



Statistics
Canada

Statistique
Canada

Canada



Statistics Canada
www.statcan.gc.ca

Canadian Forces Mental Health Survey

**2014 National Conference
Canadian Research Data Centre Network**

Stephanie Lalonde

October 30, 2014



Objectives

- To assess the mental health status and functioning of Canadian Forces members (all regular forces and reserve members with a previous deployment to Afghanistan) on both illness and positive mental health continuums through selected mental disorders, mental health problems, and well-being;
- To assess timely, adequate, and appropriate access to and utilization of formal and informal mental health services and supports as well as perceived needs;
- To evaluate changes in patterns of mental health, service use, and functioning from the CCHS on Mental Health and Well-being Canadian Forces Supplement (2002);
- To evaluate the mental health impact of the Canadian Forces work environment and deployment in support of the mission in Afghanistan.



Survey Design

- Two sample components with separate procedures: Regular and Reservists.
- **Regular Forces** - 6550 full-time members
- **Reservists** - 1550 Reservists (both full and part-time) who have had a deployment to Afghanistan



Survey Design

- Average survey length: 74 minutes
- Sample frame: Canadian Forces administrative records
- Personal interview using CAI
- Non-proxy interviews only
- Collection April 15 – August 31, 2013
- Response rate: 80%



Content – Mental Health Status

- Positive Mental Health (PMH)
- Distress (DIS)

DISORDER MODULES:

- Screener Section (SCR)
- Depression (DEP)
- Suicide – sub block of Depression (SUI)
- Generalized Anxiety Disorder (GAD)
- Panic Disorder (PAD)
- Post-Traumatic Stress Disorder (PTSD)
- Alcohol Use, Abuse and Dependence (AUD)

Rates of selected mental or alcohol disorders

	full-time regular force members
	%
Any selected mental or alcohol disorder¹	16.5
Major depressive episode	8.0
Post traumatic stress disorder	5.3
Panic disorder	3.4
Generalized anxiety disorder	4.7
Alcohol abuse or dependence²	4.5
Alcohol abuse	2.5
Alcohol dependence	2.0

1. Any selected mental or alcohol disorder is comprised of: major depressive episode, post traumatic stress disorder, general anxiety disorder, panic disorder, and alcohol abuse or dependence. However, these disorders cannot be added to create this rate because the disorders are not mutually exclusive, meaning that people may have a profile consistent with one or more of these disorders.

2. Alcohol abuse or dependence is comprised of alcohol abuse and alcohol dependence. These categories are mutually exclusive and can be added to create the variable alcohol abuse or dependence.

Source: Statistics Canada, Canadian Forces Mental Health Survey, 2013.



Disorder Measurement – Composite International Diagnostic Instrument (CIDI)

- Fully-structured interview from World Health Organization
- It has been used to assess mental health in population health surveys in over 30 countries around the world. This instrument was used in the 2002 CCHS on Mental Health.



Content – Functioning

- Pain and Discomfort (HUP)
- WHO – Disability Assessment Schedule 2.0 (DAS)
- Two-Week Disability (TWD)
- Perceived Need for Care (PNC)
 - + Help Needed – sub block (PN1)



Content – Services and Support

- Mental Health Services (SR1)
- Medication Use (MED)
- Social Provisions Scale (SPS)



Content - CF Experiences

- Military Sexual Trauma (MST)
- Deployment Experience (DEX)
- Time Away (TMA)
- Attitude towards Mental Health Care (ATC)
- Absenteeism/Presenteeism (ABS)
- Exposure to Mental Health Training (MHT)

Self-Reported Experiences of Sexual Assault and Unwanted sexual touching

Profile	Total		Male		Female	
	number	%	number	%	number	%
Total Regular Force	64,400	100.0	55,500	100.0	8,900	100.0
Ever experienced Sexual assault while deployed on CF operation or in CF workplace or by CF member or civilian DND employee						
Yes	800	1.2	100 ^E	0.2 ^E	700	7.6
No	63,600	98.8	55,400	99.8	8,200	92.4
Ever experienced Unwanted sexual touching while deployed on CF operation or in CF workplace or by CF member or civilian DND employee						
Yes	1,700	2.7	400	0.8	1,300	14.7
No	62,700	97.3	55,100	99.2	7,600	85.3
Ever experienced Sexual assault <u>or</u> Unwanted sexual touching while deployed on CF operation or in CF workplace or by CF member or civilian DND employee						
Yes	1,800	2.9	500	0.8	1,400	15.6
No	62,600	97.1	55,000	99.2	7,500	84.4
E: Use with caution.						
F: Too unreliable to be published.						
Source: Statistics Canada, Canadian Forces Mental Health Survey, 2013						
Note: Estimates may not add to totals due to rounding.						



Content - Correlates

- General Health (GEN)
 - Chronic Conditions (CCC)
 - Mental Health Experiences (MHE)
 - Childhood Experiences (CEX)
 - Stress (STS)
- Labour Force (LF2)
 - Work Stress (WST)
 - Income (INC)
 - Education (EDU)
 - Socio-demographic Characteristics (SDC)



Administrative data

- Information obtained from CF administrative records, with respondent consent
 - Deployment - month/year of departure; number of days of deployment
 - Medications - 17 groups; current use and usage in past 12 months.



Comparison to 2002 survey

- Similar study completed in 2002
- Similar objectives and design
- Overlapping content
 - 11 modules of 2002 repeated in 2013 with no changes or only minor changes
 - 7 modules repeated with moderate/major changes
 - 14 new modules
- Can be used to make comparisons between 2002 and 2013



How the Canadian Forces Mental Health Survey Data will be used

- The survey will provide Canadian Forces decision makers with data for developing more effective **programs** and **policies** to
 - promote mental health and assist those with mental health problems to recover,
 - evaluate CF programs
 - increase mental health awareness,
 - Better understand perceived barriers to care, and
 - improve quality of life.



Examples of Research Questions

- Does the current pre-and post-deployment mental health program ensure CF members are well-equipped to cope with the stressors associated with deployment?
- What factors are associated with care-seeking in the CF? What barriers do CF members perceive to mental health care-seeking?
- How does the mental health of the CF population compare to that of the general population? What sub-populations are at risk of developing mental health problems and disorders?
- How are perceptions of stigma and discrimination related to help-seeking-behaviour?

Planned analysis – Statistics Canada

- Health at a Glance – Statistics Canada publication
- Highlights lifetime and 12-month rates of selected disorders
- 12-month rates examined by sex and deployment history
- 12 month rates compared to 2002 rates and general population
- To be released November 25, 2014



Planned analysis – Canadian Forces

- Multiple projects based on five themes.
 - Need
 - Impacts
 - Occupational risk and resilience factors
 - Non-occupational risk and resilience factors
 - Services and support

- To be published over the next two to three years