

TABLE 2. Incident Diagnoses and Rates of Mental Health Disorders, Active Component, U.S. Armed Forces, 2021–2025

Characteristics	Total, 2021–2025		2021		2022		2023		2024		2025	
	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b
Category of mental health disorder ^a												
Adjustment disorders	286,375	5,122.0	61,149	5,203.0	62,208	5,514.0	56,059	5,118.0	52,976	4,904.0	53,983	4,855.0
Anxiety	225,557	3,814.0	37,654	3,008.0	45,348	3,768.0	48,681	4,190.0	48,312	4,254.0	45,562	3,922.0
Depression	186,257	3,091.0	34,451	2,728.0	39,118	3,209.0	39,441	3,332.0	37,659	3,235.0	35,588	2,974.0
Other mental health disorder	131,157	2,164.0	24,355	1,926.0	26,746	2,184.0	26,020	2,181.0	26,781	2,281.0	27,255	2,261.0
PTSD	101,969	1,611.0	17,311	1,312.0	20,835	1,630.0	22,386	1,798.0	21,622	1,764.0	19,815	1,573.0
Alcohol-related disorder	69,779	1,108.0	14,247	1,092.0	14,885	1,174.0	13,590	1,096.0	13,322	1,089.0	13,735	1,091.0
Personality disorders	15,585	239.0	3,296	244.0	3,586	273.0	3,193	249.0	2,838	224.0	2,672	205.0
Substance-related disorder	14,670	225.0	3,361	249.0	3,489	266.0	2,920	227.0	2,543	200.0	2,357	181.0
Bipolar disorder	8,491	130.0	1,833	135.0	1,960	149.0	1,806	140.0	1,565	123.0	1,327	102.0
Eating disorders	3,911	60.0	708	52.0	885	67.0	808	63.0	779	61.0	731	56.0
Other psychoses	3,742	57.0	844	62.0	820	62.0	765	59.0	674	53.0	639	49.0
Schizophrenia	1,464	22.0	310	23.0	309	23.0	300	23.0	282	22.0	263	20.0
Acute stress disorder	1,181	18.0	262	19.0	291	22.0	221	17.0	214	17.0	193	15.0
Factitious disorders	93	1.0	16	1.0	24	2.0	18	1.0	21	2.0	14	1.0
Total	1,050,231		199,797		220,504		216,208		209,588		204,134	
Individuals, <i>n</i>												
More than 1 type of diagnosis ^c	282,073	4,306.4	43,455	3,203.6	48,865	3,703.4	47,854	3,706.3	45,948	3,607.9	44,075	3,365.7
Any diagnosis ^d	582,279	8,889.6	139,094	10,254.3	152,608	11,566.0	150,807	11,679.9	146,961	11,539.6	143,924	10,990.6

Abbreviations: No., number; PTSD, post-traumatic stress disorder; *n*, number.

^a An individual could be a case within a category only once per lifetime, i.e., censored person-time.

^b Rate per 100,000 person-years.

^c Rate per 100,000 person-years (individual continually at risk- uncensored person-time).

^d Defined as a unique occurrence of any mental health diagnosis.