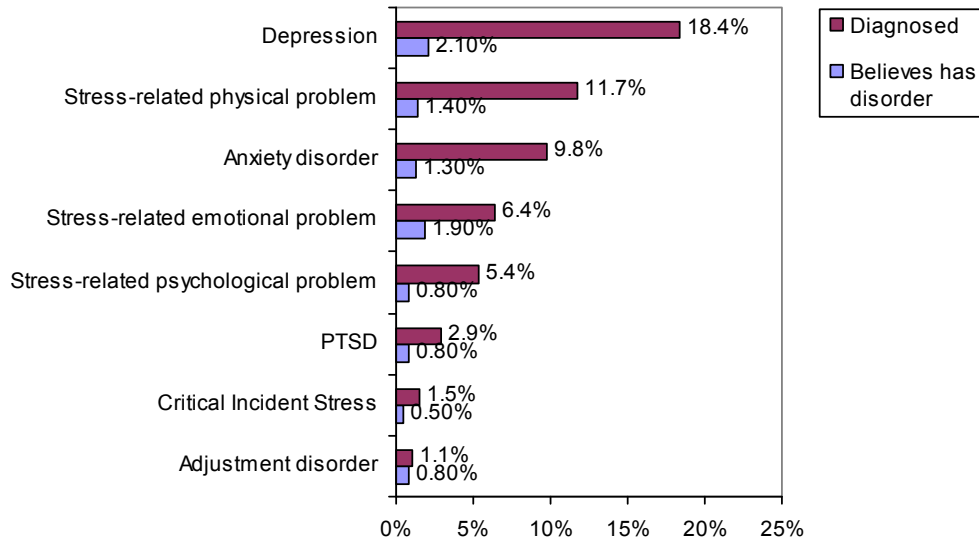


Figure 14: Percentage of Spouses Diagnosed with or Believed to have a Psychological Disorder

As Table 29 indicates, there were a variety of contributors to psychological distress among those diagnosed with an illness. Employment workload was the largest contributor, although stressors associated with the military, family and personal problems, and financial difficulties, were also important factors contributing to psychological illness.

Table 29: Contributors to Illness among Canadian Forces Spouses Diagnosed with Psychological Disorder¹²

Contributions to Illness	Some Effect/Large Effect
Employment workload	47.8%
General stresses associated with your spouse/partner's military service	45.1%
Family problems	43.9%
Absences from your home of your spouse/partner for military reasons	44.3%
Personal problems	42.1%
Financial difficulties	38.7%

¹² Respondents answered in terms of how much each factor contributed to their illness.

3.6.1.6 Suicidal Ideation

Approximately nine percent of respondents reported that they had seriously considered committing suicide during their spouse/partner's career in the CF, with 40% of these occurring within the past year. One percent of individuals had actually attempted suicide during their partner's career in the CF, although only two cases (11.8%) had been in the past year.

3.6.2 Family Well-being

3.6.2.1 Marital Quality

In general, respondents indicated that the quality of their relationship with their CF spouse/partner was high, as indicated by the overall mean of 4.36 reported earlier in Table 3. Furthermore, marital quality was high, regardless of the stage of deployment that the CF spouse was currently in, and was not significantly different across the stages (Table 30).

Table 30: Marital Quality across the Deployment Cycle

	Mean	F	p	Effect Size (Partial eta Squared)
		.93	.43	.00
Preparing for deployment	4.30			
Deployed	4.45			
Post-deployment	4.35			
Never deployed/deployed more than 7 months ago	4.35			

3.6.2.2 Confidence in Relationship

The majority of the time, spouses did not fear divorce, infidelity, or their partner leaving them, as indicated by the percentage of respondents who reported that they never or only rarely had concerns about these situations (Figure 15). Between 10-15% of respondents reported occasionally having these fears, and another approximately 5-8% worried about these events often or most of the time.

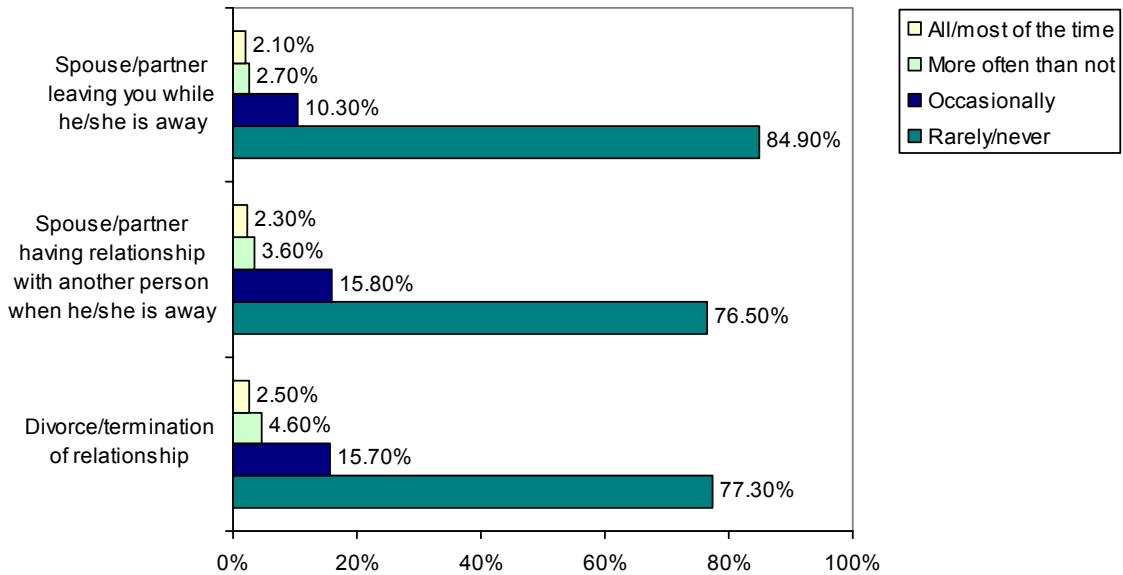


Figure 15: Spouses' Reported Fears Regarding their Relationships

Confidence in the spousal relationship was lowest among those whose CF spouse was preparing to be deployed in the next three months, and highest among those whose CF spouse had never deployed or had deployed more than seven months ago. However, the differences across the stages of deployment were not statistically significant (Table 31).

Table 31: Differences in Confidence in Spousal Relationship across the Deployment Cycle

	Mean	F	p	Effect Size (Partial eta Squared)
		2.32	.07	.00
Preparing for deployment	5.03			
Deployed	5.17			
Post-deployment	5.13			
Never deployed/deployed more than 7 months ago	5.24			

3.6.2.3 Work-Family Conflict

As indicated in Table 32, many respondents felt that military service interfered with family life, in terms of, for example, having to make changes in their plans for family activities, or not having enough time to fulfill family-related duties. The CF spouse/partner's career was considered to interfere with family life to a greater extent than the respondent's career: whereas 30% indicated that their family life had suffered as a result of their military spouse/partner's career, only 15% reported that their own career had significantly affected their family life.

Many respondents also indicated that family life interfered with their own career. For example, approximately 40% felt that family life had interfered with their career progression, and one-quarter of respondents had to put off doing things at work because of their family commitments.

Table 32: Relations between Military and Family Life

	“Agree”/ “Strongly Agree”
Military-Family Conflict	
Due to my spouse/partner’s service-related duties, I have to make changes in my plans for family activities	52.7%
The demands of the military interfere with my home and family life	43.1%
My family life has suffered as a result of my spouse/partner’s work commitments	30.8%
The amount of time my spouse or partner’s duty takes up makes it difficult to fulfill family responsibilities	28.4%
Things I want to do at home do not get done because of the demands my spouse or partner’s military service puts on me	23.7%
My spouse or partner’s job produces strain that makes it difficult to fulfill family duties	21.0%
Family-Work Conflict	
My career progression has suffered as a result of my family obligations	39.2%
The demands of my family or spouse/partner interfere with my work-related activities	32.0%
I have to put off doing things at my work because of the demands on my time at home	25.1%
My home life interferes with my responsibilities at work such as getting to work on time, accomplishing daily tasks, and working overtime	20.2%
Things I want to do at work do not get done because of the demands of my family or spouse/partner	17.1%
Family-related strain interferes with my ability to perform work-related duties	10.8%
Work-Family Conflict	
My family life has suffered as a result of my work commitments	15.2%

As shown in Table 33, conflict between military and family life was highest in the post-deployment stage, and lowest for those whose CF spouse had never deployed or had returned from a deployment over 7 months ago. That is, respondents were most likely to feel that the military interfered with their family life when their partner recently returned from a deployment. Significantly higher military-to-family conflict was reported for respondents whose CF spouse was in the deployment or post-deployment phase in comparison to those who had never deployed or who had deployed over 7 months ago. As well, family-to-work conflict was significantly higher for those whose CF spouse had recently returned from a deployment in comparison to those who had not been deployed or were deployed over 7 months ago. Finally, in line with the findings for conflict between military and family life, respondents reported the highest levels

of conflict between family and their own work commitments when their CF spouse was in the deployment or post-deployment phase.

Table 33: Conflict between Work and Family across the Deployment Cycle

	Mean	F	p	Effect Size (Partial eta Squared)
Military-Family Conflict		11.36	.000	.02
Preparing for deployment	2.95			
Deployed	3.02 ⁴			
Post-deployment	3.12 ⁴			
Never deployed/deployed more than 7 months ago	2.76 ^{2,3}			
Family-Work Conflict		3.88	.009	.01
Preparing for deployment	2.69			
Deployed	2.65			
Post-deployment	2.85 ⁴			
Never deployed/deployed more than 7 months ago	2.57 ³			
Work-Family Conflict		8.76	.000	.02
Preparing for deployment	2.78			
Deployed	2.94 ⁴			
Post-deployment	3.09 ⁴			
Never deployed/deployed more than 7 months ago	2.65 ^{2,3}			

3.6.2.4 Canadian Forces Partners' PTSD Symptoms

According to the respondents, 3.2% of CF spouses/partners had been diagnosed with PTSD. Among those members who had not been medically diagnosed with PTSD, 9.6% exhibited signs of trauma, such as alcohol/drug abuse, flashbacks of traumatic experiences on deployment, being easily startled by noise, decline in emotional intimacy, or nightmares. Eighty-four percent of the respondents whose CF spouse/partner had been diagnosed with or exhibited symptoms of PTSD reported that such symptoms were related to his/her service in the military. Respondents reported that their CF spouse/partner's PTSD symptoms affected them in a number of ways, as indicated in Table 34. Although the most commonly reported response was acceptance, a similar number of respondents also reported feelings such as loneliness, anxiety, uncertainty, and anger.

Table 34: Effects of Canadian Forces Members' PTSD Symptoms on Spouses

	“Often”/ “Always”
Acceptance	24.9%
Loneliness	26.7%
Anxiety	22.5%
Uncertainty	22.9%
Anger	20.8%
Fear of breakdown of the relationship	22.4%
Alienation	21.1%
Feelings of isolation	21.8%
Confusion	18.6%
Fear of breakdown of other relationships within family (e.g., with children)	20.0%
Fear of triggering PTSD symptoms in spouse/partner	16.8%
Resignation	16.0%
Hopelessness	14.2%
Fear of spouse/partner and his/her behaviour	14.4%
Mistrust	13.0%
Despair	13.1%
Low self-esteem	6.8%

3.6.2.5 Violence

Figure 16 presents CF spouses' reports of the percentages of members who had been violent. Approximately 6% reported that their partner had been violent towards them, and 4% that he/she had been violent towards children.

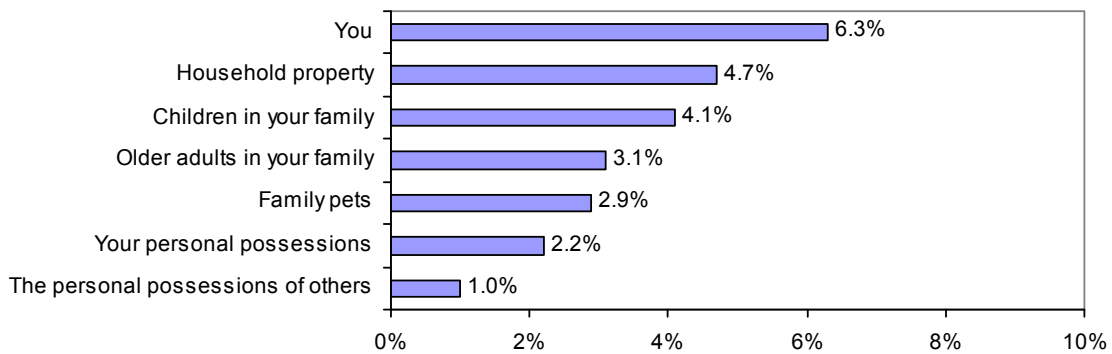


Figure 16: Percentages of Canadian Forces Members who were Violent toward their Spouse, Children, or Property/Possessions

If they had experienced violence in their household, respondents were asked what they felt were contributing factors to the violence. As indicated in Figure 17, the largest contributing factors were personal, family, and work pressures. According to the respondents, deployments accounted for approximately one-third of violent encounters.

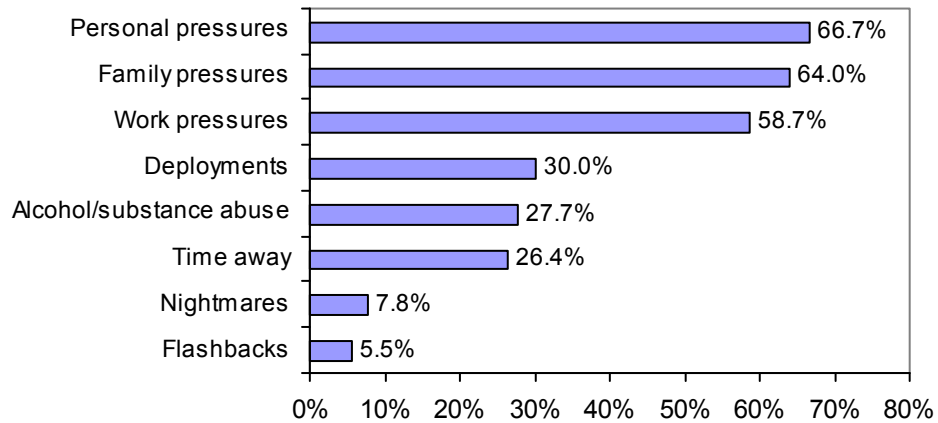


Figure 17: Factors Contributing to Violence¹³

¹³ Only included individuals who answered “yes” to any of the questions on occurrence of abuse.

According to Figure 18, in cases of violence, spouses were most likely to turn to their friends, followed by parents or family members or civilian therapists.

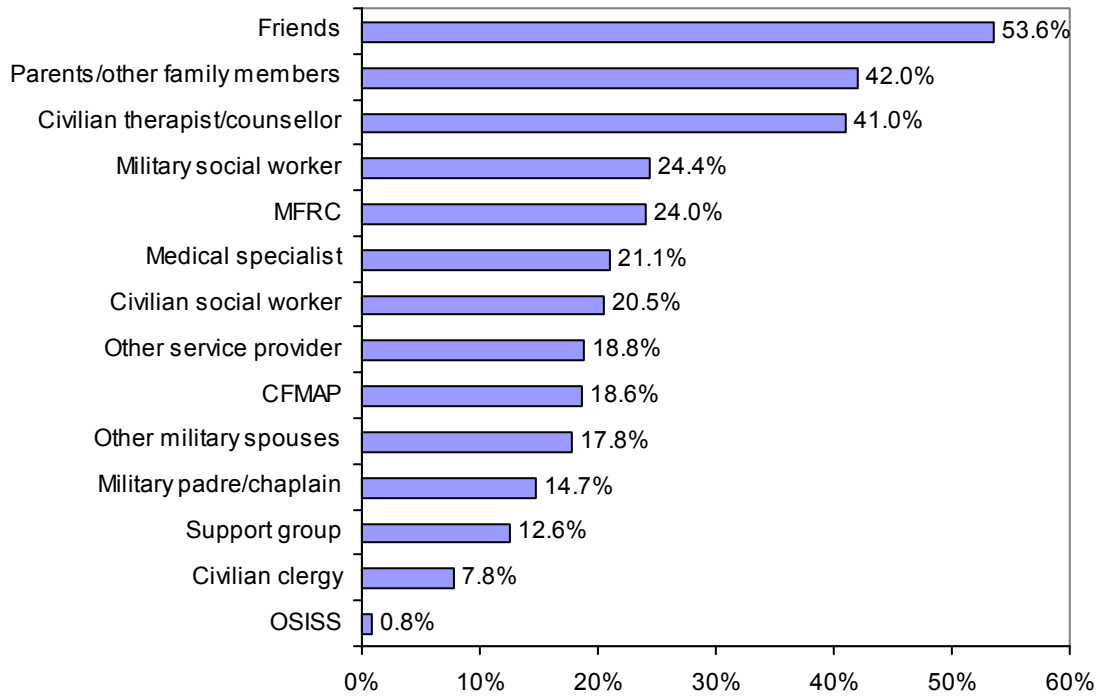


Figure 18: Help Sought by Spouses following Abuse^{14,15}

¹⁴ Only included individuals who answered “yes” to any of the questions on occurrence of abuse.

¹⁵ CFMAP refers to Canadian Forces Member Assistance Program; OSISS refers to the Operational Stress Injury Social Support Program.

4 Discussion

The HDDS survey of spouses of CF members is a valuable tool to facilitate understanding of the impacts of military service on CF families. Studying military life from the perspective of spouses of CF members is crucial, since family life can have an important impact on the well-being of members (e.g., in terms of psychological well-being) as well as the organization as a whole (e.g., retention) (e.g., Dirkzwager *et al.*, 2003; Dursun, 2006; McCreary *et al.*, 2003; Orthner, 1990). Furthermore, emerging trends in the CF, such as increasing numbers of married members joining, highlight the need to focus on military families. The aim of this report was to provide descriptive information on aspects of perstempo, and the potential impacts of high perstempo, from the perspective of the spouses/partners of CF members. The paper was organized to align with a recent model of perstempo (Dursun, 2006), which categorised variables according to stressors, potential mediating or buffering factors (e.g., individual and group-level constructs that may prevent some of the negative impacts of high levels of stress), and outcomes (e.g., individual and family well-being, retention). The key findings are summarized below.

4.1 Stressors

Most of the spouses of CF members were employed full-time or part-time, and were satisfied with their family income. However, approximately half of the respondents felt that they had made career sacrifices, and a smaller proportion reported that they were underemployed, unemployed, or their career was severely affected by their partner's military service. In addition, levels of overall stress were highest among those whose CF spouse was deployed or had recently returned from deployment. Despite these factors, however, most were supportive of the members' current service as well as their long-term career in the CF.

Most of the respondents indicated low levels of parental stress. The majority spent quality time with their children, and did not report high levels of delinquent or maladaptive behaviours in their children. Junior and Senior NCMs spent more time away, although it was Senior Officers who spent the longest hours at work per week.

In terms of deployment experiences, spouses of CF members indicated both positive and negative feelings and experiences pre-, during, and post-deployment. Feelings of being proud and being in control were higher in the pre-deployment period compared to deployment, while feelings of sadness, anxiety and anger were lower, indicating that many of the respondents were able to adapt to the separation period. However, negative feelings and experiences were also reported, and approximately one-fifth of respondents reported that they experienced difficult or serious personal issues during deployments. Almost half of the spouses used CF/DND services during deployment, but only a small percentage used services after deployment. Most of those who did not use any services either had no need or were not aware that they were available.

4.2 Buffering Factors

Overall, respondents reported high levels of mastery, self-esteem, active coping strategies, and support from their CF spouse/partner. Although most respondents indicated that it was not good to let military co-workers, other military members' spouses, or military superiors know about their personal problems, many were open to discussing personal problems with CF service providers. Many of the respondents felt that the military was demanding of its members, although support for the member's CF career was generally high, regardless of the stage of deployment members were in. However, over half of the respondents felt that attention to quality of life had improved the conditions of service for CF families.

Experiencing parenting stressors was associated with lower self-esteem and mastery and increased use of passive coping. Spouses who reported high mastery, self-esteem and active coping tended to have more positive psychological well-being and satisfaction with life and less depressive symptoms. They also tend to be more willing to support member's military career.

4.3 Outcomes

Psychological well-being, life satisfaction, and somatic complaints remained relatively consistent across the deployment cycle. However, respondents whose CF spouse was currently deployed indicated higher levels of depression compared to those who were preparing for a deployment or whose CF spouse had recently returned. The post-deployment period was particularly difficult for individuals with children living at home, in that those with children at home reported lower levels of life satisfaction during this phase. Approximately one-fifth of respondents had received a diagnosis of depression, while a smaller number reported having been diagnosed with another problem, such as anxiety disorder or a stress-related physical problem. Of the respondents who had been diagnosed with a psychological disorder, the stress associated with the CF spouse/partners' military service was perceived as one of the largest contributors to the problem. Approximately 10% of the respondents indicated that they had seriously considered committing suicide at some point throughout their partner's career in the CF.

Overall, the respondents reported that the quality of their relationship with their CF spouse/partner was high, and few reported significant fears about their relationship while their partner was away (e.g., divorce, infidelity). However, many respondents indicated that the demands of military service had interfered with their home and family life, particularly those whose CF spouse was deployed or had recently returned from a deployment. Approximately three percent of respondents reported that their partner had been diagnosed with PTSD. The partner's PTSD symptoms affected respondents in a number of negative ways, including loneliness, anxiety, and fear of breakdown of the relationship.

A small percentage of spouses reported that their CF spouse/partner was violent toward them or their children. Contributing factors included personal, family, and work pressures, in addition to deployments. Respondents who experienced violence in their home were most likely to turn to sources outside the CF for help, including family, friends, and civilian counsellors.

4.4 Recommendations and Limitations

Spouses provide vital support to service members' well-being, readiness, performance, and ability to carry out missions. At a time when the frequency and intensity of operational deployments is increasing, it is particularly important to assess the impacts of perstempo on the CF as well as family members. The present report revealed some of the stressors that are experienced by military families, potential individual, family, and organizational outcomes of such stress, as well as factors that may serve to mitigate or exacerbate such outcomes. As indicated in the introduction, it is evident that spouse support is critical for the well-being of military members, as well as for organizational outcomes such as retention. This report revealed a number of factors that are associated with support for CF members' career, including individual-level factors such as mastery and coping strategies, as well as broader-level variables such as confidence in the relationship and the degree of conflict between military and family life.

Just as support from spouses enhanced the well-being of CF members, CF members' support for their spouses played a very important role for the psychological health and satisfaction with life of the spouses, thus reciprocity is seen as a determinant of the support provision (Liang, Krause, & Bennett, 2001). Given that spouses and service members were likely to be experiencing many of the same stressors of deployment, the reciprocity findings are in line with the proposals that empathic understanding is the condition under which social support as a coping assistance should be most effective (Thoits, 1986). Furthermore, there is empirical evidence that the stress and strain that a partner experiences, affects the individual's well-being and vice versa (e.g., Hammer *et al.*, 1997; Westman & Etzion, 1995; Westamn & Vinokur, 1998).

The major contribution of this research project stems from its integrative perspective, namely, the simultaneous inclusion and exploration of several levels of variables (personal, interpersonal, and organizational). The findings of this study contribute to the research area that recognizes that work and family are in fact interconnected domains.

Findings from the present study suggest that interventions for military spouses should target spousal support building (helping military couples strengthening their relationship), cognitive appraisals (e.g., appraisal of work-family conflict), coping skills (e.g., problem solving, seeking support and acceptance), using cognitive behavioural techniques such as cognitive restructuring, and coping skills training. Understanding one's coping strategies provides important information about how he/she may react when facing problems, specifically whether he/she tends to approach or avoid problems, lacks confidence in his/her problem solving, or feels emotionally in control. For example, spouses' passive strategies may lead to more perceived threat and stressfulness, and to less controllability and ability to deal with the situation. In such cases, coping skills training could be an efficient intervention strategy. Coping skills training has received considerable attention and the research in this area has indicated that problem-solving training is a successful intervention strategy for specific presenting problems such as depression (e.g., Nezu & Perri, 1989).

Admittedly, limiting the intervention to the couples themselves would most likely fall short of resolving the entire problem. Therefore, there is also a need to facilitate changes in the organizational culture within the military. A fair amount of research has demonstrated the effectiveness of implementing organizational supports (Hammer, Cullen, Marchand & Dezsofi, 2006). Aligned with this research, the findings pointed to perceived organizational support as

a significant contributor to alleviating work-family stressors and improving spousal well-being. Perceived organizational support is, no doubt, influenced by the leadership of the organization. Thus, it could be implied that leadership training related to work and family issues that is provided at the unit and organizational level in the military, may stimulate organizational support to serving members and their families, which in turn would increase spouses' perceived support from the military organization.

The findings in this research suggest that military leaders must effectively span the organization-family boundary, recognize that military families are part of the military and have significant influence on the performance of the military organization, and as leaders, exercise considerable influence on the quality of the lives of the unit's families. For example, efforts to keep deployed members in contact with their families would work both ways by shoring up the morale of the service members while reassuring spouses of their continued support.

Effective interventions at the group or work unit level may be followed with changes at the organizational level. The service member bridges both institutions; the family and the military. The military therefore must support a culture and an environment where its expectations of the member are consistent with the expectations of the family. This in turn can improve perceptions that the unit and the organization are supportive of spouses and families, and ultimately lead to reduced work-family conflict for the families and enhanced well-being and quality of life.

A member's ability to view his/her unit and family as complementary rather than competitive strengthens the belief that he/she is an effective military member and a good family member. The organization should develop the expert knowledge necessary to care for families, accommodate their needs, and understand how it can improve their members' and their families' satisfaction with military life. Furthermore, as this study emphasizes the need to bring marital health to the forefront, a psycho-educational component could be incorporated into the regularly scheduled training days so as to enhance the general awareness of marital health. As well, personnel policy makers might review the existing policies regarding the personnel's access to marital strength initiatives.

If the military fails to recognize the importance of family life and spousal impact on organizational outcomes, members with families will be more likely to experience military-family conflict, and in the long term resolve the conflict in favour of the family and at the expense of the military.

Although the survey of CF spouses was not longitudinal, responses were gathered from a large number of individuals across all stages of the deployment cycle. Future research, however, may benefit from the use of a longitudinal design, which would assess individuals throughout the cycle of deployment. The next step in the research on the impacts of military life on families will be to examine the course and predictors of psychological resilience (i.e., risk and protective factors) of CF families, with particular focus on deployment resilience. As well, further research will examine the mediating effect of parenting and family stressors, family coping resources, on overall quality of life in military families.

Clearly a gap in the present investigation was the absence of couple-level data. For example, couple-level data would provide insight into interpersonal relationships and patterns of family life that the usual focus on personal capacities and support system characteristics that make up much of the existing literature in the area of coping with stress, is not able to provide. Examining the crossover effects of stress and strain using the couple as the unit of analysis may increase our understanding of the complexities of multiple roles in different domains. Therefore, future studies should attempt to examine couple-level data.

5 Conclusion

Personnel tempo, or the demands of military service on its members, can have numerous effects at the family, individual, and organizational levels. In the current military climate of increasing intensity and frequency of operations combined with decreased resources, it is particularly important to assess the family impacts of perstempo. The present research represents an important step in this direction. The report provided an overview of the stressors experienced by the families of CF members, as well as potential individual, family, and organizational outcomes, and variables that may buffer or exacerbate these outcomes, allowing a closer look at the impacts of perstempo on the families of CF members.

The effects of perstempo on families will become increasingly evident with high intensity deployments such as the current one in Afghanistan. Since spousal support is an important variable impacting not only the well-being of serving members but also the organization as a whole, it is crucial to provide information about how families can maintain and even enhance resiliency in the face of the stressors associated with military life.

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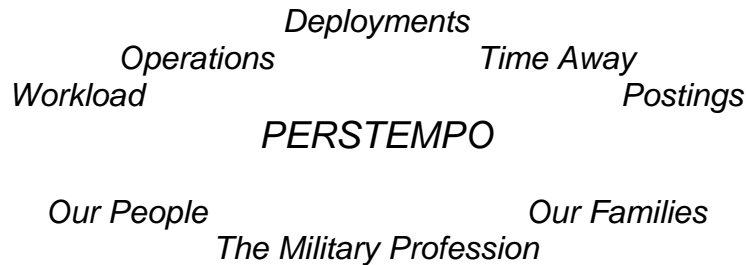
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Annex A Perstempo Survey of Spouses/Partners of Canadian Forces Members

THE DEMANDS OF MILITARY SERVICE SURVEY



Instrument 3: Spouses of CF Members

INSTRUCTIONS:

Please Answer the Questionnaire Fully and Honestly – It Will Take Approximately an Hour to Complete. The Confidentiality of Your Responses is Guaranteed. Help Us Contribute to the Health and Effectiveness of our People and the Organization.

WHEN YOU'RE FINISHED:

Seal the Questionnaire in the Enclosed Envelope and Place it in any Mailbox. Thank You for Your Assistance.



Please use a pencil or pen to complete the survey and write firmly and clearly. DO NOT use a marker of any kind. Thank You.

Conducted by:

**The Directorate of Quality of Life, National Defence Headquarters
Major-General Pearkes Building, 101 Colonel By Drive
Ottawa, Ontario K1A 0K2**

Section A: The Decade of the 90's

A.1. The statements below reflect changes that some people believe have taken place in the Canadian Forces recently. Please tell us the extent to which you agree or disagree with each.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Don't Know, N/A
The demands of military service upon uniformed members and their loved ones have increased dramatically.	0.8%	7.3%	15.0%	33.3%	38.1%	5.5%
Attention to quality of life within the military has significantly improved the conditions of service for CF members.	3.7%	18.8%	18.6%	43.5%	10.3%	5.2%
A state of crisis exists among our personnel and their families because of the frequency of deployments.	1.7%	15.5%	21.5%	31.0%	22.2%	8.1%
People who join the CF must accept that absences from home are a necessary part of military service.	1.0%	3.3%	3.7%	45.1%	46.3%	0.6%
Absences of CF parents contribute to problems among children in military families.	1.7%	13.4%	16.5%	36.0%	24.7%	7.6%
Spouses/partners should be self-sufficient during deployments.	4.3%	16.7%	12.1%	37.5%	28.5%	0.9%
Reducing personnel and budgets while increasing national and international taskings had a profound negative impact on the CF across the 1990s.	0.3%	1.7%	6.4%	23.2%	58.9%	8.5%
The Canadian military still has the sense of being one big family where people look out for each other.	12.0%	30.6%	18.8%	28.1%	7.1%	3.4%
Personnel are "burning out" at a much higher rate.	0.8%	3.9%	12.6%	36.8%	35.5%	10.3%
International deployments give military personnel a chance to make a difference in the world.	1.3%	4.0%	12.6%	51.0%	29.4%	1.6%
Military families are breaking down at a much higher rate than a decade ago.	1.0%	8.4%	16.4%	25.6%	22.6%	26.0%
Too many military resources are now devoted to caring for people.	13.0%	39.1%	21.2%	8.7%	2.3%	15.7%
There has been a decline in the civility and friendliness of military life.	2.6%	24.6%	23.0%	28.5%	10.3%	11.0%
My marriage or partnership is stronger because of frequent time apart.	17.2%	33.3%	24.8%	16.3%	4.7%	3.6%
Military children are at a disadvantage because civilian public schools do not understand military life.	3.7%	21.5%	14.7%	31.2%	16.4%	12.3%
Spouses/partners today are much less supportive of military careers than they were ten years ago.	4.5%	26.5%	16.7%	27.6%	10.2%	14.6%

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Don't Know, N/A
There has been significant improvement in the services provided to families of deployed personnel.	4.2%	10.8%	15.9%	40.2%	15.5	13.4%
Dual-military career couples, with both spouses/partners in uniform, face special problems that the CF should do more to deal with.	2.8%	7.4%	13.4%	30.4%	26.8%	19.3%
Many of my spouse/partner's military colleagues have seen their personal relationships suffer due to the pressures of work.	0.9%	11.8%	16.3%	36.4%	20.9%	13.8%
The CF expects that work should take priority over family.	2.6%	13.8%	12.6%	35.6%	32.5%	3.0%
My employment or career has suffered as a result of my spouse/partner's service in the CF.	8.3%	20.2%	13.8%	21.3%	33.1%	3.3%

Section B: You and Your Military Spouse/Partner

You and Your Background

B.1. What is your sex?

11.7% male
88.3% female

B.2. How old are you?

38.6 years (average)

B.3. About how many people lived in the community where you grew up? If you moved frequently, describe the community you consider to be home.

Number of People in Community

6.1% City of more than one million
10.3% City of 500,000 – 1,000,000
17.8% City of 100,000 – 500,000
27.1% Town of 10,000 – 100,000
23.2% Town of 1,000 – 10,000
6.1% Village of fewer than 1,000
8.0% Farm/rural area
1.3% N/A

B.4. Which of the following best describes the economy in the community (or communities) where you grew up?

Type of Community

26.7% Mainly farming, fishing, timber, or mining
5.5% A single industry – one large plant or factory
13.5% Industrial – several large plants or factories
4.7% Tourism
1.3% High-technology
10.4% Commerce and services
14.2% A suburban community with limited local industry or commerce
18.0% A complex urban economy
5.7% N/A – moved very frequently

B.7. How would you describe the family income while you were a child?

Income Level

- 5.0%** High income
- 70.0%** Middle income
- 24.9%** Low income

B.8. What is the highest level of education you completed?

Level of Education

- 0.7%** Less than high school
- 4.1%** Some high school
- 16.4%** High school diploma
- 12.3%** Some college or CEGEP
- 24.1%** College or CEGEP diploma
- 11.9%** Some university
- 22.4%** University degree
- 2.5%** Some graduate school
- 5.6%** Graduate degree

B.9. If you attended college or university, what was your main field of study?

- 4.6%** Natural Sciences
- 13.3%** Arts
- 3.4%** Math or Statistics
- 4.0%** Computer Science
- 3.1%** Engineering
- 15.0%** Social or Behavioural Sciences
- 17.6%** Health
- 4.4%** Technology
- 34.5%** Other

B.10. What is your first Official Language?

- 73.9%** Yes
- 26.1%** No

B.11. Are you an Aboriginal person (First Nation/North American Indian, Inuit or Métis)?

1.8% Yes

98.2% No

B.12. Are you, because of race or colour, a visible minority in Canada?

2.3% Yes

97.7% No

B.13. What is your religion?

13.0% No religion

47.4% Roman Catholic

30.4% Protestant

0.1% Muslim

0.3% Jewish

8.7% Other

B.14. How religious or spiritual (not necessarily through attendance at services) do you consider yourself to be?

13.0% Very

47.2% Moderately

27.9% Not very

11.9% Not at all

B.15. Did your parents immigrate to Canada from another country?

86.3% No – Neither

7.7% Yes – One Parent Immigrated

6.0% Yes – Both Parents Immigrated

B.16. Did you immigrate to Canada from another country?

7.3% Yes

92.7% No

B.17. Did you come to Canada as a refugee?

0.1% Yes

99.9% No

B.18. What is the current status of your relationship with your military spouse or partner?

83.6% Legally married (and not separated)

0.8% Legally married (and separated)

0.2% Divorced

0.0% Widowed

14.2% Common- Law

1.2% Living Together (not married/common-law)

B.19. What is the current military employment status of your spouse or partner?

0.5% Reserve Force (Class A)

3.5% Reserve Force (Class B)

0.6% Reserve Force (Class C)

95.4% Regular Force

B.20. How long has your spouse or partner served in the CF (round up to the nearest year)?

8.4 years (average)

B.21. Are you currently a member of the CF?

89.5% No

2.4% Yes, in the Reserve Force (Class A)

2.3% Yes, in the Reserve Force (Class B)

0.2% Yes, in the Reserve Force (Class C)

5.5% Yes, in the Regular Force

B.22. Are you a former member of the CF?

20.5% Yes

79.5% No

B.23. Is your military spouse or partner currently on Imposed Restriction (IR – he or she takes a posting to another location, and you and the family are permitted to remain in your current location)?

- 7.8% Yes
- 90.2% No
- 2.0% Don't know

B.25. What is your current employment status:

Employment Status

- 1.1% N/A
- 44.5% Employed full-time
- 16.7% Employed part-time
- 1.3% Seasonal (full-time)
- 1.4% Seasonal (part-time)
- 6.2% Seeking Employment
- 1.9% Student
- 1.8% Not looking for work
- 17.6% Homemaker
- 0.8% Working in family business
- 0.9% Disabled unable to work, do not require home care
- 0.1% Disabled unable to work, require home care
- 2.3% Parental/maternity leave
- 3.3% Other

B.26. If you are employed, which of the following best describes your work?

- 8.0% Self-Employed
- 1.2% Small Business Owner
- 8.4% Manager
- 26.0% Professional
- 0.8% Scientific
- 5.5% Technical
- 23.1% Administrative/Clerical
- 3.7% Labourer
- 6.5% Retail
- 16.9% Other

- B.27.** Which of the following best describes your employment experience during your relationship with your military spouse or partner?
- 30.0%** My employment or career has not been affected by my spouse/partner's military career
 - 50.7%** I have made some employment or career sacrifices because of my spouse/partner's military career
 - 8.4%** I am "under-employed" or am over-qualified for the work I am doing because of my spouse/partner's military career
 - 10.9%** I am unemployed or my career has been severely affected by the demands of my spouse/partner's military career
- B.28.** Overall, how long have you and your military spouse or partner been together (round up to the nearest year)?
- 14.2** years (average)
- B.29.** Approximately how many times in the past 12 months did you visit your military spouse/partner's mess or club?
- 5.8** visits (average)
- B.30.** In your current location, how comfortable are you in communicating in the language most commonly spoken in the community?
- 89.6%** Very comfortable
 - 5.3%** Somewhat comfortable
 - 1.6%** Neither comfortable nor uncomfortable
 - 1.6%** Somewhat uncomfortable
 - 1.8%** Very uncomfortable
 - 0.2%** Not sure/Don't know
- B.31.** Please identify the number of children living with you:
- 69.7%** Have full-time children? (% yes)
 - 1.9%** Number of full-time children (average)
 - 7.3%** Have part-time children? (% yes)
 - 1.5%** Number of part-time children (average)

While you and your spouse/partner are at work or studying, do you use childcare services? (* selected for members with full-time or part-time children)

- 31.1%** No – My children are too old
- 30.5%** No – Not required
- 14.1%** Yes – In someone else’s home by a non-relative
- 2.8%** Yes – In someone else’s home by a relative
- 4.2%** Yes – In our home by a non-relative
- 3.8%** Yes – In our home by a relative
- 10.6%** Yes – In a civilian daycare center
- 5.2%** Yes – In a MFRC daycare

B.33. Please indicate any other people who currently reside in your household:

	Percent with Person Residing in Household	How many? (Range)
N/A, None	94.2	—
Roommate	0.5	1-4
Elder – dependent	0.9	1
Elder – non-dependent	0.8	1-2
Other Adult Family Member – dependent	1.1	1-2
Other Adult Family Member – non-dependent	1.4	1-3
Employee (e.g., nanny, household staff)	0.1	1
Other	1.4	1-3

B.34. In what type of dwelling do you live?

- 13.9%** Married Quarters (MQs)
- 0.1%** Rented civilian room
- 3.0%** Rented civilian apartment/condominium
- 7.2%** Rented civilian house
- 0.7%** Owned civilian apartment/condominium
- 74.0%** Owned civilian house
- 1.0%** Other

B.35. Please estimate your total household income from all sources in the last 12 months.

\$88,585 (average)

B.36. Do you feel you are:

- 49.3%** Living comfortably on present income
- 40.5%** Coping on present income
- 9.3%** Finding it difficult on present income
- 0.9%** Finding it very difficult on present income

B.37. Did you grow up in a military family?

- 81.8%** No
- 2.9%** Yes – a close relative (not a parent) served in the CF
- 15.3%** Yes – one or both parents served in the CF

B.38. Did you participate in the following as a youth:

Yes

- 16.7%** Sea, Air, or Army Cadets
- 50.0%** Cubs, Scouting, Guides, etc.
- 46.7%** Competitive sports teams

B.39. How would you describe the family within which you grew up? Please check all responses that apply.

- 66.2%** Happy
- 45.5%** Strong
- 46.7%** Connected
- 26.1%** Stressed
- 17.1%** Difficult
- 16.1%** Dysfunctional
- 7.8%** Unhappy
- 29.3%** Committed
- 7.6%** Abusive

B.40. In the family within which you grew up, did you:

- 67.9%** Learn to manage stress
- 86.2%** Learn to become resourceful in addressing problems
- 82.1%** Develop skills to overcome crises

B.41. What is your military spouse/partner's rank?

35.4% Junior NCM (Pte/Cpl/LS/MCpl/MS)

31.0% Senior NCM (Sgt/PO2/WO/PO1/MWO/CPO2/CWO/CPO1)

15.7% Junior Officer (OCdt/2Lt/Lt/SLt/Capt/Lt(N))

17.9% Senior Officer (Maj/LCdr/LCol/Cdr/Col/Capt(N)/General/Admiral)

B.43. Which environmental uniform does your spouse/partner wear today?

25.9% Sea

38.6% Land

35.5% Air

Section C: You and Your Spouse/Partner's WORKLOAD/PERSTEMPO/OPTEMPO

The questions below ask you to tell us how frequently you have moved your residence because of your spouse/partner's military career; asks about aspects of your employment and your spouse/partner's workload; how much your spouse/partner is away from home; and how often he or she has been deployed.

Your Posting History

- C.1.** How many times overall have you moved your residence because of your spouse/partner's military service?

3.7 moves of residence (average)

Normal Duty Load/Workload

- C.3.** If you were employed during the past year, please estimate how many hours per week you worked on average.

35.0 hours per week on average

- C.4.** Please estimate how many hours per week during the past year your military spouse or partner worked on average.

46.5 hours per week on average

- C.5.** During the past year how many hours per week on average (if any) did your spouse/partner spend on military duty-related work while at home?

6.7 hours per week on average

- C.6.** Over the past year, has the total workload of your military spouse or partner changed?

59.2% Increased

28.3% Stayed the same

5.3% Decreased

7.3% Don't know/can't say

C.7. Over the past year, has the pace of your military spouse or partner's work (the speed at which it must be accomplished) changed?

- 51.9%** Increased
- 30.3%** Stayed the same
- 3.0%** Decreased
- 14.7%** Don't know/can't say

C.8. How often does your military spouse or partner work on weekends?

- 8.7%** Every weekend
- 29.8%** One weekend a month
- 43.8%** One weekend every few months
- 7.0%** One weekend every year
- 10.7%** Never

C.9. In the past year, was your military spouse/partner able to take enough annual leave to meet the needs of you and/or the family?

- 77.9%** Yes
- 22.1%** No

At any time in the past year, was your military spouse/partner's annual leave cancelled or denied due to work requirements?

- 32.1%** Yes
- 67.5%** No

Time Away

C.10. Please give your best estimate of **the total number of 24-hour days** your military spouse or partner was away from your home **in the years 2004, 2003, and 2002** as a result of military service for all reasons.

	Time away 2004 (Percent)	Time away 2003 (Percent)	Time away 2002 (Percent)
0-30 days	34.4	31.2	30.9
31-60 days	18.5	21.1	19.8
61-90 days	11.0	13.1	10.7
91-120 days	10.5	10.1	10.9
121-150 days	6.3	5.0	6.6
151-180 days	5.7	5.5	5.6
181-210 days	5.5	6.4	7.3
> 210 days	8.1	7.7	8.2

C.11. How many days of Annual Leave did your spouse or partner take in 2004?

24.1 days of leave in 2004

C.14. Was your spouse/partner scheduled for a deployment but didn't go in the past year because of health or family reasons?

5.7% Yes

94.3% No

C.15. If yes, please indicate why (*selected for people who said "yes" to previous question).

53.8% Medical (physical)

11.8% Medical (psychological)

12.9% Compassionate

1.1% Disciplinary

6.5% Training/career course

22.6% Other

C.16. Was your spouse/partner scheduled for a deployment but didn't go because of health or family reasons at any time earlier in his or her career?

10.2% Yes

89.8% No

C.17. If yes, please indicate why (*selected for people who said “yes” to previous question).

- 49.4%** Medical (physical)
- 11.4%** Medical (psychological)
- 23.5%** Compassionate
- 0.0%** Disciplinary
- 4.8%** Training/career course
- 12.7%** Other

C.20. Do you feel the Canadian Forces recognizes and respects the contribution made by spouses and partners of members during military service in general and deployments in particular?

- 20.8%** Not at All
- 28.6%** A Little Bit
- 32.1%** Somewhat
- 9.1%** A Great Deal
- 9.4%** Don't know, N/A

Your Spouse/Partner's Deployment History – Internationally and Within Canada

C.22. Please respond to the following questions, basing your answers on your spouse/partner's current or most recent deployment.

Is your military spouse or partner currently deployed outside Canada?

- 16.2%** Yes
- 83.8%** No

Is your military spouse or partner currently deployed elsewhere in Canada?

- 4.7%** Yes
- 95.3%** No

How long was (or will be) the current or most recent deployment in total?

5.89 Months

How much formal notice were you given before your spouse/partner departed on the current or most recent deployment?

3.57 Months

After being notified of the coming deployment, how long was your spouse or partner away from home for training and other preparation before he or she actually deployed?

5.17 Weeks

Before your spouse or partner deployed did you participate in a pre-deployment screening (an interview with a military Padre or Social Worker or other official to discuss you and/or your family's readiness for your spouse/partner's absence)?

33.6% Yes

66.4% No

If yes, were you interviewed alone or together with your spouse/partner?

11.4% Alone only

79.3% Together only

6.3% Alone first, then together

3.0% Together first, then alone

Before the deployment were you invited to attend an information session describing the deployment and services that would be available during your spouse/partner's absence?

42.8% Yes

57.2% No

If yes, did you attend?

68.8% Yes

31.2% No

Were you contacted by the Military Family Resource Centre (MFRC) during your spouse/partner's absence?

42.6% Yes

57.4% No

Were you contacted by a CF official during your spouse/partner's absence?

28.1% Yes

71.9% No

Did you use any CF/DND services during the deployment?

43.5% Yes

56.5% No

If yes, which ones (select all that apply)?

29.9%	Mission Information Line (MIL)	6.1%	Computers at MFRC
40.2%	Deployment Information Package	16.0%	Drop-In Centre at MFRC
7.6%	Resource Library at MFRC	16.4%	Childcare Services at MFRC
0.8%	Odd Job Registry	59.8%	Mail Drop-Off at MFRC
7.4%	Warm Line Telephone Support	1.2%	Father's Deployment Support Group
14.8%	Spousal Support Groups	3.3%	Emergency Child Care
3.1%	Deployment-Related Counselling	1.2%	Prevention and Intervention Services
3.5%	Deployment Cycle Workshops	3.3%	Canadian Forces Member Assistance Program
23.0%	Web Sites	6.8%	Civilian Services/Resources
19.1%	Unit Family Briefings		

If you didn't use any services during the deployment, why not (select the most important reason)?

66.8% Had no need

23.5% Wasn't aware services available

0.5% My spouse/partner discouraged me from using them

3.8% I don't trust CF service providers

2.9% Didn't want contact with the CF

2.4% Fear of negative career repercussions for my spouse/partner

Did or will your spouse/partner return on a Home Leave Travel Assistance (HLTA) during the deployment?

53.4% Yes

46.6% No

If yes, during which month of the deployment?

- 1.5%** 1st month
- 4.8%** 2nd month
- 26.7%** 3rd month
- 32.9%** 4th month
- 21.3%** 5th month
- 5.3%** 6th month

If the deployment is over, were you invited to attend an information session or “de-briefing” providing information on the return and re-integration of your spouse or partner and describing post-deployment services that would be available?

- 17.6%** Yes
- 82.4%** No

If yes, did you attend? (*selected for yes response)

- 48.8%** Yes
- 51.3%** No

If the most recent deployment is over, did you use any post-deployment services?

- 5.0%** Yes
- 95.0%** No

If yes, which ones (select all that apply)?

10.9%	Individual counselling (CF counsellor)	37.0%	Social Worker (CF)
21.7%	Individual counselling (civilian)	0%	Social Worker (civilian)
26.1%	MFRC programs	8.7%	Psychiatrist/psychologist (CF)
15.2%	Spousal support group (MFRC)	19.6%	Psychiatrist/psychologist (civilian)
0%	Mess-affiliated support group	13.0%	Clergy/Padre (CF)
2.2%	OSISS Family Peer Support Coordinator	0%	Clergy (civilian)
		4.3%	Canadian Forces Member Assistance Program (CFMAP)

If you didn't use any services after the deployment, why not (select the most important reason)?

- 69.5%** Had no need
- 25.6%** Wasn't aware services available
- 0.5%** My spouse/partner discouraged me from using them
- 2.1%** I don't trust CF service providers
- 1.0%** Didn't want contact with the CF
- 1.3%** Fear of negative career repercussions for my spouse/partner

If the deployment is over, did your spouse/partner take (or was given) leave when he or she returned?

- 89.7%** Yes
- 10.3%** No

Would you have preferred the leave to be...

- 10.0%** Sooner
- 2.8%** Later
- 87.2%** No change

C.23. How much contact did you have or are you having with your spouse or partner during her or his most recent deployment by telephone, e-mail, and the CF postal system?

	Telephone Contact	E-Mail Contact	CF Postal Contact
Every day	11.5%	27.0%	0.6%
Three or four times a week	19.6%	27.6%	0.9%
Once or twice a week	45.8%	16.4%	6.1%
A few times a month	12.9%	5.1%	20.6%
A few times during the deployment	8.2%	4.5%	42.9%
Never	1.9%	19.4%	29.0%

C.24. How often do you experience the following *feelings* prior to a deployment?

	Never	Seldom	Sometimes	Often	Always	Not Applicable
Resentment	28.8%	17.2%	29.6%	12.0%	8.3%	4.1%
Pride	7.6%	8.9%	26.5%	24.4%	29.6%	3.0%
Anger	30.0%	22.5%	27.2%	11.3%	5.5%	3.5%
Guilt	61.9%	14.3%	12.6%	4.3%	1.2%	5.6%
Frustration	14.7%	16.8%	35.4%	20.9%	10.2%	2.0%
Anxiousness	13.4%	15.1%	34.8%	22.2%	12.9%	1.6%
Sadness	3.4%	9.4%	33.9%	28.2%	23.8%	1.3%
In control	3.7%	7.4%	23.3%	35.8%	26.9%	2.8%
Capable	0.7%	1.7%	17.8%	36.1%	41.8%	2.0%
Confidence	0.4%	3.3%	19.9%	35.9%	39.4%	1.1%
Apprehension	10.1%	17.9%	37.3%	21.0%	10.9%	2.8%

C.25. Which of the following statements apply to your *experiences* during the pre-deployment stage?

	Never	Seldom	Sometimes	Often	Always	Not Applicable
My spouse/partner and I argue a lot prior to a deployment.	25.4%	31.9%	25.3%	10.1%	5.6%	1.6%
I work through my feelings long before my spouse/partner leaves.	5.5%	16.8%	26.5%	27.8%	18.0%	5.4%
My spouse/partner works long hours before an upcoming deployment.	5.9%	13.6%	29.5%	28.1%	19.9%	3.0%
My spouse/partner doesn't tell me about a deployment until the last minute.	77.1%	11.9%	5.4%	1.6%	1.0%	3.1%
I avoid thinking about upcoming deployments.	30.2%	17.1%	22.3%	13.4%	10.8%	6.2%
I withdraw emotionally and physically from my spouse/partner before a deployment.	46.1%	16.2%	20.5%	9.4%	6.0%	1.7%
I withdraw from my children prior to a deployment.	61.9%	8.2%	3.3%	0.6%	0.4%	25.6%
I do not discuss the impending departure of my spouse/partner with my children.	53.4%	9.8%	5.6%	1.9%	2.7%	26.6%
I focus only on my spouse/partner before he/she leaves, not my own needs.	14.9%	18.6%	30.8%	23.1%	10.0%	2.7%
My spouse/partner and I grow closer during the pre-deployment period.	7.6%	18.3%	33.7%	21.2%	14.5%	4.6%
My spouse/partner and I talk a lot about our feelings for each other prior to a deployment.	7.2%	16.5%	26.8%	26.9%	21.3%	1.4%
My spouse/partner and I work together before a deployment to get things done.	1.5%	4.8%	14.9%	34.8%	42.8%	1.1%
My spouse/partner tells me that he or she will miss me.	1.1%	3.8%	9.3%	16.9%	68.3%	0.7%
My spouse/partner and I do a lot of special activities together before a deployment.	3.9%	14.3%	34.5%	23.5%	22.2%	1.8%
My spouse/partner and I develop a plan for keeping in touch while he/she is away.	3.3%	3.9%	10.7%	19.5%	61.3%	1.2%

C.26. How often do you experience the following *feelings during* a deployment?

	Never	Seldom	Sometimes	Often	Always	Not Applicable
Relief – now I can “get on with it”	28.0%	14.8%	29.2%	15.6%	9.3%	3.0%
Overwhelmed	15.9%	24.9%	36.8%	17.3%	3.5%	1.5%
Depressed	22.9%	29.1%	33.1%	11.5%	2.6%	0.9%
Anxious	16.3%	27.4%	38.3%	13.3%	3.8%	0.9%
Angry	28.4%	26.7%	31.4%	9.8%	2.2%	1.4%
Burdened by being a temporary single parent	11.8%	12.7%	27.6%	15.7%	7.9%	24.2%
Independent	3.1%	6.7%	25.0%	33.8%	29.6%	1.8%
Intolerance of children’s behaviour	14.6%	22.6%	27.4%	7.1%	1.5%	26.8%
Fears for deployed spouse/partner	5.9%	17.0%	34.3%	23.3%	18.7%	1.0%
Assertive	3.1%	13.6%	33.2%	31.6%	15.9%	2.7%
Self-reliant	1.0%	2.5%	18.4%	38.9%	38.1%	1.1%
In control	0.5%	2.9%	20.8%	43.9%	30.8%	1.1%
Capable	0.4%	1.8%	15.8%	41.6%	39.6%	0.8%
Confidence	0.1%	1.9%	19.8%	42.7%	34.6%	0.9%
Emotional highs and lows	4.1%	13.2%	38.2%	25.7%	17.7%	1.1%
Hopelessness	49.8%	28.7%	15.6%	3.6%	.8%	1.4%
Fearful of infidelity	55.1%	22.1%	12.6%	4.4%	4.4%	1.3%
Helplessness	46.5%	27.6%	20.5%	3.5%	0.8%	1.1%
Fatigue	8.6%	15.1%	38.7%	24.8%	11.4%	1.3%
Poor concentration	24.2%	32.2%	34.0%	7.1%	1.1%	1.4%
Boredom	21.6%	19.8%	33.5%	18.9%	5.6%	0.7%
Poor sleep	12.6%	24.4%	36.2%	18.2%	7.8%	0.7%
Slowed activity	25.9%	36.1%	26.9%	7.4%	2.2%	1.4%
Resentful when my children take their feelings about the deployment out on me	31.7%	18.1%	13.9%	3.5%	1.1%	31.6%
Sadness	6.6%	19.6%	46.8%	19.5%	6.8%	0.8%
Pride in my spouse or partner	1.6%	4.2%	17.7%	30.0%	45.3%	1.2%
Pride in myself	2.4%	9.5%	28.4%	32.7%	25.3%	1.7%

C.27. Which of the following statements apply to your *experiences* during the deployment stage?

	Never	Seldom	Sometimes	Often	Always	Not Applicable
I ease up on family rules, routines, and expectations while my spouse/partner is away.	17.9%	24.0%	29.9%	10.7%	2.6%	15.0%
I manage all household tasks during a deployment.	0.2%	0.9%	3.3%	18.2%	76.8%	0.6%
I assume responsibility for my family while my spouse/partner is away.	0.1%	0.1%	0.5%	6.4%	78.5%	14.4%
I am able to cope emotionally with my spouse/partner's absence.	0.3%	1.1%	11.5%	37.5%	49.0%	0.6%
I am overprotective of my children when my spouse/partner is deployed.	7.8%	17.3%	23.6%	13.4%	9.7%	28.2%
I drink more alcohol during a deployment.	66.1%	20.4%	6.1%	2.4%	1.2%	3.9%
I use more prescription drugs during a deployment.	84.8%	6.9%	2.7%	1.2%	0.2%	4.3%
I use more non-prescription drugs during a deployment.	82.1%	11.0%	2.4%	0.8%		3.8%
I start or increase my level of smoking during a deployment.	65.5%	4.5%	6.4%	2.8%	1.1%	19.7%
I gain weight during a deployment.	53.0%	22.8%	16.5%	4.2%	1.2%	2.3%
My appetite changes during a deployment.	22.1%	16.5%	32.9%	16.4%	10.8%	1.3%
I do not sleep as well during a deployment.	16.8%	22.1%	30.7%	17.1%	12.5%	0.9%
I go out more with my friends when my spouse/partner is away.	25.0%	31.9%	24.9%	12.2%	4.4%	1.5%
I pursue my own interests and hobbies during a deployment.	9.0%	17.6%	30.4%	24.4%	17.2%	1.3%
My children and I trace the location of my spouse/partner's ship/unit/platoon.	13.8%	11.8%	18.3%	13.6%	13.7%	28.9%
I restrict television or radio coverage of the deployment within my household.	51.3%	14.9%	13.4%	5.7%	3.8%	10.9%
I appreciate the opportunity to do things my way during a deployment.	11.4%	15.7%	36.2%	17.6%	14.6%	4.4%
I withdraw from my children during a deployment.	60.7%	8.0%	2.8%	0.5%	.2%	27.9%
If anything goes wrong during a deployment, I blame it on my absent spouse/partner.	46.1%	28.0%	18.1%	3.7%	2.4%	1.7%
I enjoy managing the household during a deployment.	8.3%	14.2%	34.0%	21.7%	16.9%	4.8%
I talk about my experiences with deployment with other military spouses/ partners while my spouse/partner is away.	27.9%	24.5%	28.9%	11.4%	5.6%	1.8%
I seek help from <u>military</u> service providers (resource centre staff, padres, psychologists, social workers) if I need it during a deployment.	58.5%	22.1%	9.3%	2.7%	2.2%	5.1%
I seek help from <u>civilian</u> service providers (resource centre staff, Church, psychologists, social workers) if I need it during a deployment.	60.2%	18.3%	11.6%	2.3%	1.7%	5.9%
I need to make additional childcare arrangements.	24.2%	9.2%	15.6%	7.3%	11.1%	32.6%

C.28. How often do you experience the following *feelings after* a deployment? We understand that these are personal questions. Please do your best to complete them, and leave a blank if you are uncomfortable.

	Never	Seldom	Sometimes	Often	Always	Not Applicable
Fearful of infidelity	59.0%	17.9%	13.4%	4.1%	3.4%	2.1%
Let-down (fantasy of reunion doesn't live up to expectations)	40.1%	23.9%	23.2%	7.7%	3.0%	2.2%
Insecure	48.0%	21.8%	21.4%	5.0%	1.9%	1.9%
Suspicious	61.4%	19.6%	11.4%	3.5%	2.2%	1.8%
Anger at spouse/partner's absence	49.5%	24.7%	16.8%	5.3%	2.1%	1.6%
Jealous/resentful of time my children spend with spouse/partner	58.6%	9.8%	3.8%	0.9%	0.2%	26.7%
Anger at spouse/partner trying to "take over" family activities	37.4%	22.9%	22.3%	6.5%	1.8%	9.2%
Anger at spouse/partner's need for solitude and rest	37.9%	24.6%	25.4%	7.5%	2.5%	2.2%
Anxious about resuming sexual relationship	43.5%	18.2%	21.8%	6.9%	7.8%	1.7%
Feeling that "I had it worse"	38.3%	17.9%	23.1%	12.5%	5.6%	2.5%
Resentful because spouse/partner feels he/she "had it worse"	45.3%	19.1%	20.0%	8.9%	3.4%	3.3%
Resentful because spouse/partner wants to socialize with members of his/her unit	54.7%	22.6%	10.2%	3.3%	1.5%	7.7%
Resentful because spouse/partner's family wants to spend time with him/her	57.3%	22.1%	9.6v	2.7%	1.0%	7.4%
Compassionate toward spouse/partner	2.4%	5.1%	19.1%	36.4%	35.2%	1.9%
Happy, joyous	0.4%	1.2%	11.7%	33.4%	51.8%	1.5%
Excited	0.5%	2.3%	11.9%	28.8%	55.0%	1.4%
Shy	40.8%	21.1%	29.4%	5.3%	1.9%	1.4%
Withdrawn	49.1%	25.4%	20.4%	3.0%	0.6%	1.5%
Timid	55.2%	24.3%	16.0%	2.1%	0.9%	1.5%
Understanding that he/she needs rest and solitude	2.9%	7.4%	33.6%	30.0%	22.4%	3.7%
Patient because I understand that it will take time for my spouse/partner to recover and reconnect with me and the family	2.5%	8.3%	27.4%	32.7%	24.0%	5.2%
Enjoyment of resumption of sexual relationship	1.1%	4.5%	18.8%	25.8%	47.8%	2.0%
Appreciative of the support my spouse/partner provides me	1.3%	2.9%	13.1%	24.7%	55.9%	2.1%

C.29. Which of the following statements apply to your *experiences* after a deployment?

	Never	Seldom	Sometimes	Often	Always	Not Applicable
I try to talk with my spouse/partner about his/her activities while he/she was away.	0.5%	4.9%	18.3%	35.0%	39.8%	1.5%
My spouse/partner has difficulty compromising.	23.8%	31.6%	31.0%	8.9%	2.5%	2.2%
My spouse/partner is violent after a deployment.	87.7%	5.9%	3.4%	0.7%	0.2%	2.2%
I want my spouse/partner to “take care of me” after a deployment.	17.4%	18.1%	35.5%	17.5%	9.3%	2.3%
My spouse/partner regains control of the household.	13.6%	23.4%	33.0%	14.5%	4.8%	10.7%
My spouse/partner asks about things that happened while he/she was away.	1.1%	4.5%	17.6%	28.2%	46.9%	1.7%
My spouse/partner does not ask about family activities that happened during his/her absence.	58.1%	19.0%	8.1%	3.4%	2.0%	9.3%
My spouse/partner and I argue about finances after a deployment.	44.1%	28.7%	16.1%	5.1%	4.0%	2.0%
My spouse/partner and I argue about spousal roles at this time.	46.6%	26.2%	18.2%	4.5%	1.9%	2.5%
My spouse/partner and I argue about child discipline when he/she returns.	23.4%	19.0%	16.7%	8.3%	3.5%	29.0%
My spouse/partner and I plan a special vacation away together alone soon after a deployment.	30.6%	19.7%	24.4%	13.2%	9.4%	2.7%
My spouse/partner and I take the children away on a holiday after a deployment.	18.7%	13.1%	21.7%	9.6%	6.1%	30.8%
My spouse/partner and I visit family and friends after a deployment.	9.5%	15.2%	35.7%	22.2%	14.8%	2.6%
I take the children away so that my spouse/partner can rest after a deployment.	52.3%	11.1%	5.4%	1.1%	0.5%	29.6%
My spouse/partner and I spend more money after a deployment.	10.9%	25.0%	35.0%	17.3%	9.2%	2.5%
My spouse/partner and I buy new things after a deployment.	9.1%	22.1%	41.2%	17.8%	7.5%	2.3%
My spouse/partner and I “treat” ourselves after a deployment.	6.0%	18.0%	43.1%	21.3%	10.0%	1.7%
My spouse/partner and I argue about spending money after a deployment.	41.5%	32.1%	17.7%	4.5%	2.5%	1.7%
My spouse/partner and I resume our sexual relationship soon after he/she returns.	0.9%	2.2%	10.3%	19.1%	65.7%	1.8%
My spouse/partner acts in ways that indicate that he/she forgets that our household is sometimes noisy, confused and cluttered.	34.5%	19.2%	21.6%	11.4%	4.5%	8.8%
My spouse/partner acts in ways that indicate that he/she is threatened by the independence I experienced while he/she was deployed.	53.4%	22.0%	14.7%	5.1%	2.1%	2.6%
My spouse/partner discusses the deployment within the family.	3.3%	12.7%	29.7%	24.1%	25.1%	5.1%
My spouse/partner will not talk about his/her experiences during the deployment.	48.4%	22.2%	15.6%	7.3%	2.3%	4.3%

C.30. Children respond to deployment in different ways. Have you observed the following in your child or among one or more of your children during a deployment?

	Never	Seldom	Sometimes	Often	Always	Not Applicable
“Acting out”	17.1%	19.6%	38.7%	15.5%	5.2%	3.9%
Decline in school performance	30.1%	17.3%	21.7%	8.6%	2.0%	19.5%
Improvement in school performance	30.1%	26.9%	15.7%	2.4%	0.7%	24.2%
More “clingy”	10.6%	12.3%	30.4%	26.5%	16.6%	3.6%
Greater independence	12.2%	29.3%	38.0%	11.4%	2.3%	6.8%
Anxiety	16.5%	22.5%	36.7%	13.7%	5.8%	4.8%
Fearfulness	20.6%	25.2%	31.1%	14.2%	4.0%	5.0%
Overall behaviour changes	15.1%	30.2%	27.7%	15.1%	7.6%	4.2%
Accepts more responsibility	5.0%	16.7%	42.3%	20.6%	5.4%	10.0%
Unhappiness/sadness	8.5%	23.5%	40.1%	17.1%	7.3%	3.5%
Nightmares	39.4%	28.8%	18.6%	6.3%	2.3%	4.7%
Disruptions in friendships	46.5%	30.2%	12.5%	2.0%	0.8%	8.0%
An increase in sibling rivalry	23.6%	19.1%	22.6%	9.4%	4.3%	21.1%
Emotional withdrawal	44.6%	27.5%	17.0%	4.3%	1.1%	5.5%
Young children sleeping with parent	26.0%	14.5%	19.1%	17.0%	13.4%	9.9%
Contributes more to cleaning and maintaining house	12.2%	20.3%	33.5%	16.5%	5.8%	11.8%
More outgoing	22.6%	37.1%	26.7%	3.4%	1.1%	9.1%
Anger	25.1%	28.7%	28.7%	10.4%	2.3%	4.5%
Aggression	36.6%	28.2%	23.5%	6.0%	1.3%	4.4%
Violence	64.1%	19.0%	9.5%	1.5%	0.8%	5.1%
Running away	84.4%	4.7%	2.3%	0.1%	0.3%	8.2%
Irrational guilt	73.3%	11.7%	4.5%	1.6%	0.3%	8.6%
Pride in deployed parent	5.0%	7.4%	29.2%	23.0%	25.3%	10.0%
Constantly thinking about the deployed parent	4.1%	19.8%	28.5%	23.7%	18.9%	5.0%
Maintenance of a strong fantasy relationship with the absent parent	28.9%	16.8%	20.2%	13.3%	8.1%	12.7%
Minor crime	84.8%	1.3%	1.1%	—	0.3%	12.5%
Serious crime	86.7%	0.3%	—	—	0.3%	12.8%

C.31. If you have both sons and daughters, do you see a difference in the ways that your son(s) respond to deployment compared to your daughter(s)?

12.3%	Yes, daughter handles better
8.1%	Yes, son handles better
	No difference
55.0%	Don't know, not applicable

C.34. Please respond frankly to the following difficult, personal questions.

At any time during your spouse or partner's most recent absence on a deployment did you think about taking your own life?

3.8% Yes

96.2% No

At any time during your spouse or partner's most recent absence on a deployment did you think about ending your relationship with him or her?

15.6% Yes

84.4% No

Section D: Your Health, Your Relationship, Your Family

Please be frank in responding to the questions below - it is crucial that you answer these difficult personal questions to the best of your ability.

D.1. In general, would you say your health is:

25.9% Excellent

43.6% Very good

23.5% Good

5.9% Fair

1.1% Poor

D.2. How would you have described your general health one year ago?

26.1% Excellent

41.1% Very good

24.1% Good

6.5% Fair

2.2% Poor

D.3. Other than regular check-ups, how many times have you visited each of the following IN TOTAL DURING THE LAST 12 MONTHS for yourself or a child?

Type of Service Provider	For You	For a Child
A military and/or civilian medical facility for treatment of a physical problem	3.56 visits	3.39 visits
A military and/or civilian psychiatrist or psychologist	0.63 visits	0.41 visits
A military and/or civilian social worker	0.25 visits	0.21 visits
A military and/or civilian religious official (padre, chaplain, etc.)	0.29 visits	0.13 visits
A military and/or civilian mental health counsellor	0.14 visits	0.06 visits
A military and/or civilian family counsellor	0.12 visits	0.10 visits
A military and/or civilian health counsellor	0.14 visits	0.12 visits
A military and/or civilian addictions counsellor or group	0.11 visits	0.01 visits
A military and/or civilian financial counsellor	0.18 visits	0.01 visits
A military and/or civilian anger management counsellor or group	0.03 visits	0.01 visits
Other service provider	7.91 visits	3.97 visits

Do you have a family doctor?

- 77.0%** Yes
- 21.2%** No
- 0.3%** Don't Know/Unsure
- 1.5%** Not applicable

D.4. During the past twelve months, was there ever a time when you felt sad, blue, or depressed for two weeks or more in a row?

- 30.6%** Yes
- 67.0%** No
- 2.4%** Don't know

D.5. Please indicate how often you experienced each of the following physical health symptoms DURING THE PAST MONTH.

	Not at all	A little	Often	Very Often	Don't know
Head colds	66.8%	27.9%	4.2%	0.6%	0.6%
Sinus trouble	56.4%	29.0%	9.3%	5.0%	0.3%
Constipation	63.4%	27.3%	6.0%	2.8%	0.5%
Headaches	18.2%	51.6%	20.8%	9.2%	0.2%
Back problems	37.7%	36.1%	15.2%	10.9%	0.1%
Allergies	59.2%	20.8%	9.6%	9.2%	1.2%
Skin rash	79.1%	15.2%	3.0%	2.7%	0.1%
Cough	63.7%	29.8%	4.9%	1.5%	0.1%
Chills/fever	80.8%	17.5%	1.4%	0.2%	0.1%
Diarrhea	61.3%	31.6%	4.9%	2.0%	0.2%
Aching joints and bones	45.8%	30.5%	13.3%	10.3%	0.1%
Stomach intestinal upset	56.5%	31.5%	8.2%	3.5%	0.2%
Eye/ear/nose problems	76.7%	17.4%	3.9%	2.0%	0.1%
Hoarseness	84.6%	13.1%	1.6%	0.5%	0.2%
Dizziness	71.8%	22.9%	3.6%	1.7%	0.1%
Muscle aches or cramps	46.9%	36.8%	11.7%	4.4%	0.2%
Weight loss/gain	52.6%	34.1%	8.6%	4.5%	0.2%
Urinary infections	93.5%	5.0%	0.9%	0.4%	0.2%
Sweaty/wet/clammy hands	90.5%	6.8%	1.5%	1.0%	0.2%
Muscle twitching/trembling	84.5%	11.1%	3.0%	1.2%	0.1%
Rapid heartbeat (not exercising)	82.7%	12.7%	3.5%	0.7%	0.3%
Shortness of breath (not exercising)	85.2%	10.9%	3.0%	0.9%	0.1%
Women only: menstrual difficulties	63.9%	22.8%	8.3%	4.7%	0.3%
Other	79.4%	3.7%	3.4%	10.9%	2.6%

D.6. Below is a list of things that you might have been diagnosed as having by a medical practitioner. Please answer “yes” to any of these that you have been diagnosed with during your spouse/partner’s career in the CF. This information will be kept COMPLETELY CONFIDENTIAL.

Yes

- 2.9%** Have you been medically diagnosed with Post Traumatic Stress Disorder?
- 1.5%** Have you been medically diagnosed with Critical Incident Stress?
- 18.4%** Have you been medically diagnosed with Depression?
- 9.8%** Have you been medically diagnosed with Anxiety Disorder?
- 1.1%** Have you been medically diagnosed with Adjustment Disorder?
- 11.7%** Have you been medically diagnosed with any stress-related physical problem?
- 5.4%** Have you been medically diagnosed with any stress-related psychological problem?
- 6.4%** Have you been medically diagnosed with any stress-related emotional problem?

D.7. If you have not seen a medical practitioner, or are waiting to see a specialist, but believe you are suffering from one or more of the above disorders, please identify the problem(s) below.

Yes

- 0.8%** Post Traumatic Stress Disorder
- 0.5%** Critical Incident Stress
- 2.1%** Depression
- 1.3%** Anxiety Disorder
- 0.8%** Adjustment Disorder
- 1.4%** A stress-related physical problem
- 0.8%** A stress-related psychological problem
- 1.9%** A stress-related emotional problem
- 1.6%** Other

D.8. If you have been diagnosed with one or more of the problems in the questions above, or believe you suffer from one or more of them, to what extent do you believe each of the following has contributed to your illness(es).

	No Effect	A Minor Effect	Some Effect	A Large Effect	Can't Say, N/A
Family problems	28.9%	23.4%	22.3%	22.7%	2.7%
Your employment workload	31.3%	15.1%	21.4%	27.5%	4.6%
Financial difficulties	39.1%	20.2%	24.2%	13.7%	2.9%
Personal problems	29.1%	26.2%	24.7%	15.9%	4.2%
Absences from your home of your spouse/partner for military reasons	30.8%	19.7%	21.2%	22.6%	5.7%
General stresses associated with your spouse/partner's military service	28.3%	22.0%	28.5%	18.1%	3.1%

D.9. Are you currently taking prescription medication to help you with a health (including an emotional or psychological difficulty) problem?

29.7% Yes

70.3% No

D.10. Are you currently using over-the-counter (non-prescription) medication to help you with a health (including an emotional or psychological difficulty) problem?

18.2% Yes

81.8% No

Pick the one statement in each of the following groups below that best describes the way you have been feeling in the past 12 months.

D.11. First Group:

85.2% My appetite is no worse than usual.

10.8% My appetite is not as good as it used to be.

3.2% My appetite is much worse now.

0.9% I have no appetite at all anymore.

D.12. Second Group:

- 68.6%** I get as much satisfaction out of things as I used to.
- 25.5%** I don't enjoy things the way I used to.
- 4.6%** I don't get real satisfaction out of anything anymore.
- 1.4%** I am dissatisfied or bored with everything.

D.13. Third Group:

- 54.6%** I can do physical exercise about as well as before.
- 27.4%** It takes an extra effort to start doing some type of physical exercise.
- 14.9%** I have to push myself very hard to do some physical exercise.
- 3.1%** I can't exercise at all.

D.14. To what extent do you agree or disagree that each of the following statements describes you.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know/NA
You feel that you have a number of good qualities.	50.0%	44.0%	4.9%	0.7%	0.2%	0.1%
You have little control over the things that happen to you.	3.0%	15.3%	18.5%	46.0%	16.8%	0.4%
You feel that you're a person of worth at least equal to others.	45.9%	45.1%	6.0%	2.0%	0.7%	0.3%
There is really no way you can solve some of the problems you have.	3.0%	15.1%	11.7%	44.2%	25.0%	1.0%
You are able to do things as well as most other people.	41.7%	48.5%	5.9%	3.2%	0.6%	
There is little you can do to change many of the important things in your life.	1.7%	9.8%	12.6%	48.3%	27.1%	0.5%
You take a positive attitude toward yourself.	28.5%	49.5%	13.0%	8.1%	0.9%	0.1%
You often feel helpless in dealing with problems of life.	1.2%	13.4%	15.1%	47.7%	22.5%	0.1%
On the whole you are satisfied with yourself.	28.4%	51.1%	11.4%	7.8%	1.2%	0.2%
Sometimes you feel that you are being pushed around in life.	2.6%	25.3%	17.7%	39.0%	15.3%	0.2%
What happens to you in the future mostly depends on you.	26.1%	52.0%	11.1%	9.1%	1.3%	0.5%
All in all, you're inclined to feel you're a failure.	0.7%	3.5%	6.9%	34.8%	53.8%	0.2%
You can do just about anything you really set your mind to.	26.7%	52.4%	12.8%	7.1%	0.9%	0.1%
In most ways my life is close to my ideal.	12.4%	46.7%	21.8%	14.8%	3.6%	0.7%
The conditions of my life are excellent.	16.8%	45.9%	21.1%	13.2%	2.8%	0.2%
I am satisfied with my life.	21.2%	53.0%	15.5%	8.3%	2.0%	0.1%
So far I have gotten the important things I want in my life.	21.5%	54.8%	12.5%	9.1%	1.9%	0.1%
If I could live my life over, I would change almost nothing.	13.6%	41.2%	15.4%	24.5%	4.6%	.5
I feel confident that my skills and abilities equal or exceed those of my co-workers.	24.6	46.2	12.4	4.2	0.7	11.9
Based on my experiences, I am confident that I will be able to successfully perform my current job.	32.2	44.1	7.3	1.0	0.5	14.9
My current job is well within the scope of my abilities.	29.4	40.9	8.2	3.8	1.4	16.3
I did not experience any problems adjusting to my current job.	22.3	39.4	11.1	8.1	2.2	17.0
I have all the technical knowledge I need to perform my job, all I need now is practical experience.	16.8	31.7	17.3	10.1	2.5	21.5

D.15. The next questions are about your use of some substances or items IN THE LAST 12 MONTHS. Your answers to these questions will be STRICTLY CONFIDENTIAL. Your answers will help us understand what is happening among our family members, and will NOT be used to identify you or your spouse/partner.

	Never	Less than once a Month	Once a Month	2-3 Times a Month	Once a Week	2-3 Times a Week	4-6 Times a Week	Every Day
How often on average did you drink alcoholic beverages?	10.8%	28.1%	11.5%	16.7%	12.5%	13.3%	5.1%	2.0%
How often on average did you use drugs (such as marijuana, hash, cocaine, crack, speed, etc.)?	97.1%	2.1%	0.2%	0.1%	0.2%	0.2%		0.1%
How often on average did you eat fast food meals?	3.1%	21.3%	18.4%	31.8%	18.6%	5.9%	0.8%	0.1%
How often on average did you eat pre-packaged snack foods?	7.6%	14.1%	11.0%	20.4%	20.3%	18.2%	5.8%	2.6%
How often on average did you use non-prescription drugs bought from a drugstore?	13.1%	34.2%	16.3%	17.2%	7.3%	5.2%	2.1%	4.7%
How often on average did you read pornographic magazines, view internet pornography, or watch pornographic films?	77.3%	14.6%	2.9%	2.6%	1.2%	0.5%	0.4%	0.4%
How often on average did you watch violent movies?	29.5%	40.8%	13.7%	10.8%	2.9%	1.8%	0.1%	0.5%

D.16. How many alcoholic drinks have you had IN TOTAL DURING THIS PAST WEEK (1 drink=1 glass of wine or 1 bottle of beer or 1 shot of liquor)?

4.41 drinks (average)

D.17. How many times did you do physical exercise for 30 minutes or more IN TOTAL DURING THIS PAST WEEK?

3.62 periods of exercise for 30 minutes or more (average)

D.18. How many healthy meals did you prepare at home IN TOTAL DURING THE PAST WEEK?

8.51 healthy meals in the past week (average)

D.19. How many times did you talk with a friend IN TOTAL DURING THE PAST WEEK?

6.23 conversations with a friend in the past week (average)

D.20. How much time did you use the internet IN TOTAL DURING THE PAST WEEK?

6.10 hours using the internet in the past week (average)

D.21. How many times per day have you smoked a cigarette or used another tobacco product **ON AVERAGE** DURING THIS PAST WEEK?

12.0 times per day (average)

D.22. How much caffeine per day have you had **ON AVERAGE** DURING THIS PAST WEEK? (Count the number of cups of coffee, tea or soda with caffeine)

3.59 drinks per day (average)

D.23. How many hours of sleep per night have you had **ON AVERAGE** DURING THIS PAST WEEK?

7.04 hours of sleep per night (average)

D.24. How often have each of the following happened to you DURING THE PAST WEEK.

	Rarely or none of the time	Some or little of the time	Occasionally or a moderate amount of the time	Most or all of the time	Don't know
I was bothered by things that usually don't bother me	52.8%	28.3%	15.0%	2.9%	1.0%
I felt that I could not shake off the blues even with the help of my family and friends	74.4%	13.3%	7.0%	4.0%	1.3%
I was easily irritated or annoyed	37.6%	38.5%	17.3%	6.4%	0.2%
I had trouble keeping my mind on what I was doing	53.7%	28.5%	14.0%	3.5%	0.4%
I felt depressed	69.1%	18.4%	9.1%	3.1%	0.3%
I got into arguments over small things	58.0%	28.8%	10.6%	2.5%	0.1%
I felt that everything I did was an effort	62.4%	23.1%	9.5%	4.6%	0.4%
My sleep was restless	41.2%	30.2%	16.1%	12.2%	0.2%
I was happy	3.1%	8.9%	20.0%	67.7%	0.2%
I wanted to break something	86.8%	8.2%	2.9%	1.8%	0.4%
I enjoyed life	2.8%	9.2%	19.4%	68.4%	0.2%
I felt sad	54.6%	29.8%	11.5%	3.9%	0.2%
I felt like hitting someone	91.3%	5.2%	2.3%	0.7%	0.5%

D.25. Have you recently:

	Not at all	No more than usual	Rather more than usual	Much more than usual	Don't know NA
Been able to concentrate on what you're doing?	2.7%	83.1%	9.2%	4.0%	1.1%
Lost much sleep over worry?	37.8%	42.2%	14.6%	5.1%	0.3%
Felt that you are playing a useful part in things?	6.6%	68.9%	17.6%	5.5%	1.5%
Felt capable of making decisions about things?	2.2%	75.6%	15.9%	5.8%	0.6%
Felt constantly under strain?	33.7%	43.6%	16.9%	5.5%	0.2%
Felt that you couldn't overcome your difficulties?	49.4%	39.6%	8.1%	2.3%	0.6%
Been able to enjoy your normal day-to-day activities?	4.1%	73.0%	18.2%	4.3%	0.4%
Been able to face up to your problems?	2.2%	78.3%	13.9%	3.3%	2.3%
Been feeling unhappy and depressed?	52.1%	32.3%	12.1%	3.1%	0.4%
Been losing confidence in yourself?	59.5%	29.5%	8.2%	2.4%	0.3%
Been thinking of yourself as a worthless person?	78.3%	15.7%	4.1%	1.3%	0.5%
Been feeling reasonably happy, all things considered?	4.4%	70.3%	18.4%	5.8%	1.0%
Been using inappropriate methods of disciplining a child?	69.5%	9.5%	1.6%	0.2%	19.1%

D.26. In previous questions we asked about your feelings during deployments. We now ask about your experience of particular feelings and emotions when your military spouse or partner is absent for any reason. Have you ever experienced the following feelings/emotions when your spouse or partner is away?

	Never	Seldom	Sometimes	Often	Always
Feelings of isolation	26.8%	20.9%	37.9%	13.0%	1.4%
Loneliness	8.0%	15.3%	47.4%	25.1%	4.1%
Alienation	47.1%	25.0%	20.3%	7.1%	0.6%
Low self-esteem	48.6%	29.5%	17.6%	3.7%	0.6%
Hopelessness	62.1%	24.5%	10.8%	2.4%	0.2%
Anger	37.5%	30.9%	24.4%	6.4%	0.8%
Anxiety	33.9%	27.6%	28.7%	8.3%	1.4%
Mistrust	60.0%	22.7%	12.6%	3.7%	1.0%
Sleep disorders	37.8%	26.7%	22.3%	10.3%	2.8%
Depression	53.6%	23.5%	17.3%	4.5%	1.2%
Obsessive-compulsive problems	79.2%	12.2%	6.4%	1.9%	0.4%
Hostility	72.3%	18.7%	6.9%	2.0%	0.1%
Difficulties in a social situation	63.1%	23.1%	10.8%	2.7%	0.4%

D.27. The following statements describe aspects of the connection between the demands of service life, work, and personal or family life in general. Please rate how much you agree or disagree with each.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Don't know N/A
The demands of the military interfere with my home and family life.	6.7%	23.1%	26.8%	33.3%	9.7%	0.4%
The amount of time my spouse or partner's duty takes up makes it difficult to fulfill family responsibilities.	8.6%	36.9%	25.3%	23.1%	5.1%	1.0%
Things I want to do at home do not get done because of the demands my spouse or partner's military service puts on me.	11.2%	43.9%	21.0%	18.7%	4.8%	0.3%
My spouse or partner's job produces strain that makes it difficult to fulfill family duties.	13.5%	43.9%	20.8%	17.6%	3.2%	0.9%
Due to my spouse or partner's service-related duties, I have to make changes in my plans for family activities.	6.4%	25.5%	14.8%	42.1%	9.8%	1.4%
The demands of my family or spouse/partner interfere with my work-related activities.	9.9%	33.4%	17.1%	20.2%	8.1%	11.3%
I have to put off doing things at my work because of the demands on my time at home.	12.2%	35.6%	15.6%	15.7%	5.6%	15.3%
Things I want to do at work do not get done because of the demands of my family or spouse/partner.	14.9%	39.7%	15.9%	11.0%	3.5%	15.0%
My home life interferes with my responsibilities at work such as getting to work on time, accomplishing daily tasks, and working overtime.	16.7%	38.5%	11.7%	13.2%	3.7%	16.2%
Family-related strain interferes with my ability to perform work-related duties.	17.3%	42.4%	14.8%	7.7%	1.4%	16.5%
I have no difficulty with making childcare arrangements	7.4%	14.7%	15.0%	16.5%	6.4%	40.0%
My career progression has suffered as a result of my family obligations.	12.3%	25.3%	14.4%	19.5%	14.1%	14.4%
My family life has suffered as a result of my work commitments.	18.8%	39.0%	13.0%	10.2%	2.5%	16.6%
My family life has suffered as a result of my <u>spouse/partner's</u> work commitments.	13.2%	34.9%	18.3%	22.8%	6.8%	4.2%

D.28. In your household, do you assume responsibility for the following tasks?

	Never	Seldom	Sometimes	Often	Always	Don't know N/A
Household chores	0.1%	0.8%	9.3%	36.7%	52.9%	0.1%
Managing finances	2.1%	9.7%	20.2%	23.3%	44.5%	0.2%
Keeping everyone happy	0.4%	1.3%	16.8%	39.0%	39.3%	3.2%
Disciplining children	1.0%	0.9%	16.5%	36.6%	18.7%	26.3%
Organizing activities within the family	0.6%	2.8%	21.7%	39.3%	30.6%	4.9%
Coordinating tasks and responsibilities of other family members	2.6%	5.4%	20.5%	31.0%	29.5%	11.0%
Dealing with problems	0.1%	1.8%	25.1%	45.0%	27.4%	0.6%
Being a good listener	–	0.8%	15.2%	41.1%	41.9%	0.9%
Being there for everybody	0.1%	0.6%	11.4%	33.3%	52.2%	2.4%
Outdoor maintenance of our home	3.7%	19.4%	32.0%	28.7%	14.3%	1.8%
Keeping appliances/tools in good repair	14.2%	31.2%	25.4%	16.6%	11.8%	0.7%
Making sure that household/car insurance is up-to-date	9.1%	14.8%	16.8%	19.1%	39.7%	0.5%
Family rituals (e.g. organizing birthday celebrations, Christmas etc.)	0.9%	4.3%	11.0%	25.2%	57.3%	1.3%
Keeping in touch with my extended family	1.0%	4.2%	15.7%	30.5%	46.1%	2.6%
Keeping in touch with my spouse or partner's extended family	5.4%	14.4%	27.1%	26.8%	23.2%	3.0%
Keeping in touch with friends	0.5%	4.8%	21.4%	36.7%	36.1%	0.5%
Making child care arrangements	5.0%	4.0%	5.6%	12.4%	33.9%	39.2%
Parent-teacher interviews	3.5%	2.2%	7.5%	13.8%	35.4%	37.6%
Car maintenance	10.4%	19.5%	23.3%	24.1%	21.9%	0.7%
Social activities	1.1%	5.3%	29.2%	37.0%	26.1%	1.2%
Accommodating the needs of everyone else in the family	0.7%	2.7%	16.9%	34.5%	38.9%	6.3%

D.29. Have you ever seriously considered committing suicide or taking your own life during your spouse/partner's career in the CF?

8.9% Yes

89.7% No

1.4% Don't know

D.30. If yes, did this happen in the past 12 months?

- 39.7%** Yes
- 59.6%** No
- 0.7%** Don't know

D.31. Have you ever attempted to commit suicide or tried taking your own life during your spouse/partner's career in the CF?

- 1.0%** Yes
- 98.6%** No
- 0.4%** Don't know

D.32. If yes, did this happen in the past 12 months?

- 11.8%** Yes
- 82.4%** No
- 5.9%** Don't know

D.33. Think now about your "spiritual" health (putting your physical, psychological, and emotional health aside). Which of the following statements most closely describes your spiritual health at this time.

- 12.7%** I am at peace
- 64.2%** I am largely comfortable with the direction of my life
- 14.6%** I need answers to some important questions about my life
- 3.8%** I am troubled
- 4.6%** Don't Know

D.34. Thinking about the amount of stress in your life, would you say that most days are:

- 5.9%** Not at all stressful
- 27.0%** Not very stressful
- 46.7%** A bit stressful
- 17.9%** Quite a bit stressful
- 2.5%** Extremely stressful

D.35. People deal with stress in different ways. How often do you do the following when you feel stressed?

	Never	Seldom	Sometimes	Often	Always	Don't know N/A
Change what's causing the stress	2.4%	10.7%	51.3%	29.2%	4.5%	2.0%
Try to do new things	2.5%	15.1%	51.2%	26.7%	3.6%	1.0%
Look for information about possible choices	5.9%	13.7%	35.4%	33.2%	10.0%	1.8%
Feel responsible for the outcome	3.3%	11.4%	35.3%	35.5%	13.1%	1.5%
Decide what needs to be done	0.4%	3.8%	28.3%	51.6%	15.1%	0.7%
Become apathetic or just don't care	29.1%	37.5%	26.0%	5.7%	0.6%	1.1%
Drink alcohol	61.1%	23.1%	12.0%	3.0%	0.3%	0.5%
Withdraw physically from the situation	28.5%	30.7%	31.7%	7.0%	1.0%	1.0%
Eat more	26.2%	25.8%	29.0%	15.0%	3.7%	0.4%
Just try to ignore it	23.3%	33.5%	34.2%	7.8%	0.7%	0.4%
Daydream	24.9%	33.4%	30.5%	9.7%	0.9%	0.6%
Smoke cigarettes	79.8%	3.7%	4.2%	6.6%	3.9%	1.7%
Complain to others	12.2%	32.4%	38.2%	13.9%	3.1%	0.3%
Avoid thinking about the problem	20.8%	38.6%	34.2%	5.4%	0.7%	0.4%
Turn to my religious beliefs	42.2%	25.4%	18.2%	8.8%	4.0%	1.4%
Turn to prayer or spiritual thoughts	40.9%	22.6%	20.4%	10.0%	4.8%	1.3%
Seek religious guidance	67.3%	20.0%	7.7%	2.7%	1.0%	1.2%
Do physical exercise	11.9%	24.9%	35.7%	19.6%	7.5%	0.3%
Use illicit drugs (marijuana, etc.)	97.4%	1.0%	0.7%	0.1%	0.2%	0.7%
Use over-the-counter or prescription drugs	82.6%	8.8%	5.5%	1.6%	0.9%	0.7%

D.36. To what extent do you feel you participate in local community events (outside the CF)?

- 21.4%** Not at All
- 37.4%** A Little Bit
- 26.6%** Somewhat
- 13.6%** A Great Deal
- 0.9%** Don't know, N/A

D.37. To what extent do you agree or disagree with each of the following statements about your willingness to reveal personal problems.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Don't know
It is not good to let your military spouse or partner's superior(s) at work know about your personal or family problems (e.g., depression, addiction to alcohol, strains in your relationship, etc.) because his or her career might be affected.	6.1%	19.0%	17.1%	29.9%	23.7%	4.2%
It is not good to let your spouse or partner's military co-workers know about your personal or family problems because they might talk about it to others and your spouse/partner's career might be affected.	3.2%	14.1%	16.8%	34.6%	27.6%	3.7%
It is not good to let other spouses/partners of military members know about your personal or family problems because they might talk about it to others and your spouse/partner's career might be affected.	3.4%	17.2%	19.0%	32.1%	24.3%	4.0%
It is not good to seek assistance with personal or family problems from CF service providers (military Padres, Social Workers, Doctors, MFRC staff, etc.) because they might reveal these problems and your spouse/partner's career might be affected.	16.4%	36.3%	18.3%	15.0%	9.4%	4.5%

D.38. Are you in the process of obtaining a legal separation or divorce at this moment?

96.0% Yes
1.1% No
2.9%

D.39. To what extent do you agree or disagree that the following statements describe your marriage or partnership.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Don't know
We have a good marriage/partnership.	2.0%	2.4%	6.1%	30.2%	59.1%	0.2%
My relationship with my spouse/partner is very stable.	2.1%	3.5%	6.8%	29.3%	58.3%	0.1%
Our marriage/partnership is strong.	2.1%	4.5%	7.5%	28.2%	57.5%	0.1%
My relationship with my spouse/partner makes me happy.	2.0%	2.4%	8.4%	29.8%	57.4%	0.1%
I really feel like a part of a team with my spouse/partner.	2.6%	5.5%	10.2%	30.1%	51.6%	0.1%
Everything considered, I am happy in my marriage/partnership.	2.3%	2.7%	6.3%	28.0%	60.6%	0.1%

D.40. How supportive are you toward each of the following?

	Not at all supportive	A bit supportive	Somewhat supportive	Very supportive	Don't know
Your spouse or partner's current service in the CF	0.7%	2.6%	14.7%	81.6%	42.2%
Your spouse or partner pursuing a long-term career in the CF	2.2%	4.1%	16.4%	76.6%	0.8%
Your spouse or partner deploying within the next six months	18.1%	10.4%	24.7%	35.4%	11.3%
Your spouse or partner deploying six months from now or later	14.3%	12.1%	25.5%	37.1%	11.0%

D.41. Each of the following statements might describe your spouse or partner and the nature of your relationship. To what extent do you agree or disagree that each statement describes your spouse/partner's behaviour with you.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Don't know
Talks over his/her problems with me	2.6%	11.3%	12.0%	44.3%	29.5%	0.3%
Is always trying to change me	34.3%	44.3%	12.3%	6.5%	2.6%	0.1%
Respects my opinions	0.9%	4.4%	11.7%	50.8%	31.9%	0.2%
Gives me as much freedom as I want	1.2%	4.3%	8.4%	45.9%	40.2%	0.1%
Acts as though I am in the way	52.9%	37.2%	6.4%	2.8%	0.6%	0.1%
Takes time to be romantic with me	4.3%	11.6%	18.8%	42.0%	23.0%	0.2%
Wants to have the last word on how we spend our time	27.9%	45.0%	15.6%	8.4%	2.6%	0.6%
Makes fun of me	48.6%	33.3%	11.8%	5.2%	1.0%	0.1%
Has a good time with me	0.6%	2.3%	9.0%	47.2%	40.3%	0.5%
Finds fault with me	38.4%	35.0%	13.3%	10.9%	2.1%	0.4%

D.42. How often do you worry about the following?

	All of the time	Most of the time	More often than not	Occasionally	Rarely	Never
Divorce or the termination of your relationship	1.0%	1.5%	4.6%	15.7%	30.8%	46.5%
Your spouse/partner having an intimate relationship with another person when he or she is away from home	1.8%	2.3%	3.6%	15.7%	29.6%	47.0%
Your spouse/partner leaving you when she or he is away from home	1.0%	1.1%	2.7%	10.2%	24.5%	60.4%

D.43. Topics covered in this survey are sensitive and many people are reluctant to talk about their sexual experiences, but we need to understand how the demands of military service affect your life. Please read the following statements carefully. Identify the one statement best describing how you have been feeling in the past 12 months.

67.1% I have not noticed any change in my interest to have sexual relations with my spouse or intimate partner.

21.9% I am less interested in having sexual relations with my spouse or intimate partner than I used to be.

7.8% I am much less interested in having sex with my spouse or intimate partner than I used to be.

3.1% I have completely lost interest in having sex with my spouse or intimate partner.

D.44. This next section of the survey contains some difficult questions. **You are under no obligation to answer them.** However, if you are experiencing some of the problems referred to in this section, your responses will help us in developing relevant policies and programs that could help you and others in the same situation.

Has your spouse or partner been diagnosed with post-traumatic stress disorder (PTSD)?

3.2% Yes

94.0% No

2.8% Don't know

D.45. If your spouse or partner has not been diagnosed with PTSD, does he/she exhibit signs of trauma? Some of the signs and symptoms include: alcohol and drug abuse, “flashbacks” of traumatic experiences in combat/peacekeeping missions, tension-build-up, being easily startled by noise (particularly sudden noise), decrease in emotional intimacy, nightmares.

9.6% Yes

86.9% No

3.5% Don't know

D.46. Is your spouse/partner's problems related to his or her service in the military?

89.2% Yes

5.9% No

11.2% Don't know

D.47. Does spouse or partner's problems affect YOU in any of the following ways?

	Never	Seldom	Sometimes	Often	Always	Don't know N/A
Feelings of isolation	30.5%	13.2%	35.1%	13.9%	6.0%	1.3%
Loneliness	29.1%	13.9%	31.1%	18.5%	6.0%	1.3%
Alienation	36.9%	14.8%	25.5%	16.1%	5.4%	1.3%
Low self-esteem	43.0%	19.9%	27.8%	4.6%	2.6%	2.0%
Resignation	32.0%	19.3%	30.0%	12.0%	2.7%	4.0%
Acceptance	21.5%	16.8%	32.2%	16.8%	8.1%	4.7%
Hopelessness	41.1%	20.5%	23.2%	10.6%	2.0%	2.6%
Despair	45.7%	17.9%	23.2%	9.3%	2.0%	2.0%
Anger	24.0%	16.0%	37.3%	16.0%	5.3%	1.3%
Anxiety	23.3%	22.0%	30.7%	16.7%	5.3%	2.0%
Mistrust	39.7%	22.5%	23.8%	6.0%	6.0%	2.0%
Uncertainty	26.0%	18.7%	30.0%	13.3%	9.3%	2.7%
Confusion	29.3%	22.7%	24.7%	16.0%	4.7%	2.7%
Fear of spouse/partner and his/her behaviour	45.3%	21.3%	20.7%	8.7%	4.0%	
Fear of triggering PTSD symptoms in spouse/partner	40.7%	19.3%	20.7%	11.3%	6.0%	2.0%
Fear of breakdown of the relationship with spouse/partner	33.1%	21.2%	23.8%	13.2%	7.9%	0.7%
Fear of breakdown of other relationships within the family (e.g., with children)	35.1%	15.2%	23.2%	11.3%	7.3%	7.9%

D.48. Is your spouse/partner receiving counselling or therapy for a problem connected with his or her military service?

5.8% Yes

92.6% No

1.5% Don't know

D.49. In your opinion, does your spouse/partner need counseling or therapy for a problem connected with his or her military service, but has not sought it?

7.3% Yes

88.3% No

4.4% Don't know

D.50. Have you ever endured or committed physical abuse in your relationship with your military spouse or partner?

3.6% Yes

96.3% No

0.1% Don't know

D.51. Have you ever endured or committed emotional abuse in your relationship with your military spouse or partner?

13.7% Yes

83.9% No

2.4% Don't know

D.52. Is there a hostile-angry emotional climate within your home?

6.4% Yes

91.7% No

1.9% Don't know

D.53 Do you feel burdened with uncertainty about when another violent outburst will occur?

4.1% Yes

94.8% No

1.1% Don't know

D.54. Do you feel controlled by others or by events outside of your influence?

13.1% Yes

83.5% No

3.3% Don't know

If there has NEVER BEEN VIOLENCE OR ABUSE of any kind in your relationship with your military spouse or partner, please go to Question D.58.

D.55. Is (or has been) your spouse or partner violent or abusive toward:

	Yes	No	Don't Know
You	39.3	59.9	0.7
Children in your family	25.6	74.1	0.4
Older adults in your family	3.1	95.4	1.5
Family pets	18.3	80.6	1.1
Household property	29.2	69.7	1.1
Your personal possessions	14.1	84.7	1.1
The personal possessions of others	6.1	92.3	1.5

D.56. If there is (or has been) violence or abuse in your relationship, is (or was) it connected with the following (indicate any that apply): (* selected for people who indicated "yes" to any of the above instances of abuse)

	Yes	No	Don't know
Flashbacks	5.5	80.5	14.1
Nightmares	7.8	76.6	15.6
Alcohol/substance abuse	27.7	66.2	6.2
Family pressures	64.0	25.7	10.3
Personal pressures	66.7	21.7	11.6
Work pressures	58.7	28.3	13.0
Deployments	30.0	54.6	15.4
Time away (other than deployments)	26.4	60.5	13.2

D.57. Have you sought help from (indicate any that apply): (* selected for people who indicated “yes” to any of the above instances of abuse)

Yes

- 24.0** Military Family Resource Centre (MFRC)
- 14.7** Military Padre/Chaplain
- 7.8** Civilian Clergy
- 24.4** Military Social Worker
- 20.5** Civilian Social Worker
- 41.0** Civilian Therapist/Counsellor
- 12.6** Support Group
- 21.1** Medical Specialist
- 42.0** Parents or Other Family Members
- 53.6** Friends
- 17.8** Other Military Spouses
- 0.8** OSISS Family Peer Support Coordinator
- 18.6** Canadian Forces Member Assistance Program (CFMAP)
- 18.8** Other Service Provider

D.58. Please tell us how often you experienced the following in the last 12 months.
(* selected for people with full-time or part-time children)

	Never	Seldom	Occasionally	Often	Very Often
I spend quality time with my child(ren)	0.3%	0.7%	13.5%	47.0%	38.5%
My child(ren) and I argue	11.5%	33.5%	44.8%	9.3%	1.0%
My child(ren) is/are critical and disapproving of me	54.0%	34.1%	10.2%	1.5%	0.2%
I am critical and disapproving of my child(ren)	39.8%	41.0%	17.5%	1.5%	0.2%

D.59. No matter how much time and effort parents devote to raising their children, there are times when they get into trouble. Below is a list of things that some children have done. Please indicate how many times your child (or children) has done each, in total, in the last 12 months. (* selected for people with full-time or part-time children)

	Never	Once	Twice	3 Times	4 Times	5 or more times	Don't know
Got into a serious fight	87.3%	6.4%	2.5%	0.6%	0.6%	1.2%	1.3%
Shoplifting	96.3%	2.1%	0.4%	0.1%	–	0.3%	0.9%
Used illegal drugs	92.2%	1.1%	0.5%	0.4%	0.2%	2.5%	3.2%
Drank alcohol under age	85.6%	3.5%	2.8%	0.9%	0.6%	3.2%	3.4%
Stealing	93.2%	3.7%	0.6%	0.3%	–	0.5%	1.7%
Breaking and entering	98.9%	0.4%	–	–	–	–	0.7%
Car theft	99.3%	–	–	0.1%	–	–	0.6%
Vandalism	96.9%	1.7%	0.1%	0.1%	–	0.2%	1.0%
Got into a serious fight with a student in school	90.6%	6.4%	1.6%	0.3%	0.1%	0.3%	0.7%
Been suspended or expelled from school	90.3%	6.3%	1.1%	0.6%	0.7%	0.8%	0.2%
Damaged school property on purpose	97.3%	1.7%	0.1%	–	–	–	0.9%
Hit a teacher	98.5%	0.7%	0.2%	0.1%	–	0.2%	0.3%
Smoked in school (against the rules)	96.9%	0.7%	0.2%	0.2%	0.1%	0.8%	1.1%
You had to meet the Principal because your child got into trouble	80.7%	11.4%	4.7%	1.0%	0.7%	1.1%	0.3%
Skipped a day of school without an excuse	87.8%	4.1%	2.1%	0.6%	0.5%	3.7%	1.2%
Consistently gets low grades	81.9%	4.8%	2.8%	2.5%	0.8%	6.4%	0.8%
Ran away from home	96.8%	2.1%	0.5%	0.1%	–	0.3%	0.3%
Hit you	88.9%	4.2%	2.3%	1.7%	0.5%	2.1%	0.3%
Hit your spouse or intimate partner	92.5%	2.6%	1.6%	1.2%	0.2%	1.3%	0.6%
Stole from family	93.4%	2.5%	1.3%	0.9%	0.3%	0.8%	0.8%
Damaged family property	89.6%	4.6%	2.5%	0.9%	0.5%	1.5%	0.4%

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It has been recognized that increasing workload and time away can have adverse consequences for members and their families. The Human Dimensions of Deployments Study (HDDS) was established in order to examine the effects of perstempo, or personnel tempo, on Canadian Forces (CF) members, their families, and the organization. This report presents an overview of the findings from an HDDS survey sent to spouses/partners of CF members in 2005/06. The stressors experienced by the spouses of CF members, the potential outcomes of high levels of stress, and factors that may buffer against or exacerbate these outcomes, are discussed. The survey revealed that although the majority of spouses/partners are supportive of their CF member's career, the demands of military service, including deployments, can have negative impacts upon family life. It is evident that spouses provide vital support to service members' well-being, readiness, performance, and ability to carry out missions. At a time when the frequency and intensity of operational deployments is increasing, it is particularly important to assess the impacts of perstempo on CF members and their families, as well as factors that may serve to mitigate or exacerbate such impacts.

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