

Applicant

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Project Title

Characterizing Mental Health in an Aging Veteran Population

Project Summary

Veterans of the Canadian Armed Forces (CAF) represent approximately 600,000 individuals in Canada. Military service places high demands on physical and mental health and understanding the unique health needs of this population is critical in order to develop prevention, intervention, and treatment programming. Little is known about the mental health of aging Veterans in Canada, with most research (e.g., Life After Service Survey) focused on younger cohorts. This research has shown that the self-reported mental health of Veterans has been declining over the past 10 years while diagnosed mental illness has increased during this same time period. The purpose of this project is to determine if self-reported mental health shows a similar trend for an aging Veteran population. In addition, this study aims to better understand what psychological, social, and behavioural factors are associated with mental health profiles of aging Veterans in Canada.

Keywords

Veterans; aging; mental health; longitudinal