

THE MILLENNIUM COHORT PROGRAM

PROTECTING SERVICE MEMBER, VETERAN AND FAMILY HEALTH

A US DEPARTMENT OF DEFENSE AND DEPARTMENT OF VETERANS AFFAIRS STUDY



MILLENNIUM COHORT STUDY

Millennium Cohort
Family Study

*We are committed to helping
protect service member, veteran, and family health*

Dear Colleague,

We are pleased to share with you our most recent program updates. This newsletter includes brief summaries of new scientific publications released in recent months. Topics covered in these papers include the relationship between sleep disorders and posttraumatic stress disorder, deployment-related injury and quality of life, menstrual suppression among servicewomen, and family factors associated with decisions to leave the military.

We are also pleased to announce the launch of the Millennium Cohort Study of Adolescent Resilience (SOAR) on November 16, 2022. The DoD Military Community and Family Policy is funding this effort to address information gaps in understanding the well-being of military-connected adolescents by surveying the adolescent children of participants enrolled in the Millennium Cohort Study of service members and veterans.

Sincerely,

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The bi-directional relationship between post-traumatic stress disorder and obstructive sleep apnea and/or insomnia in a large U.S. military cohort¹

In this longitudinal analysis of data from the 2013 [Time 1 (T1)] and 2016 [Time 2 (T2)] survey cycles, we examined the bi-directional relationship between sleep disorders (obstructive sleep apnea [OSA] and/or insomnia) and post-traumatic stress disorder (PTSD). Provider-diagnosed PTSD without current symptoms at T1 was associated with new-onset OSA only and comorbid OSA and/or insomnia at T2, while current PTSD symptoms and/or diagnosis was associated with new-onset insomnia only. OSA and/or insomnia at T1 was consistently associated with newly reported PTSD symptoms or diagnosis, except that insomnia only was not associated with newly reported provider-diagnosed PTSD. Military-related factors associated with new onset PTSD or sleep disorders, such as combat deployment, recent military separation, and rank, should be considered in prevention efforts for sleep disorders and PTSD.

The relative impact of injury and deployment on mental and physical quality of life among military service members²

Deployment and injury status was associated with poorer mental and physical quality of life (QOL) with clinically significant decreases in physical QOL observed for those who deployed and were injured, either in battle or nonbattle settings, compared with uninjured deployers.

Menstrual suppression among U.S. female service members³

This study examined the prevalence of self-reported menstrual suppression among U.S. female active duty personnel (N=22,920) at two time points (2008, 2013) by demographic and military characteristics. Menstrual suppression increased significantly overall from 2008 (2.5%) to 2013 (3.8%) and among younger age groups (aged 18-34), non-Hispanic White individuals, Army, Navy, or Air Force personnel. The highest prevalence of menstrual suppression was reported in 2013 among those who deployed in the past year (4.7%) or worked in health care (5.1%) or combat specialties (4.7%). Increased health education is needed to support the health care needs and readiness of female service members.

Influence of family factors on service members' decisions to leave the military⁴

This study used data from the Millennium Cohort Family Study for 4,539 dyads comprising service members and their spouses to investigate family predictors of voluntary military separation. Results identified significant family factors operating through work–family conflict and military satisfaction that were associated with increased likelihood of service member voluntary separation, including number of children, spouse bothered by finances, and service member months away from home. Service members with spouses who reported higher levels of social support were significantly less likely to voluntarily separate, after operating through both work–family conflict and military satisfaction.

References

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3. Zhu Y, Kolaja CA, Stamas N, Matsuno RK, Rull RP; Millennium Cohort Study Team. (2022). Brief report: Menstrual Suppression Among U.S. Female Service Members in the Millennium Cohort Study. *MSMR*, 29(9), 19-22.
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For more information on recent publications, including links to full-text, please visit the study websites: millenniumcohort.org and familycohort.org

