

TABLE 2. Incident Diagnoses and Rates of Mental Health Disorders, Active Component, U.S. Armed Forces, 2020–2024

Category ^a	Total, 2020–2024		2020		2021		2022		2023		2024	
	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b	No.	Rate ^b
Adjustment disorders	282,883	5,000.3	50,521	4,289.0	61,158	5,203.9	62,204	5,513.5	56,051	5,116.7	52,949	4,900.6
Anxiety disorders	208,217	3,467.3	28,237	2,254.8	37,651	3,007.7	45,351	3,768.5	48,685	4,190.6	48,293	4,251.6
Depressive disorders	177,483	2,914.0	26,839	2,129.4	34,455	2,728.0	39,117	3,209.1	39,439	3,331.3	37,633	3,231.9
Other mental health disorders	124,142	2,030.1	20,197	1,604.9	24,357	1,926.4	26,748	2,183.7	26,019	2,181.1	26,821	2,284.1
PTSD	95,189	1,491.3	13,062	993.9	17,310	1,312.1	20,835	1,630.2	22,385	1,797.6	21,597	1,761.6
Alcohol-related disorders	69,248	1,093.4	13,214	1,019.0	14,245	1,091.7	14,886	1,174.1	13,589	1,096.0	13,314	1,087.8
Personality disorders	15,668	239.0	2,772	206.6	3,296	244.2	3,585	273.1	3,186	248.1	2,829	223.3
Substance-related disorders	15,275	232.8	2,971	221.3	3,361	248.8	3,488	265.5	2,914	226.6	2,541	200.3
Bipolar disorder	8,654	131.7	1,493	111.0	1,833	135.4	1,961	149.0	1,806	140.2	1,561	122.9
Other psychoses	3,838	58.3	734	54.5	845	62.4	820	62.2	765	59.3	674	53.0
Eating disorders	3,678	55.9	502	37.3	708	52.3	885	67.2	808	62.7	775	61.0
Schizophrenia	1,475	22.4	261	19.4	310	22.9	309	23.4	314	24.3	281	22.1
Acute stress disorder	1,191	18.1	201	14.9	262	19.3	291	22.1	221	17.1	216	17.0
Factitious disorders	96	1.5	17	1.3	16	1.2	24	1.8	18	1.4	21	1.7
Total	1,007,037		161,021		199,807		220,504		216,200		209,505	
Individuals, <i>n</i>												
>1 type of diagnosis ^c	268,480	4,074.7	33,831	2,509.5	43,445	3,202.8	48,856	3,702.7	47,853	3,706.1	45,954	3,608.0
Any diagnosis ^d	560,035	8,499.7	113,651	8,430.2	139,110	10,255.4	152,615	11,566.5	150,798	11,679.0	146,907	11,534.1

Abbreviations: No., number; PTSD, post-traumatic stress disorder; *n*, number.

^a An individual may be a case within a category only once per lifetime (censored person-time).

^b Rate per 100,000 person-years.

^c Rate per 100,000 person-years (individual continually at risk- uncensored person-time).

^d Defined as unique occurrence of any mental health diagnosis.