



# Mental Disorders

2.7%

of UK Armed Forces personnel were assessed with a mental disorder at MOD Specialist Mental Health Services in 2019-20



**5.4%**  
of females



**2.3%**  
of males

**2.5%**  
of Royal Navy

**2.1%**  
of Royal Marines

**2.7%**  
of Army

**2.8%**  
of RAF

# Overview

UK Armed Forces personnel assessed with a mental health disorder at MOD Specialist Mental Health Services.

## Data Definitions

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### MOD Specialist Mental Health Services

All attendances for a new episode of care at MOD Specialist Mental Health Services (MOD's DCMH for outpatient care, and all admissions to the MOD's in-patient care contractor) only.

### Personnel at risk

The number of personnel eligible for care at a MOD Specialist Mental Health Services based on a 13 month average of personnel on strength each month in 2019/20 for each risk group (approximately 156,000 eligible UK Armed Forces personnel in total).

### Population Includes

Regular UK Armed Forces personnel (including Ghurkhas and Military Provost Guard Staff), mobilised reservists, Full Time Reserve Service personnel and Non-regular Permanent Staff as all of these individuals are eligible for assessment at a DCMH.

### Population Excludes

Patients treated wholly within the primary care setting by their GP or medical officer.

### Reference Period

2019/20

## Methodology

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### How is it calculated?

**Percentage of personnel at risk** - The number of initial assessments for mental disorder is divided by the number of personnel at risk per year and multiplied by 100 to calculate the percentage of personnel at risk eg. The number of males assessed with a mental disorder is divided by the number of males in the UK Armed Forces and multiplied by 100.

**Percentage of mental disorders** - The number of initial assessments for a specific disorder is divided by the total number of assessments for all mental disorders and multiplied by 100.

## Data Quality

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### Original source(s)

Defence Statistics receive data from DCMH and in-patient providers for all UK regular Armed Forces personnel from the following sources:

- DCMH**
  - Between 01 April 2014 and 30 June 2014, the report captures data provided by DCMHs to Defence Statistics in monthly returns and from the electronic patient record held in Defence Medical Information Capability Program (DMICP).
  - Since 01 July 2014, DMICP was the single source of DCMH new episodes of care data.
- In-patient**
  - Since January 2007, SSSFT and Gilead IV hospital Bilefield have submitted relevant in patient records.

### Limitations

Mental disorder types reported are the clinician's initial assessment during a patient's first appointment at a DCMH, based on presenting complaints, therefore final diagnosis may differ as some patients do not show full range of symptoms, signs or clinical history during their first appointment. It should also be noted that the clinician's primary diagnosis is reported here, however patients can present with more than one disorder.

## Information

More detailed information on the data, definitions and methods used to create this report can be found in the Background Quality Report (BQR) published at:

<https://www.gov.uk/government/collections/defence-mental-health-statistics-index>