

TABLE 2. Prevalence of Specific Perinatal Mental Health Conditions, Among Live Birth Deliveries, Active Component, U.S. Armed Forces, Department of Defense Birth and Infant Health Research Program Data, 2016–2022

	Total (n)	Trauma, Stressor				Anxiety, Panic				Depression			
		No.	%	95% CI Lower Limit	95% CI Upper Limit	No.	%	95% CI Lower Limit	95% CI Upper Limit	No.	%	95% CI Lower Limit	95% CI Upper Limit
Total	56,371	13,028	23.1	22.8	23.5	9,548	16.9	16.6	17.3	8,251	14.6	14.4	14.9
Race and ethnicity													
American Indian, Alaska Native	591	128	21.7	18.3	25.0	100	16.9	13.9	19.9	87	14.7	11.9	17.6
Asian, non-Hispanic	2,262	428	18.9	17.3	20.5	252	11.1	9.8	12.4	243	10.5	9.5	12.0
Black, non-Hispanic	13,709	3,765	27.5	26.7	28.2	2,167	15.8	15.2	16.4	2,338	17.1	16.4	17.7
Hispanic	10,946	2,475	22.6	21.8	23.4	1,730	15.8	15.1	16.5	1,578	14.4	13.8	15.1
Multi-racial, non-Hispanic	2,562	585	22.8	21.2	24.5	467	18.2	16.7	19.7	407	15.9	14.5	17.3
Native Hawaiian, Pacific Islander	828	142	17.2	14.6	19.7	67	8.1	6.2	10.0	82	9.9	7.9	11.9
White, non-Hispanic	24,146	5,216	21.6	21.1	22.1	4,524	18.7	18.2	19.2	3,331	13.8	13.4	14.2
Unknown	1,327	289	21.8	19.6	24.0	241	18.2	16.1	20.2	185	13.9	12.1	15.8
Age, y													
<20	468	116	24.8	20.9	28.7	68	14.5	11.3	17.7	65	13.9	10.8	17.0
20–24	19,345	5,174	26.8	26.1	27.4	3,420	17.7	17.1	18.2	3,243	16.8	16.2	17.3
25–29	17,281	4,010	23.2	22.6	23.8	3,052	17.7	17.1	18.2	2,551	14.8	14.2	15.3
30–34	12,267	2,264	18.5	17.8	19.1	1,854	15.1	14.5	15.8	1,448	11.8	11.2	12.4
35+	7,010	1,464	20.9	19.9	21.8	1,154	16.5	15.6	17.3	944	13.5	12.7	14.3
Marital status													
Married	43,595	9,516	21.8	21.4	22.2	7,219	16.6	16.2	16.9	5,993	13.8	13.4	14.1
Unmarried, unknown	12,776	3,512	27.5	26.7	28.3	2,329	18.2	17.6	18.9	2,258	17.7	17.0	18.3
Rank													
Junior enlisted	6,872	1,897	27.6	26.6	28.7	1,215	17.7	16.8	18.6	1,195	17.4	16.5	18.3
Mid-, senior enlisted	38,926	9,785	25.1	24.7	25.6	7,227	18.6	18.2	19.0	6,289	16.2	15.8	16.5
Officer	10,573	1,346	12.7	12.1	13.4	1,106	10.5	9.9	11.0	767	7.3	6.8	7.8
Service branch													
Army	18,668	5,088	27.3	26.6	27.9	3,170	17.0	16.4	17.5	2,947	15.8	15.3	16.3
Navy	15,969	3,918	24.5	23.9	25.2	3,073	19.2	18.6	19.9	2,751	17.1	16.6	17.8
Air Force	16,207	2,928	18.1	17.5	18.7	2,515	15.5	15.0	16.1	1,865	11.5	11.0	12.0
Marine Corps	4,131	920	22.3	21.0	23.5	607	14.7	13.6	15.8	554	13.4	12.4	14.5
Coast Guard	1,396	174	12.5	10.7	14.2	183	13.1	11.3	14.9	134	9.6	8.1	11.1
Deployment history ^b													
Ever deployed	19,027	4,077	21.4	20.8	22.0	3,140	16.5	16.0	17.0	2,654	14.0	13.5	14.4
Never deployed	37,344	8,951	24.0	23.5	24.4	6,408	17.2	16.8	17.5	5,597	15.0	14.6	15.4
Stage of pregnancy													
Pre-pregnancy	56,371	5,819	10.3	10.1	10.6	3,074	5.5	5.3	5.6	2,608	4.6	4.5	4.8
During pregnancy	56,371	5,279	9.4	9.1	9.6	5,501	9.8	9.5	10.0	4,703	8.3	8.1	8.6
Postpartum	56,371	7,999	14.2	13.9	14.5	4,961	8.8	8.6	9.0	4,422	7.8	7.6	8.1

Abbreviations: n, number; No., number; CI, confidence interval; y, years.
^aFrequencies and 95% CIs were not calculated for cells with less than 30.
^bLimited to deployments in support of post-9/11 operations, predominately in and around Middle East region.