



# Measuring the health and wellbeing of the UK Armed Forces: The KCMHR cohort 2003-???

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Sensitivity: Operational

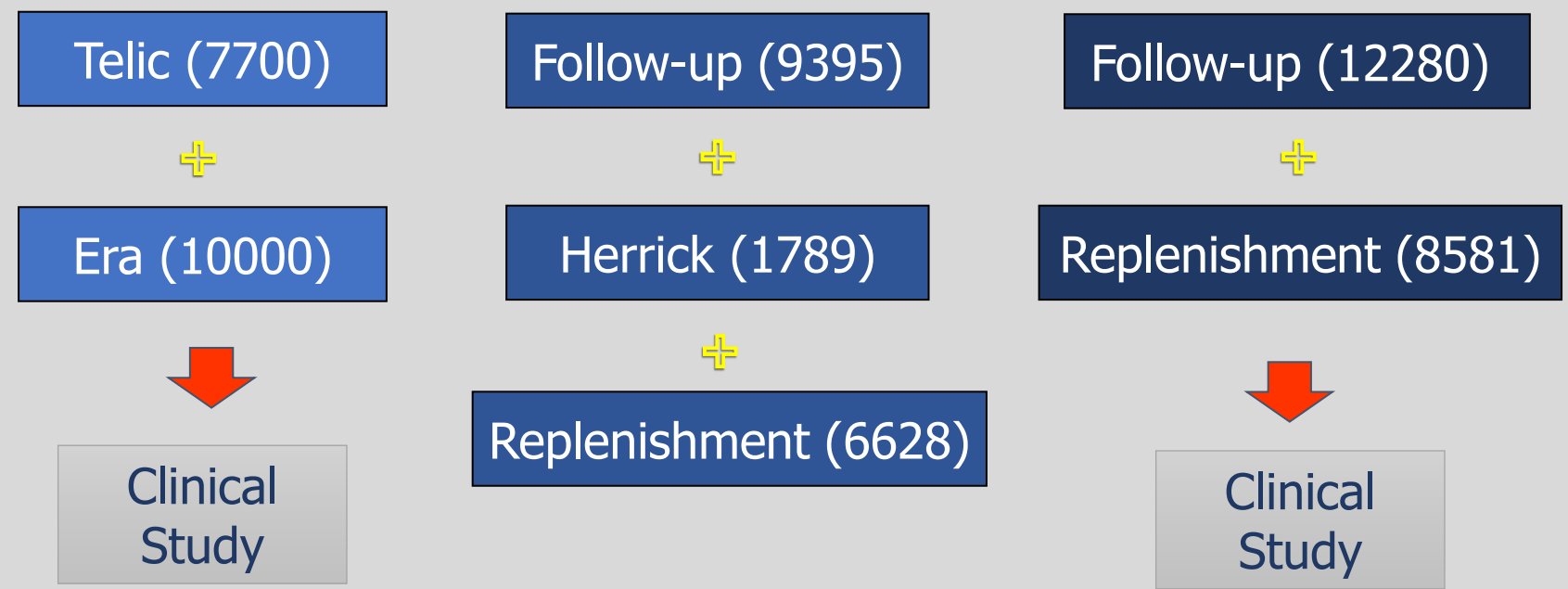




KCMHR is an academic department at King's College London conducting mixed methods research into military health.

- Deployment experiences
- Mental and physical health
- Treatment trajectories
- Family outcomes
- Alcohol misuse
- Wellbeing of military families
- Veteran employment experiences
- Risks and behaviours

# The KCMHR Cohort

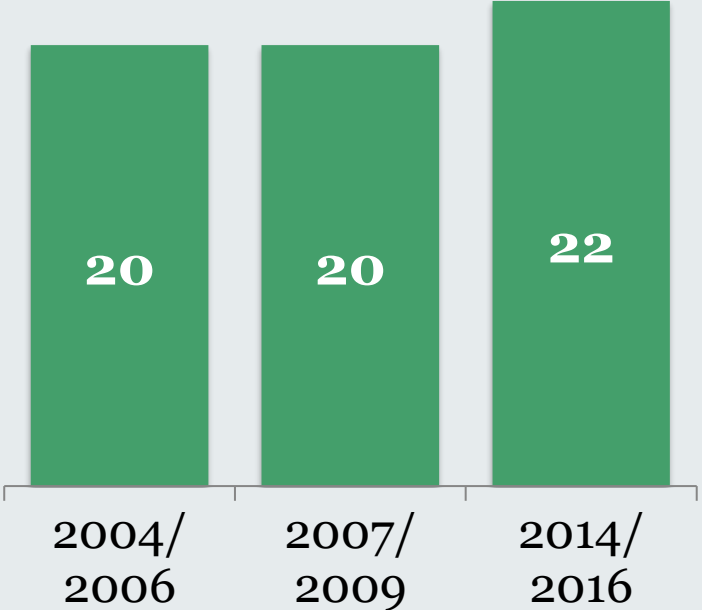


# The Story So Far...

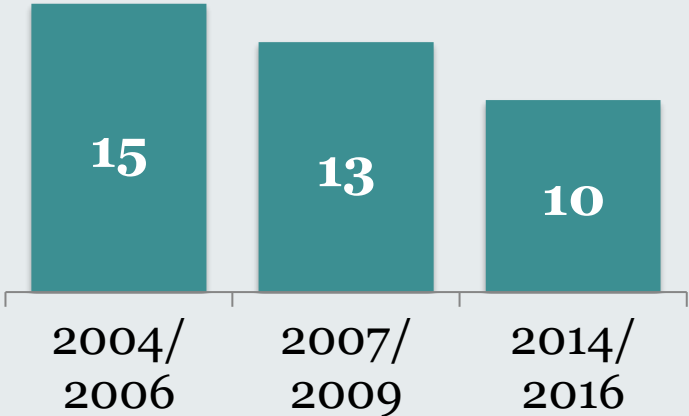
probable PTSD (%)



common mental disorders (%)



alcohol misuse (%)



# The Future

# WHY CONTINUE THE COHORT STUDY?

- Need to continue to understand the long-term impact of military service and deployment
- The POWER in longitudinal data
- Growing veteran group may have changing needs and experiences through transition and civvy life
- Evidence to continue to support voluntary sector and government policy and service delivery

# KCMHR Health and wellbeing study of serving and ex-serving UK Armed Forces personnel – PHASE 4

- Fourth phase of a cohort study examining the mental health and wellbeing of UK Armed Forces personnel (serving and ex-service), regulars and reserves.

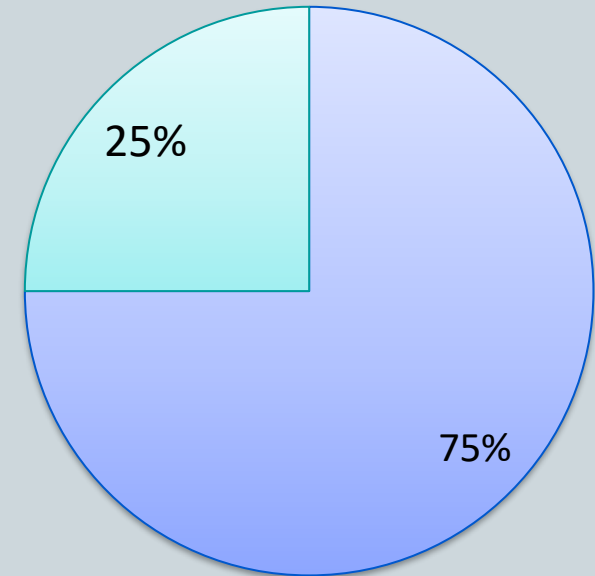
## AIMS

- To DETERMINE any mental health or wellbeing effects that have emerged since phases 1, 2 and 3
- To DESCRIBE participants' mental health and wellbeing journeys (trajectories) over the course of the previous phases to now

# POTENTIAL PARTICIPANTS

- Those who responded at phase 3 of the KCMHR health and wellbeing study (2014–2016) and consented to being recontacted (n ≈ 8,500).
- Majority have deployed to Iraq (Op TELIC) or Afghanistan (Op HERRICK)
- Transition to an ex-serving (veteran) cohort
- Estimated average age: 45 years old (currently)

Estimated Sample Service Status

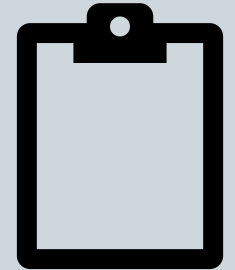


■ Ex-Service    ■ Service personnel



# DATA COLLECTION

- Specific invite by email or letter to complete a self-report online or paper questionnaire
- Possibility of base visits and questionnaire sessions where service personnel eligible for the study are co-located
- Data collection – Jan 2022-July 2023
- Social media and intensive tracing activities to find people where contacts are out of date
- All about getting the best response rate!



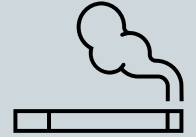
# TOPIC AREAS

## 1. Demographic and military background

(relationship status, education, rank, deployments)



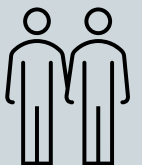
## 2. Health and wellbeing (help-seeking, mental health problems, mTBI, alcohol, smoking, suicidality)



## 3. Socio-economic (current employment, benefits receipt, job satisfaction, accommodation, finances)



## 4. Families, relationships and social activities (marital satisfaction, impact of service on children and relationships, domestic violence/IPV, social support)



# TOPIC AREAS – WHAT’S NEW?

Impact of  
Afghanistan  
withdrawal

Complex PTSD

Drug use

Physical health  
conditions

Cognitive Decline

COVID-19  
Experiences

Caring  
responsibilities

Loneliness

Gambling

Expanded  
families/  
relationships  
section



# POTENTIAL IMPACT AND INFLUENCE

Update on the current health and wellbeing of cohort members and longitudinal data which can inform:

Welfare/support/healthcare service provision for the UK Armed Forces (serving and ex-service)

- Identifying current needs and indicating trends
- Targeting funds and specific services
- Influencing interventions and healthcare provision

Policy

- Influence national and local government policy and decision making
- i.e., identifying key issues/areas that need support

Research

- Identify key issues, gaps, recommendations for future research

# POTENTIAL OPPORTUNITIES

Scope for data linkage (e.g., health records, criminal records)



Scope for qualitative studies and additional quantitative studies tied to the cohort

**Benefit of the cohort is that it creates the basis for impact much larger than the sum of its parts!**

# HOW CAN YOU HELP?

- Support the study on social media/other engagement or media outlets
- Collaborate with us
- Make use of the evidence
- Keep in touch

## NEXT STEPS?

- A lot of recruitment and data collection!





thewarriorprogramme



Naval Families Federation



contact Collaborating for Military Mental Health

Royal Air Force Families Federation

Ministry of Justice

E.S.R.C ECONOMIC & SOCIAL RESEARCH COUNCIL

NatCen Social Research that works for society

Ulster University

Greenwich Hospital



RAND EUROPE

UNIVERSITY OF ABERDEEN



RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS

UNIVERSITY OF OXFORD



Imperial College London

OUR THANKS TO ALL OUR COLLABORATORS

FiMT forces in mind trust SUCCESSFUL SUSTAINABLE TRANSITION

OXFORD BROOKES UNIVERSITY



Blind Veterans UK



HELP for HEROES Support for our Wounded

COMBAT STRESS THE VETERANS' MENTAL HEALTH CHARITY



Department of Health

Ministry of Defence

MRC Medical Research Council

SAMARITANS

Service Children's Progression ALLIANCE

aff

CIMVHR Canadian Institute for Military and Veteran Health Research ICRSMV L'Institut canadien de recherche sur la santé des militaires et des vétérans

THE COLT FOUNDATION

ROBERT GORDON UNIVERSITY ABERDEEN

NHS England

Office for Veterans' Affairs

# Thank You!

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Visit our website:

<https://kcmhr.org/health-and-wellbeing/>

<https://www.kcmhr.org/>

Factsheet: <https://kcmhr.org/key-facts/> (March 2022)

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