

Supplemental Information

Table 1 - Comparison of social and military demographic characteristics of responders and non-responders. Column percentages. N = 3547

	Responder N = 1562	Non responder N = 1985	OR (95%CI)	AOR (95% CI)*
Sex				
male	1,383(88.54%)	1,794(90.38%)	1.00	1.00
female	179(11.46%)	191(9.62%)	1.22 (0.98-1.51)	1.51 (1.21-1.90)
Age band				
25-34	46(2.94%)	190(9.57%)	0.31 (0.22-0.44)	0.34 (0.23-0.49)
35-44	272(17.41%)	552(27.81%)	0.63 (0.53-0.76)	0.63 (0.52-0.77)
45-54	554(35.47%)	710(35.77%)	1.00	1.00
55-64	514(32.91%)	444(22.37%)	1.48 (1.25-1.76)	1.51 (1.27-1.79)
65 and over	176(11.27%)	89(4.48%)	2.53 (1.92-3.35)	2.56 (1.91-3.43)
Rank				
Officer	478(30.60%)	462(23.27%)	1.31 (1.12-1.53)	1.02 (0.85-1.22)
NCO	954(61.08%)	1,209(60.91%)	1.00	1.00
Other rank	130(8.32%)	314(15.82)	0.52 (0.42-0.66)	0.92 (0.71-1.19)
Service				
Royal Navy	290(18.57%)	393(19.80%)	1.02 (0.85-1.21)	0.88 (0.74-1.06)
Army	873(55.89%)	1,201(60.50%)	1.00	1.00
RAF	399(25.54%)	391(19.70%)	1.40 (1.19-1.65)	1.18 (0.99-1.40)
Education level				
No qualifications/O-levels/GCSEs	385(24.65%)	577(29.10%)	0.72 (0.61-0.85)	0.83 (0.69-1.00)
A-level	506(32.39%)	682(34.39%)	0.80 (0.69-0.94)	0.93 (0.78-1.10)
Degree	671(42.96%)	724(36.51%)	1.00	1.00
Relationship status				
In a relationship	1,337(86.82%)	1,679(86.24%)	1.00	1.00
Single	90(5.84%)	145(7.45%)	0.78 (0.59-1.02)	1.03 (0.77-1.37)
Ex-relationship	113(7.34%)	123(6.32%)	1.15 (0.88-1.50)	1.06 (0.80-1.39)

*adjusted for sex, age, education, service and rank

Table 2 – Association between CMD, Hazardous alcohol consumption and Loneliness and COVID19 experiences and stressors

	N (%)	Common Mental Disorders (AOR 95% CI) * N = 376 (25.97%)	Common Mental Disorders (AOR 95% CI) ** N = 376 (25.97%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) * N = 367 (27.82%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) ** N = 367 (27.82%)
Had or have COVID-19					
No	866 (53.80%)	1.00	1.00	1.00	1.00
Yes (definitely/probably)	226 (14.83%)	1.55 (1.08-2.22)	1.49 (1.02-2.16)	0.80 (0.55-1.16)	0.68 (0.45-1.05)
Don't know	470 (31.37%)	1.06 (0.79-1.43)	1.03 (0.76-1.40)	0.78 (0.58-1.05)	0.70 (0.50-0.98)
Had to isolate					
No	1310 (83.51%)	1.00	1.00	1.00	
Yes	249 (16.49%)	1.33 (0.96-1.85)	1.24 (0.88-1.74)	0.89 (0.63-1.26)	0.69 (0.47-1.02)
Know someone who died from COVID-19					
No	1276 (81.52%)	1.00		1.00	
Yes	286 (18.48%)	1.76 (1.29-2.40)	1.73 (1.26-2.38)	0.95 (0.68-1.33)	0.97 (0.66-1.43)
Change in employment					
no change or furlough	1425 (91.60%)	1.00		1.00	
change for worse	134 (8.40%)	3.14 (2.15-4.60)	3.07 (2.03-4.65)	1.26 (0.82-1.93)	1.04 (0.64-1.71)
Key Worker					
Not a key worker	880 (53.72%)	1.42 (1.06-1.89)	1.43 (1.06-1.93)	1.09 (0.81-1.45)	0.87 (0.63-1.22)
Key worker – Health and social care	131 (8.79%)	1.40 (0.85-2.31)	1.33 (0.77-2.30)	0.81 (0.47-1.38)	0.70 (0.40-1.21)
Key workers - All other roles	543 (37.48%)	1.00		1.00	1.00
Who usually live with					
Live alone	170 (11.04%)	2.11 (1.07-4.16)	1.82 (0.91-3.66)	1.56 (0.82-2.96)	1.81 (0.88-3.71)
Live with spouse/partner	1328 (84.55%)	1.00	1.00	1.00	1.00
Live with others	59 (4.41%)	1.59 (0.55-4.60)	1.40 (0.51-3.86)	0.95 (0.35-2.59)	1.11 (0.36-3.45)
Children					
Have no children	357 (24.50%)	1.00	1.00	1.00	1.00
Have children but not responsible for	666 (36.04%)	1.14 (0.78-1.67)	1.09 (0.74-1.59)	0.93 (0.64-1.36)	1.05 (0.68-1.62)

	N (%)	Common Mental Disorders (AOR 95% CI) * N = 376 (25.97%)	Common Mental Disorders (AOR 95% CI) ** N = 376 (25.97%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) * N = 367 (27.82%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI)** N = 367 (27.82%)
Responsible for one child under 18 years old	214 (15.23%)	0.87 (0.53-1.41)	0.88 (0.54-1.46)	0.92 (0.59-1.44)	1.08 (0.64-1.82)
Responsible for two or more children under 18 years of age	320 (24.23%)	1.56 (1.03-2.37)	1.62 (1.07-2.47)	0.87 (0.57-1.33)	1.18 (0.72-1.94)
Changed childcare arrangements					
No	243 (52.40%)	1.00	1.00	1.00	
Yes	214 (47.60%)	2.31 (1.47-3.64)	2.24 (1.41-3.54)	1.15 (0.73-1.84)	1.11 (0.65-1.90)
Impact of changed childcare arrangements					
Positive impact	33 (14.08%)	0.60 (0.21-1.67)	0.72 (0.26-1.98)	1.16 (0.45-3.00)	0.99 (0.30-3.26)
Negative impact	94 (44.73%)	1.96 (0.99-3.89)	1.91 (0.94-3.88)	1.39 (0.68-2.85)	1.27 (0.56-2.87)
Neutral impact	87 (41.19%)	1.00	1.00	1.00	1.00
Usual caring responsibilities (pre pandemic)					
No	1361 (87.55%)	1.00	1.00	1.00	
yes	195 (12.45%)	1.74 (1.20-2.53)	1.73 (1.19-2.51)	0.79 (0.52-1.21)	0.90 (0.55-1.48)
Extra or new caring responsibilities during pandemic					
No	1285 (82.10%)	1.00		1.00	
yes	271 (17.90%)	1.77 (1.29-2.43)	1.77 (1.27-2.48)	1.01 (0.71-1.42)	1.07 (0.71-1.60)
Financial problems					
No	1379 (86.96%)	1.00	1.00	1.00	
yes	183 (13.04%)	2.93 (2.06-4.15)	2.67 (1.89-3.78)	1.04 (0.69-1.57)	0.96 (0.59-1.58)
Had difficulty accessing enough food					
No	1533 (97.9%)	1.00	1.00	1.00	1.00
Yes	29 (2.09%)	3.10 (1.35-7.16)	2.27 (0.91-5.67)	1.64 (0.70-3.82)	1.28 (0.51-3.21)
Had difficulty accessing medication					

	N (%)	Common Mental Disorders (AOR 95% CI) * N = 376 (25.97%)	Common Mental Disorders (AOR 95% CI) ** N = 376 (25.97%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) * N = 367 (27.82%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) ** N = 367 (27.82%)
No	1490 (94.86%)	1.00	1.00	1.00	1.00
Yes	72 (5.14%)	2.32 (1.34-4.02)	1.57 (0.89-2.76-)	1.01 (0.52-1.95)	0.82 (0.36-1.86)
Had difficulty with health					
No	1374 (87.49%)	1.00	1.00	1.00	1.00
Yes	188 (12.51%)	6.94 (4.91-9.83)	5.47 (3.83-7.81)	1.73 (1.19-2.51)	1.67 (1.07-2.61)
Had somebody close in hospital					
No	1460 (93.24%)	1.00	1.00	1.00	1.00
Yes	102 (6.76%)	2.40 (1.51-3.81)	2.50 (1.54-4.05)	1.25 (0.76-2.07)	1.10 (0.60-2.01)
Lost somebody close					
No	1489 (94.90%)	1.00		1.00	1.00
Yes	73 (5.10%)	1.85 (1.06-3.22)	1.55 (0.86-2.79)	0.63 (0.32-1.26)	0.51 (0.22-1.17)
Had to change delay or major plan					
No	1198 (76.26%)	1.00	1.00	1.00	1.00
Yes	364 (23.74%)	2.50 (1.89-3.32)	2.27 (1.69-3.06)	1.16 (0.85-1.57)	0.97 (0.68-1.38)
Difficulties with family/other social relationships					
No	1284 (80.53%)	1.00	1.00	1.00	1.00
Yes	278 (19.47%)	5.29 (3.85-7.27)	4.64 (3.33-6.46)	1.70 (1.22-2.36)	1.56 (1.05-2.30)
Difficulties with internet access					
No	1455 (92.95%)	1.00	1.00	1.00	1.00
Yes	107 (7.05%)	1.84 (1.17-2.88)	1.88 (1.18-3.00)	1.06 (0.65-1.72)	1.31 (0.75-2.26)
Work difficulties					
No	1293 (81.03%)	1.00	1.00	1.00	1.00

	N (%)	Common Mental Disorders (AOR 95% CI) * N = 376 (25.97%)	Common Mental Disorders (AOR 95% CI) ** N = 376 (25.97%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) * N = 367 (27.82%)	Hazardous drinking (AUDIT ≥8) (AOR 95% CI) ** N = 367 (27.82%)
Yes	269 (18.97%)	4.12 (3.01-5.65)	3.68 (2.64-5.14)	1.39 (1.00-1.94)	1.40 (0.94-2.09)
Difficulties with pets					
No	1522 (97.46%)	1.00	1.00	1.00	1.00
Yes	40 (2.54%)	2.79 (1.44-5.41)	2.52 (1.25-5.06)	0.90 (0.40-2.05)	0.88 (0.36-2.17)
Boredom					
No	1210 (75.06%)	1.00	1.00	1.00	1.00
Yes	352 (24.94%)	2.88 (2.15-3.85)	2.69 (1.98-3.65-)	1.75 (1.28-2.39)	1.55 (1.09-2.20)

* Adjusted for sex, age, education, marital status, rank, service

** Adjusted for sex, age, education, marital status, rank, service and phase 3 GHQ or AUDIT-8 as appropriate