Supplementary Materials 5: Univariate multinomial logistic regression analyses

|  | **Univariate multinomial logistic regression (overall sample) n=5180** | | **Univariate multinomial logistic regression (male only) n=4610** | | **Univariate multinomial logistic regression (female only) n=570** | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  | OR (95%CI) | p | OR (95%CI) | p | OR (95%CI) | p |
| **No/Very Low PTG** |  |  |  |  |  |  |
|  | (base) | (base) | (base) | (base) | (base) | (base) |
| **Low PTG** |  |  |  |  |  |  |
| Sex (ref: male) | - | - | **-** | **-** | **-** | **-** |
| Female | 0.94 (0.72, 1.22) | 0.63 | **-** | **-** | **-** | **-** |
| Age | **0.98 (0.97, 0.99)** | **<0.01** | **0.98 (0.97, 0.99)** | **<0.01** | 1.00 (0.97, 1.03) | 0.82 |
| Service (ref: Army) |  |  |  |  |  |  |
| Royal Marines | 0.94 (0.60, 1.47) | 0.79 | 0.93 (0.60, 1.46) | 0.76 | - | - |
| Royal Navy | **0.70 (0.51, 0.95)** | **0.02** | **0.66 (0.47, 0.92)** | **0.01** | 1.15 (0.50, 2.66) | 0.74 |
| RAF | **0.68 (0.56, 0.83)** | **<0.01** | **0.68 (0.55, 0.84)** | **<0.01** | 0.69 (0.39, 1.22) | 0.20 |
| Serving status (ref: serving) |  |  |  |  |  |  |
| Ex-serving | 0.96 (0.81, 1.13) | 0.61 | 0.95 (0.80, 1.12) | 0.52 | 1.10 (0.66, 1.84) | 0.72 |
| Reservist status (ref: Regular) | **-** | **-** | **-** | **-** | **-** | **-** |
| Reservist | **1.55 (1.23, 1.94)** | **<0.01** | **1.51 (1.18, 1.93)** | **<0.01** | **1.89 (1.06, 3.38)** | **0.03** |
| Rank (ref: Other rank) |  |  |  |  |  |  |
| NCO | **0.73 (0.55, 0.98)** | **0.04** | **0.71 (0.52, 0.96)** | **0.03** | 1.28 (0.48, 3.41) | 0.62 |
| Officer | **0.72 (0.53, 0.97)** | **0.03** | **0.69 (0.50, 0.95)** | **0.02** | 1.34 (0.50, 3.59) | 0.56 |
| Relationship status (ref: single) | **-** | **-** | **-** | **-** | - | - |
| In a relationship | 0.96 (0.76, 1.21) | 0.74 | 1.04 (0.81, 1.34) | 0.75 | **0.52 (0.29, 0.92)** | **0.02** |
| Combat Experiences | **1.08 (1.06, 1.10)** | **<0.01** | **1.07 (1.05, 1.10)** | **<0.01** | **1.28 (1.15, 1.42)** | **<0.01** |
| Belief of being in serious danger (ref: never) | **-** | **-** | **-** | **-** | **-** | **-** |
| Once or Twice/Sometimes | **1.63 (1.29, 2.05)** | **<0.01** | **1.54 (1.20, 1.98)** | **<0.01** | **2.56 (1.39, 4.72)** | **<0.01** |
| Many times | **2.30 (1.76, 3.01)** | **<0.01** | **2.21 (1.66, 2.94)** | **<0.01** | **2.9 (1.21, 6.95)** | **0.02** |
| Length of time in hostile area | **-** | **-** | **-** | **-** | **-** | **-** |
|  | **1.24 (1.01, 1.51)** | **0.04** | **1.21 (0.97, 1.50)** | **0.09** | 1.55 (0.89, 2.69) | 0.12 |
|  | **1.70 (1.37, 2.12)** | **<0.01** | **1.65 (1.31, 2.07)** | **<0.01** | **2.84 (1.25, 6.44)** | **0.01** |
| Combat Role (Ref: combat service support) | **-** | **-** | **-** | **-** | **-** | **-** |
| Combat support | 1 (0.78, 1.28) | 0.99 | 1.04 (0.8, 1.35) | 0.75 | - | - |
| Combat | **1.63 (1.34, 1.99)** | **<0.01** | **1.65 (1.34, 2.02)** | **<0.01** | - | - |
| Years since last Iraq/Afghanistan deployment | **0.97 (0.95, 0.99)** | **0.01** | **0.97 (0.95, 0.99)** | **0.01** | 0.99 (0.93, 1.06) | 0.85 |
| Deployment to Iraq/Afghanistan (ref: Iraq only) | **-** | **-** | **-** | **-** | **-** | **-** |
| Afghanistan only | 1.18 (0.96, 1.44) | 0.12 | **1.23 (0.99, 1.52)** | **0.06** | 0.72 (0.40, 1.29) | 0.27 |
| Iraq and Afghanistan | **1.51 (1.24, 1.85)** | **<0.01** | **1.5 (1.21, 1.84)** | **<0.01** | **1.86 (0.98, 3.52)** | **0.06** |
| Health (ref: Good/Excellent) | **-** | **-** | **-** | **-** | **-** | **-** |
| Good | 1.01 (0.84, 1.22) | 0.88 | 1.02 (0.84, 1.24) | 0.86 | 0.95 (0.54, 1.68) | 0.86 |
| Fair/Poor | **0.75 (0.60, 0.95)** | **0.02** | **0.74 (0.59, 0.95)** | **0.02** | 0.82 (0.40, 1.70) | 0.60 |
| Anger (DAR-5) | **-** | **-** | **-** | **-** | **-** | **-** |
| Anger symptoms (DAR-5 <12) | **1.12 (1.08, 1.16)** | **<0.01** | **1.13 (1.09, 1.18)** | **<0.01** | 0.97 (0.87, 1.08) | 0.57 |
| Anger symptoms (DAR-5 12+) | **0.93 (0.89, 0.97)** | **<0.01** | **0.92 (0.88, 0.96)** | **<0.01** | 1.05 (0.90, 1.22) | 0.55 |
| PTSD symptoms (PCL non-case) | **1.02 (1.01, 1.03)** | **<0.01** | **1.02 (1.01, 1.03)** | **<0.01** | 1.01 (0.98, 1.03) | 0.69 |
| PTSD symptoms (PCL case) | 1.01 (0.99, 1.03) | 0.41 | 0.98 (0.95, 1.01) | 0.17 | 1.00 (0.88, 1.13) | 0.97 |
| CMDs (GHQ case) | 1.00 (0.82, 1.21) | 0.99 | 1.00 (0.81, 1.23) | 0.99 | 1.00 (0.57, 1.75) | 0.99 |
| Smoking behaviour (N cigarettes smoked per day) | 1.00 (0.98, 1.01) | 0.71 | 1.00 (0.98, 1.01) | 0.68 | 1.01 (0.93, 1.08) | 0.89 |
| Alcohol consumption | 1.02 (0.99, 1.05) | 0.14 | 1.02 (0.99, 1.05) | 0.16 | 1.01 (0.93, 1.11) | 0.76 |
| Life events | **1.07 (1.01, 1.14)** | **0.02** | **1.07 (1.00, 1.14)** | **0.06** | 1.19 (0.97, 1.47) | 0.10 |
| Adverse Childhood Events | **-** | **-** | **-** | **-** | **-** | **-** |
| <4 events | 1.02 (0.96, 1.09) | 0.53 | 1.01 (0.94, 1.08) | 0.69 | 1.12 (0.90, 1.39) | 0.29 |
| 4+ events | 1.00 (0.94, 1.06) | 0.92 | 1.00 (0.94, 1.07) | 0.90 | 0.82 (0.62, 1.10) | 0.18 |
| **Moderate/Large PTG** |  |  |  |  |  |  |
| Sex (ref: male) | - | - | **-** | **-** | - | - |
| Female | 1.16 (0.89, 1.51) | 0.27 | **-** | **-** | - | - |
| Age | **0.95 (0.94, 0.96)** | **<0.01** | **0.95 (0.94, 0.96)** | **<0.01** | **0.96 (0.94, 0.99)** | **0.01** |
| Service (ref: Army) |  |  |  |  |  |  |
| Royal Marines | 1.19 (0.76, 1.86) | 0.44 | 1.21 (0.78, 1.90) | 0.40 | **-** | **-** |
| Royal Navy | **0.53 (0.39, 0.73)** | **<0.01** | **0.51 (0.36, 0.72)** | **<0.01** | 0.68 (0.29, 1.59) | 0.37 |
| RAF | **0.52 (0.41, 0.65)** | **<0.01** | **0.53 (0.41, 0.67)** | **<0.01** | **0.44 (0.23, 0.83)** | **0.01** |
| Serving status (ref: serving) |  |  |  |  |  |  |
| Ex-serving | 1.03 (0.87, 1.22) | 0.71 | 0.99 (0.83, 1.18) | 0.91 | 1.63 (0.99, 2.71) | 0.06 |
| Reservist status (ref: Regular) |  |  |  |  |  |  |
| Reservist | **1.72 (1.37, 2.16)** | **<0.01** | **1.72 (1.34, 2.2)** | **<0.01** | 1.64 (0.91, 2.93) | 0.10 |
| Rank (ref: Other rank) |  |  |  |  |  |  |
| NCO | **0.52 (0.40, 0.68)** | **<0.01** | **0.49 (0.37, 0.65)** | **<0.01** | 1.22 (0.46, 3.22) | 0.69 |
| Officer | **0.41 (0.30, 0.55)** | **<0.01** | **0.39 (0.29, 0.54)** | **<0.01** | 0.66 (0.24, 1.83) | 0.43 |
| Relationship status (ref: single) |  |  |  |  |  |  |
| In a relationship | 0.90 (0.71, 1.14) | 0.39 | 1.02 (0.78, 1.32) | 0.90 | **0.47 (0.26, 0.82)** | **0.01** |
| Combat Experiences | **1.13 (1.10, 1.15)** | **<0.01** | **1.12 (1.10, 1.15)** | **<0.01** | **1.30 (1.17, 1.44)** | **<0.01** |
| Belief of being in serious danger (ref: never) |  |  |  |  |  |  |
| Once or Twice/Sometimes | **2.29 (1.74, 3.01)** | **<0.01** | **2.30 (1.71, 3.11)** | **<0.01** | **2.61 (1.33, 5.13)** | **0.01** |
| Many times | **4.84 (3.59, 6.53)** | **<0.01** | **4.92 (3.56, 6.80)** | **<0.01** | **6.07 (2.46, 14.97)** | **<0.01** |
| Length of time in hostile area (ref: not at all) |  |  |  |  |  |  |
| Once or twice/sometimes | **1.47 (1.18, 1.83)** | **<0.01** | **1.39 (1.10, 1.77)** | **0.01** | **2.64 (1.52, 4.58)** | **<0.01** |
| Many times | **2.79 (2.22, 3.50)** | **<0.01** | **2.73 (2.14, 3.49)** | **<0.01** | **4.85 (2.16, 10.89)** | **<0.01** |
| Combat Role (Ref: combat service support) |  |  |  |  |  |  |
| Combat support | 1.16 (0.89, 1.50) | 0.28 | 1.19 (0.91, 1.57) | 0.21 | - | - |
| Combat | **2.43 (2.00, 2.96)** | **<0.01** | **2.54 (2.07, 3.11)** | **<0.01** | - | - |
| Years since last Iraq/Afghanistan deployment | **0.96 (0.94, 0.99)** | **<0.01** | **0.96 (0.94, 0.98)** | **<0.01** | 1.02 (0.96, 1.08) | 0.55 |
| Deployment to Iraq/Afghanistan (ref: Iraq only) |  |  |  |  |  |  |
| Afghanistan only | 1.22 (1.00, 1.50) | 0.06 | **1.27 (1.02, 1.58)** | **0.04** | 0.91 (0.51, 1.60) | 0.73 |
| Iraq and Afghanistan | **1.55 (1.26, 1.90)** | **<0.01** | **1.58 (1.27, 1.96)** | **<0.01** | 1.45 (0.76, 2.76) | 0.26 |
| Health (ref: Good/Excellent) |  |  |  |  |  |  |
| Good | **0.71 (0.59, 0.86)** | **<0.01** | **0.71 (0.58, 0.87)** | **<0.01** | 0.70 (0.39, 1.26) | 0.24 |
| Fair/Poor | **0.40 (0.31, 0.52)** | **<0.01** | **0.39 (0.30, 0.51)** | **<0.01** | 0.56 (0.27, 1.15) | 0.11 |
| Anger (DAR-5) |  |  |  |  |  |  |
| Anger symptoms (DAR-5 <12) | **1.12 (1.07, 1.17)** | **<0.01** | **1.13 (1.08, 1.18)** | **<0.01** | 1.05 (0.94, 1.18) | 0.36 |
| Anger symptoms (DAR-5 12+) | **0.87 (0.84, 0.93)** | **<0.01** | **0.88 (0.84, 0.92)** | **<0.01** | 0.98 (0.82, 1.16) | 0.78 |
| PTSD (PCL) |  |  |  |  |  |  |
| PTSD symptoms (PCL <50) | **1.02 (1.01, 1.03)** | **<0.01** | **1.02 (1.01, 1.03)** | **<0.01** | **1.03 (1.00, 1.06)** | **0.05** |
| PTSD symptoms (PCL 50+) | 0.98 (0.96, 1.01) | 0.26 | 0.98 (0.95, 1.01) | 0.17 | - | - |
| CMDs (GHQ case) | **0.79 (0.64, 0.96)** | **0.02** | **0.79 (0.63, 0.98)** | **0.03** | 0.76 (0.43, 1.37) | 0.36 |
| Smoking behaviour (N cigarettes smoked per day) | 0.99 (0.97, 1.01) | 0.19 | 0.99 (0.97, 1.00) | 0.16 | 1.02 (0.95, 1.09) | 0.57 |
| Alcohol consumption | **0.96 (0.94, 0.99)** | **0.02** | **0.97 (0.94, 1.00)** | **0.04** | 0.94 (0.86, 1.03) | 0.21 |
| Life events | **1.14 (1.07, 1.21)** | **<0.01** | **1.14 (1.06, 1.21)** | **<0.01** | 1.16 (0.94, 1.43) | 0.18 |
| Adverse Childhood Events |  |  |  |  |  |  |
| <4 events | **1.08 (1.01, 1.15)** | **0.02** | **1.08 (1.01, 1.16)** | **0.02** | 1.08 (0.88, 1.32) | 0.47 |
| 4+ events | 0.97 (0.91, 1.03) | 0.28 | 0.97 (0.91, 1.03) | 0.32 | 0.94 (0.73, 1.20) | 0.61 |