

Data supplement

Table DS1 Demographic and operational characteristics						
	OMHNE A1 and A2, <i>n</i>	OMHNE episode, <i>n</i> (%)		DASA, ^a %	Difference between A1 and A2	
		A1	A2		χ^2 , (d.f.)	<i>P</i>
Service	2794				71.87 (2)	≤0.001
Royal Navy	117	18 (1.3)	99 (7.3)	20.3 ^b		
Army and Royal Marines	2446	1313 (91.8)	1133 (83.1)	55.5		
Royal Air Force	231	100 (7.0)	131 (9.6)	24.2		
Rank	2790				2.59 (2)	≤0.28
Junior rank	2085	1051 (73.4)	1034 (76.1)	60.2		
Senior rank	392	212 (14.8)	180 (13.2)	22.7		
Officer	313	168 (11.7)	145 (10.7)	17.1		
Gender	2769				2.16 (1)	NS
Male	2558	1308 (91.7)	1250 (93.1)	90.4		
Female	211	119 (8.3)	92 (6.9)	9.6		
Engagement type	2723				6.90 (1)	≤0.01
Regular forces	2565	1315 (93.1)	1250 (95.4)	90.9		
Reserve forces	158	98 (6.9)	60 (4.6)	9.1 ^b		
Age group, years	2790				15.09 (3)	≤0.01
18–24	1152	605 (42.3)	547 (40.2)	28.2		
25–34	1162	561 (39.2)	601 (44.2)	39.6		
35–44	414	220 (15.4)	194 (14.3)	32.2		
≥45	62	44 (3.1)	18 (1.3)			
Relationship status	2787				0.18 (1)	NS
Long-term relationship	1834	945 (66.2)	889 (65.4)			
Single	953	483 (33.8)	470 (34.6)			
Service length, years	2630				27.02 (4)	≤0.001
< 1	91	70 (5.2)	21 (1.7)			
2–4	951	500 (36.8)	451 (35.5)			
5–12	1030	505 (37.2)	525 (41.3)			
13–21	461	231 (17.0)	230 (18.1)			
≥22	97	52 (3.8)	45 (3.5)			
Dependant children	2755				6.93 (1)	≤0.01
Yes	1832	919 (64.2)	913 (69.0)			
No	923	512 (35.8)	411 (31.0)			
Tours	2794				30.70 (1)	≤0.001
0–1 previous operational tour	1533	858 (60.0)	675 (49.5)			
≥2 previous operational tour	1261	573 (40.0)	688 (50.5)			
Individual augmentee or formed unit personnel	2794				4.15 (1)	≤0.05
Formed unit personnel	2578	1306 (91.3)	1272 (93.3)			
Individual augmentee	216	125 (8.7)	91 (6.7)			
Length of time deployed, weeks	2773				171.06 (4)	≤0.001
0–4	185	119 (8.4)	66 (4.9)			
5–8	280	200 (14.1)	80 (5.9)			
9–16	857	355 (25.0)	502 (37.2)			
17–26	1310	625 (44.0)	685 (50.7)			
≥27	141	123 (8.6)	18 (1.3)			
Location in theatre	2786				819.62 (3)	≤0.001
Check point	300	0 (0.0)	300 (22.1)			
Patrol base	525	82 (5.7)	443 (32.6)			
Forward operating base	618	428 (30.0)	190 (14.0)			
Main operating base ^c	1343	918 (64.3)	425 (31.3)			
Combat arm or role	2794				15.85 (2)	≤0.001
Combat	1475	769 (53.7)	706 (51.8)			
Combat support arm	506	220 (15.4)	286 (21.0)			
Combat service support	813	442 (30.9)	371 (27.2)			
General combat exposure	2783				27.09 (1)	≤0.001
Upper Tertile	1162	661 (46.5)	501 (36.8)			
Middle and lower tertile	1621	760 (53.5)	861 (63.2)			

OMHNE, Operational Mental Health Needs Evaluation; A1, Afghanistan, Winter 2010; A2, Afghanistan, summer 2011; DASA, Defence Analytical Services Agency; NS, not significant.
a. Data are not available for all characteristics. DASA data are for total military population.¹⁸
b. Deployed reserve forces.
c. Operational mentor liaison teams/partnering personnel were collapsed into the main operating base category as they are often located in main bases.

Table DS2 The relationship of operational support to post-traumatic stress disorder/common mental disorder caseness

Operational factors	n (%)		Model, adjusted odds ratios (95% CI)						
	Total	No case	Case	Odds ratio (95% CI)	Model 1 ^a	Model 1 ^b	Model 1 ^c	Model 1 ^d	Model 1 ^e
Pre-operational stress brief	2747								
Received a brief	2145	1800 (83.9)	345 (16.1)	1	1	1	1	1	1
No brief received	602	478 (79.4)	124 (20.6)	1.35 (1.08–1.70)	1.34 (1.07–1.69)	1.41 (1.11–1.78)	1.36 (1.05–1.75)	1.29 (1.02–1.63)	1.40 (1.06–1.84)
Rest and recuperation	1773								
Taken and found useful	1686	1417 (84.0)	269 (16.0)	1	1	1	1	1	1
Taken and not found useful	87	64 (73.6)	23 (26.4)	1.89 (1.16–3.10)	1.97 (1.21–3.20)	1.80 (1.07–3.03)	1.77 (1.00–3.15)	1.74 (1.05–2.88)	1.72 (0.94–3.17)
Leadership	2767								
1–2 items endorsed (lower)	918	673 (73.3)	245 (26.7)	1	1	1	1	1	1
3–4 items endorsed (higher)	1849	1622 (87.7)	227 (12.3)	0.38 (0.31–0.47)	0.38 (0.31–0.47)	0.38 (0.30–0.47)	0.36 (0.28–0.45)	–	0.35 (0.28–0.45)
Family support	2262								
Not given or insufficient	1099	887 (80.7)	212 (19.3)	1	1	1	1	1	1
Given and sufficient	1163	1004 (86.3)	159 (13.7)	0.66 (0.53–0.83)	0.66 (0.53–0.83)	0.68 (0.54–0.86)	–	0.72 (0.57–0.90)	0.73 (0.58–0.93)
Welfare and non-medical mental health support	2725								
No help sought	2368	1997 (84.3)	371 (15.7)	1	1	1	1	1	1
Sought help	357	262 (73.4)	95 (26.6)	1.95 (1.51–2.53)	1.94 (1.50–2.52)	1.77 (1.35–2.32)	1.98 (1.48–2.65)	1.89 (1.45–2.46)	1.73 (1.27–2.37)
Field hospital admission	2769								
Not admitted	2596	2170 (83.6)	426 (16.4)	1	1	1	1	1	1
Admitted	173	126 (72.8)	47 (27.2)	1.90 (1.34–2.70)	1.93 (1.36–2.74)	1.76 (1.20–2.56)	1.86 (1.25–2.77)	1.84 (1.28–2.63)	1.64 (1.05–2.56)
Reporting sick for medical reasons	2775								
Did not report sick	1858	1585 (85.3)	273 (14.7)	1	1	1	1	1	1
Reported sick	917	717 (78.2)	200 (21.8)	1.62 (1.32–1.98)	1.64 (1.34–2.01)	1.65 (1.34–2.05)	1.59 (1.27–2.00)	1.53 (1.24–1.88)	1.55 (1.21–1.98)

a. Adjusted for 2010 v. 2011.

b. Adjusted for rank, service background, engagement type, individual augmentee v. formed unit, gender, relationship status, dependant children, check point and patrol base v. forward observation base and main operating base, combat exposure, previous tours, shorter v. longer period in theatre.

c. Adjusted for family support.

d. Adjusted for good v. poorer leadership.

e. Adjusted for all confounders.