

TABLE 1. Incidence of Postpartum Depression or Postpartum Anxiety Following Live Birth, Active Component Service Women, U.S. Armed Forces, 2010–2024

Characteristics	Total, 2010–2024		2010–2015		2016–2018		2019–2020		2021–2022		2023–2024	
	No.	%	No.	PP	No.	PP	No.	PP	No.	PP	No.	PP
Any depression or anxiety disorder diagnosis postpartum	138,588	100	9,416	16.7	4,704	17.6	4,202	21.8	5,604	29.4	5,639	32.7
PPD, PPA diagnoses by strict, primary parameters	9,522		1,331	2.4	1,370	5.1	2,135	11.1	2,551	13.4	2,135	12.4
ICD-9-CM 648.40 included ^a			2,922	5.2	—	—	—	—	—	—	—	—
Age, y												
<20	3,980	2.9	60	3.5	45	5.7	82	13.6	71	15.1	38	9.0
20–24	65,342	47.2	692	2.5	720	5.7	1,103	12.2	1,254	14.5	953	13.1
25–29	41,163	29.7	355	2.1	372	4.8	619	10.7	774	13.4	670	12.6
30–34	20,314	14.7	163	2.1	158	4.1	249	9.0	339	11.3	339	11.2
35+	7,789	5.6	61	2.2	75	4.7	82	7.7	113	9.7	135	11.2
Race and ethnicity												
White, non-Hispanic	60,367	43.6	666	2.6	630	5.5	928	11.6	1,027	13.1	822	11.8
Black, non-Hispanic	33,630	24.3	324	2.3	331	4.8	542	11.5	640	14.4	474	12.7
Hispanic	26,608	19.2	213	2.4	226	4.6	427	10.4	580	13.2	571	13.0
Other	15,407	11.1	110	1.7	156	5.2	198	9.9	248	12.3	240	12.6
Unknown	2,576	1.9	18	1.7	27	5.1	40	9.5	56	15.3	28	12.7
Branch of service												
Army	52,449	37.9	804	3.6	546	5.4	858	11.9	951	13.6	748	12.4
Navy	38,308	27.6	253	1.7	380	5.0	580	10.9	835	15.1	712	14.3
Air Force, Space Force	36,475	26.3	184	1.3	312	4.6	525	10.0	585	11.3	519	10.8
Marine Corps	11,356	8.2	90	1.9	132	5.9	172	11.2	180	13.2	156	10.8
Rank												
Junior enlisted (E1–E4)	80,682	58.2	956	2.8	895	5.7	1,356	12.2	1,564	14.9	1,128	12.8
Senior enlisted (E5–E9)	37,345	27.0	263	1.9	332	4.8	588	10.9	747	13.2	724	13.3
Warrant officer (W0)	384	0.3	2	1.2	5	7.1	3	7.1	7	13.7	5	9.6
Junior officer (O1–O3)	16,032	11.6	91	1.5	117	3.6	158	7.4	194	8.9	222	9.8
Senior officer (O4–O10)	4,145	3.0	19	1.3	21	2.6	30	4.9	39	6.4	56	8.6
Military occupation												
Combat-related	3,727	2.7	26	2.4	29	4.4	60	9.9	92	12.9	71	10.4
Motor transport	5,331	3.9	37	1.7	59	5.6	83	11.0	102	13.6	80	12.3
Pilot, air crew	1,821	1.3	5	0.7	9	2.6	15	5.8	21	8.1	21	7.2
Repair, engineering	30,049	21.7	274	2.2	306	5.0	439	10.8	574	14.5	450	13.3
Communications, intelligence	45,760	33.0	491	2.6	452	5.3	711	11.2	807	13.2	704	12.7
Health care	25,531	18.4	251	2.4	261	5.4	413	11.6	436	12.4	397	12.7
Other	26,369	19.0	247	2.4	254	5.0	414	11.3	519	13.9	412	11.5
Marital status												
Single, never married	33,384	24.1	318	2.2	318	5.5	555	12.2	648	14.2	543	12.5
Married	97,933	70.7	929	2.4	991	5.0	1,432	10.5	1,749	13.1	1,449	12.3
Other	7,238	5.2	84	3.2	61	4.7	148	13.4	154	13.4	143	13.3
Unknown	33	0.0	—	—	—	—	—	—	—	—	—	—
Delivery type												
Vaginal	111,222	80.3	1,024	2.3	1,051	4.8	1,763	11.0	2,055	12.9	1,598	12.2
Cesarean section	27,366	19.8	307	2.6	319	6.4	372	11.5	496	15.9	537	12.8
Prior depressive disorder diagnosis												
Yes	20,511	14.8	402	5.0	306	9.0	469	18.4	574	18.7	574	17.0
No	118,077	85.2	929	1.9	1,064	4.6	1,666	10.0	1,977	12.4	1,561	11.3
Prior anxiety disorder diagnosis												
Yes	22,442	16.2	292	4.3	345	8.6	575	17.8	706	18.2	754	16.4
No	116,146	83.8	1,039	2.1	1,025	4.5	1,560	9.7	1,845	12.2	1,381	10.9
Prior adjustment disorder diagnosis												
Yes	32,425	23.4	479	4.2	456	7.6	751	15.9	900	17.5	823	16.0
No	106,163	76.6	852	1.9	914	4.4	1,384	9.5	1,651	11.9	1,312	10.9
Prior deployment (prior to 2022)												
Never deployed	94,829	68.4	826	2.6	998	5.4	1,667	11.6	2,203	13.8	1,807	12.6
Deployed, 1+	43,759	31.6	505	2.1	372	4.5	468	9.6	348	11.2	328	11.1

Abbreviations: No., number; PP, period prevalence; PPD, postpartum depression; PPA, postpartum anxiety; ICD-9-CM, International Classification of Diseases, 9th Revision, Clinical Modification; y, years.

^aIncludes ICD-9-CM code 648.40 strictly for the period January 1, 2010–September 30, 2015; following October 1, 2015 system-wide transition to ICD-10-CM, this historical variation corresponds identically with primary case definition due to retirement of 648.40 indicator.