

THE MILLENNIUM COHORT PROGRAM

A U.S. DEPARTMENT OF DEFENSE AND DEPARTMENT OF VETERANS AFFAIRS STUDY



Protecting service member, veteran, and family health

Dear Colleague,

We are pleased to share with you our most recent Millennium Cohort Program updates. This newsletter includes brief summaries of new scientific publications released in recent months.

We are also delighted to share that the Millennium Cohort Program, comprised of the Millennium Cohort Study, Millennium Cohort Family Study, and the Study of Adolescent Resilience, received the [2023 Outstanding Research Accomplishment Team Award](#) at the 2023 Military Health System Research Symposium (MHSRS) conference in Kissimmee, Florida, this past August. Our team had a total of 11 poster and podium presentations between the three studies. We would like to congratulate our team on all of their hard work and this well-deserved award!

Sincerely,

Rudy Rull, PhD, MPH
Principal Investigator
Millennium Cohort Study
rudolph.p.rull2.civ@health.mil

Valerie Stander, PhD
Principal Investigator
Millennium Cohort Family Study
valerie.a.stander.civ@health.mil

Hope McMaster, PhD
Principal Investigator
Study of Adolescent Resilience
hope.m.mcmaster.civ@health.mil

Factors Associated with Sexual Trauma and Health Outcomes¹

Experiencing recent sexual trauma was associated with PTSD, depression, and multiple somatic symptoms (e.g. physical complaints, bodily distress). These associations remained relatively stable across demographic and military factors but varied in the presence of protective (e.g., social support) and risk factors (e.g., childhood trauma). These findings underscore the complex interplay of trauma and resilience in understanding adverse health outcomes.

Traumatic Brain Injury and Post-Concussive Symptoms²

TBI was associated with greater risk of post-concussive symptoms (e.g., fatigue, poor concentration, memory loss) among active-duty service members with further elevations in risk being greater as the number of lifetime TBIs increased.

Millennium Cohort Study—Cohort Profile Update³

This paper provides an update to the original cohort profile paper published a decade ago. A total of 260,228 military personnel enrolled between 2001 and 2021 across 5 panels. Longitudinal survey data are linked with administrative and medical data from DoD, VA, and external sources. The breadth of research topics has expanded over the past decade with the continued objective of contributing to policies and programs that improve Service member and Veteran health and wellbeing.

Stressors and Post-Traumatic Symptoms in Service Members and Their Spouses⁴

This study analyzed data from 3,314 couples enrolled in the Millennium Cohort Family Study to explore the association of partner's early and recent military and nonmilitary stress exposure with their own and their partner's post-traumatic stress symptoms (PTSS). For both married partners, experiencing childhood maltreatment was the strongest predictor of their own PTSS and also predicted their partner's PTSS. Alongside other stressors like combat, findings highlight the critical importance of exposure to early adversity in understanding PTSS among military couples.

References

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3. Castañeda SF, Belding JN, Kolaja CA, LeardMann CA, Jacobson IG, Rivera AC, Carey FR, Boparai S, Walstrom JL, Sheppard BD, Boyko EJ, Ryan MAK, Rull RP; Millennium Cohort Study Team. Cohort profile update: The US Millennium Cohort Study-evaluating the impact of military experiences on service members and veteran health. *Int J Epidemiol*. 2023 Jun 22:dyad088. Epub ahead of print. PMID: [37348866](#).
4. Sullivan KS, Park Y, Richardson S, Cederbaum J, Stander V, Jaccard J. Early and recent military and nonmilitary stressors associated with posttraumatic stress symptoms among military service members and their spouses. *J Trauma Stress*. 2023 Jul 19. Epub ahead of print. PMID: [37467117](#).



For more information on recent publications, including links to full-text, please visit the study websites: millenniumcohort.org and familycohort.org