

## Millennium Cohort Family Study

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# Report Documentation Page

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## Background



- Few epidemiologic studies have examined the impact of deployment on family members and family functioning
- Family relationships can be a source of support or stress for service members
- The Millennium Cohort Study has enrolled over 151,000 members since 2001 that are surveyed every 3 years to understand the health effects of military service
- A family cohort will be added to the 2010 Millennium Cohort enrollment cycle to assess the interrelated health effects of military service and deployment on service members, spouses, and co-resident children
- Family survey will include topics such as impact of deployment and military service on spouse and family, services received, family cohesion, and behavior and development of children

# Objectives

- Answer important health related questions about military service members and their families in the context of military deployment and other occupational exposures
- Assess the importance of family support and other factors on health outcomes



# Family Study Enrollment Design



## Methodology



- **1% sample pilot testing**
- **Married service members will be asked to grant permission to contact spouse**
- **Target: Enroll ~10,000 spouses**
  - **Estimated half of spouses' service member will have been deployed to OIF/OEF at least once**
- **Link to other military data to complement subjective measures with objective measures of exposures and health outcomes**

# Methodology



- Questionnaire leverages standard instruments (PHQ, PCL, SF-36V, CAGE, FACES IV, ISI, others)
- Includes measures of physical health, behavioral health, mental health, and family functioning
- Includes important exposure questions and other metrics (CAM use, sleep, etc.)
- Participants respond via secure website: [www.familycohort.org](http://www.familycohort.org)

A screenshot of the Family Cohort Study website. The header features the "FAMILY MILLENNIUM COHORT STUDY" logo on the left and a banner with the text "THE FAMILY COHORT STUDY" on the right. Below the banner is a row of circular icons representing various military branches. A green navigation bar contains the links: HOME, SURVEY, PARTICIPANTS, F.A.Q., and ABOUT US. The main content area is divided into two columns. The left column has a green background and contains a sidebar with links: "Have you relocated?", "WHAT'S NEW" (Study Update, Veterans Day Postcard, Free Gift!), "ENDORSEMENTS", "RESEARCH" (Publications, Presentations, Awards), "PRESS", and "CONTACT US". The right column has a white background and features the heading "The Family Cohort Study" above a photograph of a soldier in uniform interacting with a child. Below the photo is a paragraph of text describing the study's purpose and goals. At the bottom of the page, there is a small disclaimer text.

# Partnering Organizations and Co-Principal Investigators



- **DoD funding via Military Operational Medicine Research Program (MOMRP), administered by USAMRMC**
  
- **Cooperative Research and Development Agreement (CRADA) between NHRC and Abt Associates, Inc.**
  
- **Co-Principal Investigators:**
  - **John Fairbank, PhD, Duke University**
  - **Charles Marmar, MD, New York University**
  - **William Schlenger, Abt Associates Inc. and Duke University**
  - **Tyler Smith, MS, PhD, Naval Health Research Center**

# Important Partners



- Defense Manpower Data Center



- Henry M. Jackson Foundation



- Anderson Direct Mailing Company



- Others



# Measured Health Outcomes and Impact



## Main Survey Topics

- Demographic information
- General health (including sleep)
- Spouse, family, child, and service member stress
- Impact of deployment and military service
- Family cohesion, expressiveness, and conflict
- Child behavioral, developmental, and general health
- Health services
- Alcohol and tobacco use
- Military specific questions for active-duty spouses

## Research will facilitate identification of specific interventions:

- Deployment-related stress
- Family member resilience
- Family support dynamics
- Service member and family well-being
- Force readiness

## Future Direction



- **In 2010, the Millennium Cohort Family Study is projected to launch and enroll spouses of military service members**
- **By 2012, data collected from the Millennium Cohort Family Study would provide strategic information for DoD leadership**
- **Securing funding for this longitudinal study is essential to better understand the long-term effects of military service on military member and family health**

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## Millennium Cohort Study Co-Investigators

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