



SCAN ME

MOBILITY & MENTAL HEALTH

In Active Duty Soldiers

Why Is This Important

325 Active Duty Service Members Committed Suicide in 2018
139 from the Army alone

Service Members and Their Families Move on Average Every **2-3 Years**

What Will Be Measured

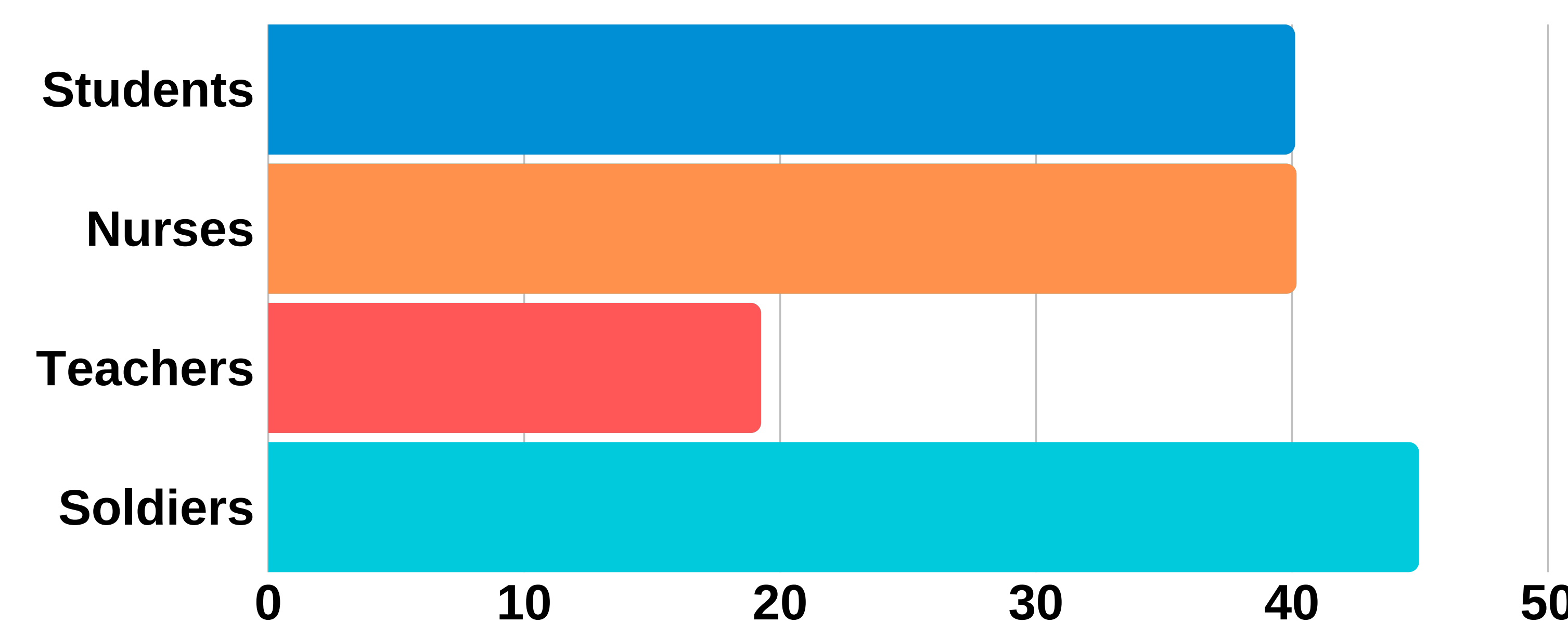
30 Question Survey

- Demographics
- Mobility
- UCLA Loneliness Scale

Is there a correlation between Mobility and Loneliness?

MANCOVA Analysis will be conducted

Mean Loneliness Scores

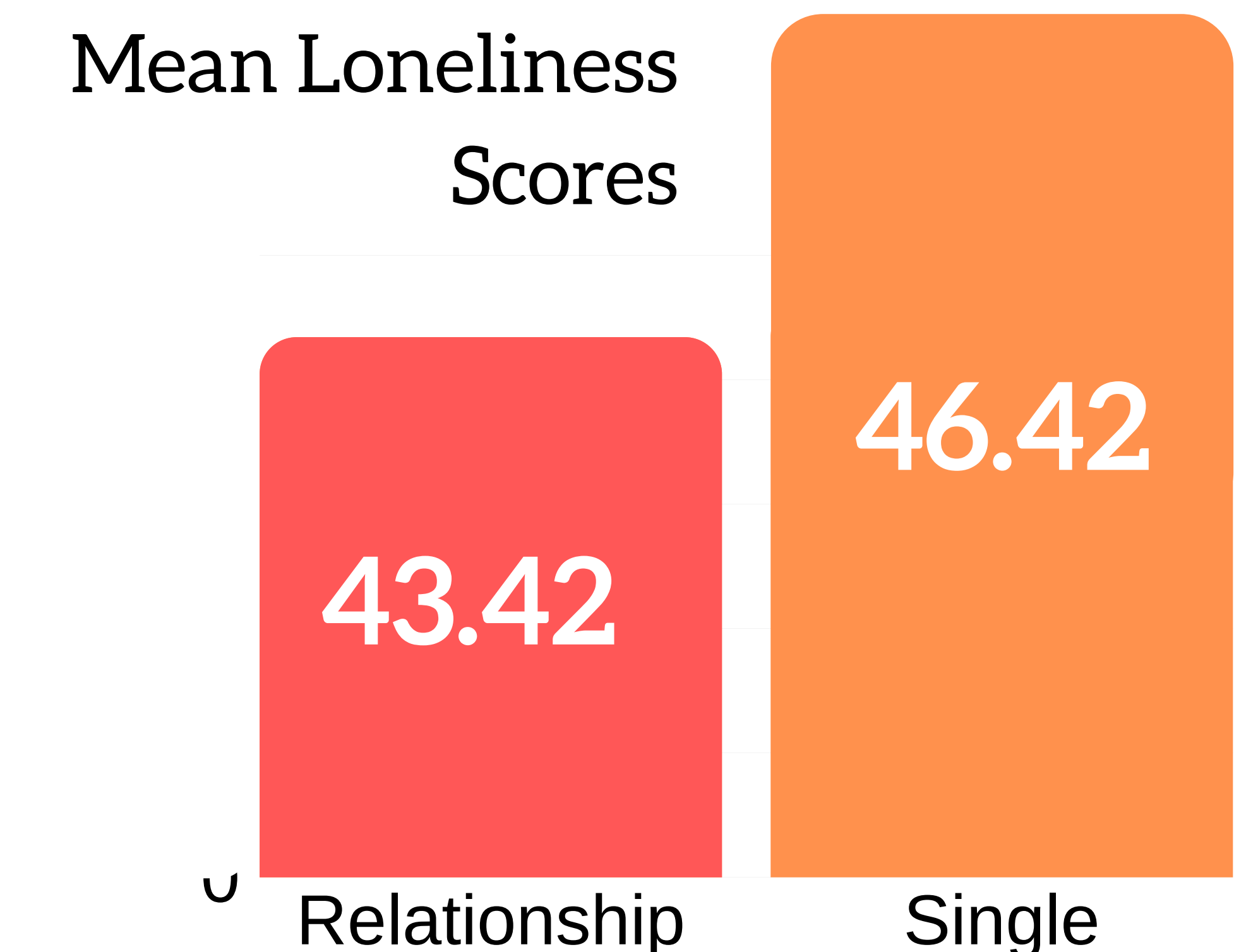


Preliminary data collected from 14 Active Duty Service Members had a mean Loneliness Score of 44.928. According to previous research done using the same UCLA Loneliness Scale (version 3), this a significantly higher mean.

(Russell, Daniel. (1996). UCLA Loneliness Scale (Version 3): Reliability, Validity, and Factor Structure. Journal of personality assessment. 66. 20-40. 10.1207/s15327752jpa6601_2)

Of these fourteen individuals, half strongly disagreed that they had control over where they lived and 13 live over 4,000 miles away from their home of record.

Half of the individuals were married or in a committed romantic relationship. The mean loneliness score of these individuals was lower than the mean of the single individuals.



Hypothesis:

- Service Members stationed farther from their home of record and individuals that do not feel they have control over where they live will display a high loneliness score.
- Service Members that are highly mobile, calculated by the amount of times moved, will display a high loneliness score
- Service Members that are married or are in a committed romantic relationship will display a lower loneliness score