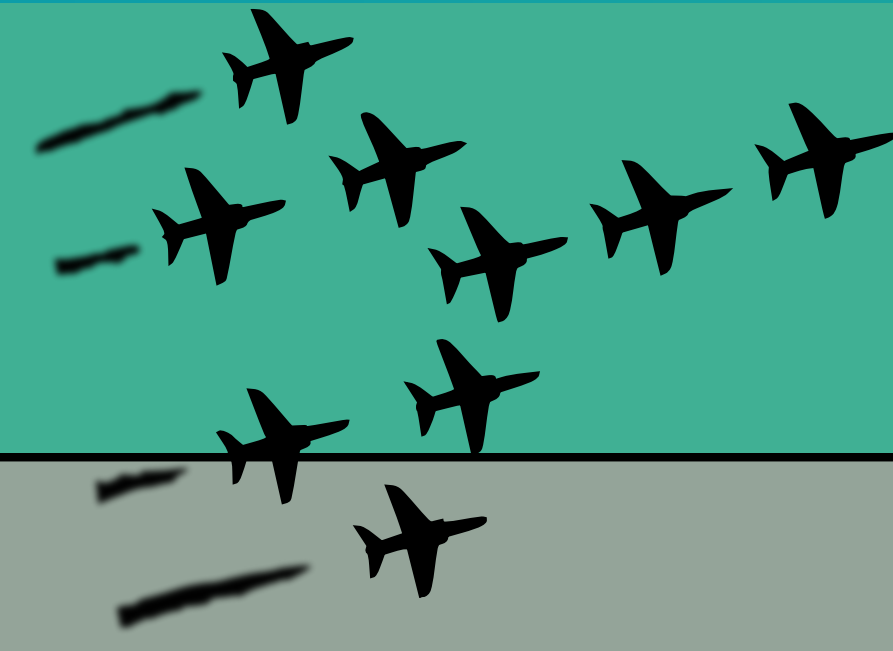


The Relationship Between Daily Work Hassles and Depression and Anxiety Among Active Duty Military Service Members



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Objective	Results	Conclusions
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To identify if increased work stress results in increased depression and anxiety

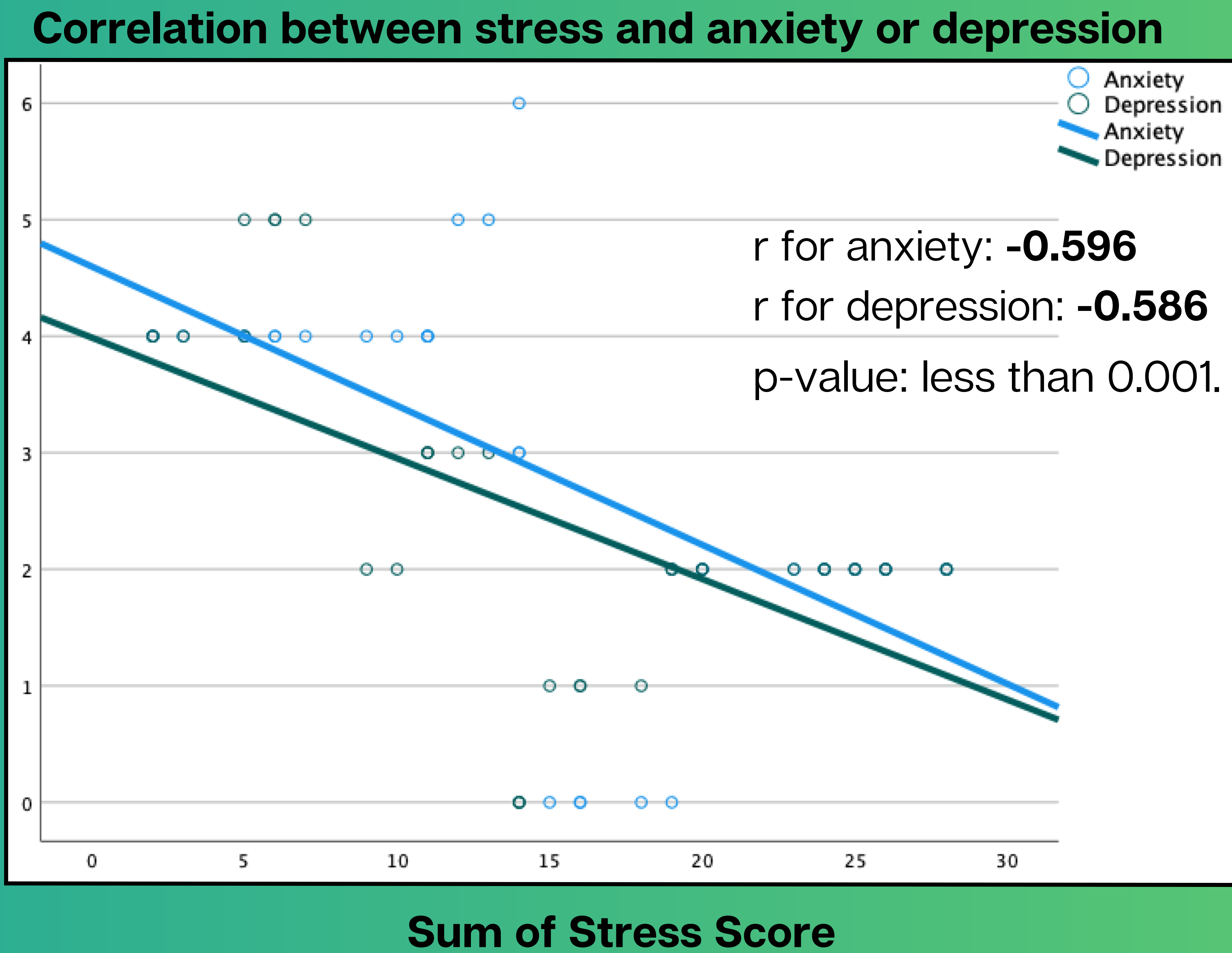
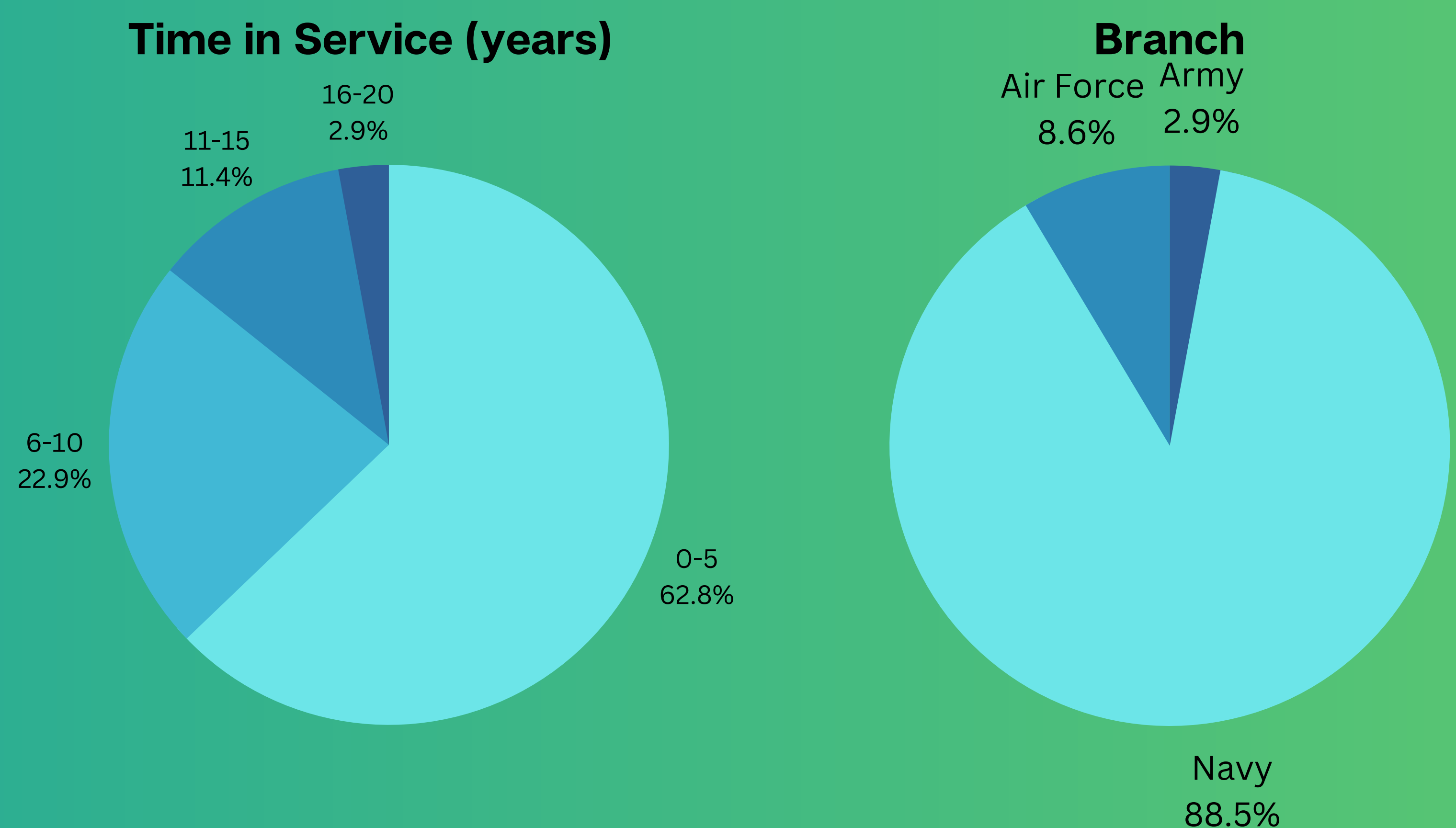
Background

- Nearly 1 in 4 active duty members show signs of a mental health condition
- Higher prevalence of mental illness among military than general population
- Work related stress has been shown to contribute greatly to mental illness in active duty, next to combat deployment

Methods

- Cross-sectional study distributed to active duty military personnel (n=35)
- Exposures:** pool of questions about work conditions and work stress from the American Institute of Stress Workplace Stress Survey, the Annex I Questionnaire, and the Workplace Sitting Breaks Questionnaire, or SITBRQ
- Outcomes:** questions measuring anxiety and depression from PHQ-4
- Pearson correlation analysis and linear regression conducted using SPSS

- 62.9% males, 34.3% females and 2.9% other
- 37.1% Caucasian, 22.9% Latino/a or Hispanic, 14.3% African American, and 11.4% Asian
- 45.7% ages 18-25, 25.7% 30-34, 17.1% 30-34, and 11.4% above 35



- According to the Pearson coefficients, there is a moderate negative association between work stress and anxiety and depression. Our results do not support our hypothesis
- Possible reasons the strong social relationships in the military may subvert feelings of depression and anxiety, or the military attracts those with lower levels of depression at the outset
- Further research is needed to examine the relationship of exposure and outcome in a more geographically diverse population and among the branches of military evenly

Policy Implications

- Strengthen the relationship between employees and their supervisors/coworkers
- Further research all possible sources of work stress in the military

