105 female spouses of deployed Active Duty Army personnel participated in a study examining predictors of general wellbeing (including perceived stress, coping behaviors, and health-promoting behaviors) during deployment separation. Perceived stress was the best predictor of spouses’ mental and physical well-being.

**Key Findings:**
- A higher degree of perceived stress was associated with lower mental and physical wellbeing.
- Increased perceived stress was related to increased use of both evasive and emotive coping, which were, in turn, related to a decreased mental and physical well-being.
- Increased optimistic coping was related to increased mental, but not physical, well-being.
- Higher levels of stress were found in spouses of husbands deployed to a military operation other than war.
- Wives who had experienced a previous deployment separation used more confrontive coping in comparison to those who had not experienced a previous deployment.

**Implications for Programs:**
- Programs could consider hosting special social events for military spouses and their children to increase social support while their family member is deployed.
- Programs could include modules in their curricula about active coping skills that spouses could try to reduce their stress.
- Programs could include focused information in their curricula for spouses who have experienced multiple previous deployments to address their specific needs.

**Implications for Policies:**
- Policies could continue to provide infrastructure and support for Family Readiness Groups.
- Policies could provide funding for additional services for spouses of deployed Service members such as a workshop in effective coping skills.
- Policies could recommend the provision of support service for spouses/partners of Service members who deploy to non-combat military operations.

**Avenues for Future Research:**
- Future research could include assessment of the sources of stress during deployment for spouses of deployed military members.
- Additional studies could use a longitudinal design across the entire deployment period to see how these variables fluctuate over time.
- Future research could replicate this study with spouses from other military branches.
Female spouses of currently deployed Army Soldiers from one large military installation were recruited through Family Readiness Groups. Participants completed a paper and pencil questionnaire. Questions assessed perceived stress, coping thoughts and behaviors, and well-being. Statistical analyses compared levels of well-being between different demographic groups.

105 female spouses of Active Duty Army Soldiers participated. Spousal average age: 30.54 years (SD=6.31 years). Racial/ethnic composition of spouses: 80% Caucasian, 10% African American, 9% Hispanic. Average number of previous deployments = 2.27 (SD=1.24).

All the measures were self-report. The sample was small and not random (attendees at Family Readiness Groups). Recruitment rates were not presented. The study was correlational and causal conclusions are inappropriate.

The limitations of this study are…

The implications of this research to programs, policies and the field, stated by the authors, are… Not applicable because authors do not discuss implications.