

## Army spouses battle with their mental health

Tom Gallagher | Jan. 20, 2010 NCR Today

This is an important [story with broad implications](#) [1]. More needs to be done to shore up our military families' mental health. The sooner, the better.

Scientists have studied troops coming back from wars in Afghanistan and Iraq and found high levels of mental health problems. Now, researchers are starting to look more at the families of those fighters.

A study in the *New England Journal of Medicine* finds that Army wives report a lot of stress when their husbands are sent to Afghanistan and Iraq. And the longer the deployment, the more likely the wife is to experience depression, anxiety, trouble sleeping and other mental health problems.

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[1] <http://www.npr.org/templates/story/story.php?storyId=122533856>