

TABLE 2. Multivariable Logistic Regression Analysis of Demographic and Clinical Risk Factors Associated with Primary, Specific Postpartum Depression or Postpartum Anxiety Criteria, Active Component Service Women, U.S. Armed Forces, 2021–2024

Characteristics	Unadjusted				Adjusted ^a			
	Odds Ratio	95% LL	95% UL	p-value	Odds Ratio	95% LL	95% UL	p-value
Period of time								
2021–2022		Reference				Reference		
2023–2024	0.91	0.86	0.97	0.0040	0.89	0.83	0.94	0.0001
Age, y								
<20	0.87	0.70	1.06	0.1659	0.92	0.75	1.13	0.4093
20–24		Reference				Reference		
25–29	0.93	0.86	1.00	0.0388	0.97	0.90	1.05	0.4909
30–34	0.79	0.72	0.86	<0.0001	0.91	0.81	1.01	0.0741
35+	0.73	0.63	0.83	<0.0001	0.85	0.72	1.00	0.0565
Race and ethnicity								
White, non-Hispanic		Reference				Reference		
Black, non-Hispanic	1.10	1.02	1.20	0.0155	1.01	0.92	1.09	0.9045
Hispanic	1.06	0.98	1.15	0.1584	1.01	0.93	1.09	0.9080
Other	1.00	0.90	1.11	0.9496	0.99	0.89	1.10	0.7990
Unknown	1.17	0.92	1.48	0.1914	1.11	0.87	1.41	0.3901
Branch of service								
Army		Reference				Reference		
Navy	1.15	1.07	1.24	0.0002	1.15	1.07	1.25	0.0004
Air Force, Space Force	0.83	0.77	0.90	<0.0001	0.87	0.80	0.95	0.0020
Marine Corps	0.90	0.80	1.02	0.1058	0.89	0.78	1.01	0.0667
Rank								
Junior enlisted (E1–E4)		Reference				Reference		
Senior enlisted (E5–E9)	0.95	0.88	1.01	0.1022	0.91	0.84	0.99	0.0292
Junior officer (O1–O3, WO1–WO3)	0.64	0.58	0.72	<0.0001	0.73	0.64	0.83	<0.0001
Senior officer (O4–O10, W04–WO5)	0.50	0.41	0.62	<0.0001	0.60	0.47	0.77	<0.0001
Military occupation								
Combat-related		Reference				Reference		
Motor transport	1.13	0.90	1.41	0.2972	1.03	0.82	1.30	0.7998
Pilot, air crew	0.62	0.44	0.89	0.0087	0.94	0.65	1.34	0.7148
Repair, engineering	1.22	1.02	1.45	0.0280	1.13	0.94	1.35	0.1998
Communications, intelligence	1.13	0.95	1.34	0.1798	1.12	0.94	1.33	0.2250
Health care	1.08	0.90	1.29	0.3931	1.07	0.89	1.28	0.5031
Other	1.10	0.92	1.32	0.2768	1.14	0.95	1.37	0.1597
Marital status								
Single, never married		Reference				Reference		
Married	0.94	0.88	1.01	0.1165	1.03	0.96	1.11	0.4469
Other, unknown	0.99	0.87	1.14	0.8989	0.97	0.84	1.11	0.6449
Delivery type								
Vaginal		Reference				Reference		
Cesarean section	1.14	1.06	1.23	0.0005	1.16	1.08	1.25	0.0001
Prior depressive disorder diagnosis								
Yes	1.61	1.50	1.73	<0.0001	1.22	1.12	1.33	<0.0001
No		Reference				Reference		
Prior anxiety disorder diagnosis								
Yes	1.59	1.48	1.70	<0.0001	1.33	1.22	1.44	<0.0001
No		Reference				Reference		
Prior adjustment disorder diagnosis								
Yes	1.56	1.46	1.66	<0.0001	1.29	1.20	1.39	<0.0001
No		Reference				Reference		
Prior deployment (prior to 2022)								
Never deployed		Reference				Reference		
Deployed, 1+	0.82	0.75	0.89	<0.0001	0.92	0.83	1.01	0.0743

Abbreviations: LL, lower limit; UL, upper limit; y, years; PPD, postpartum depression; PPA, postpartum anxiety; ICD-9-CM, International Classification of Diseases, 9th Revision, Clinical Modification; ICD-10-CM, International Classification of Diseases, 10th Revision, Clinical Modification.

^aMultivariable model adjusted for all listed covariates concurrently; complete covariate adjustment set includes maternal age, race or ethnicity, service branch, and military rank, pay grade. Outcome restricted exclusively to the primary, specific PPD/PPA case definition (ICD-9-CM: 648.42, 648.44; ICD-10-CM: F53.0, O90.6, O99.345). High prevalence, non-specific sensitivity outcome variations were excluded from multivariable modeling.