



**Centre for Evidence
for the Armed Forces
Community**
FUNDED BY **FiMT**

Research Landscape Bulletin

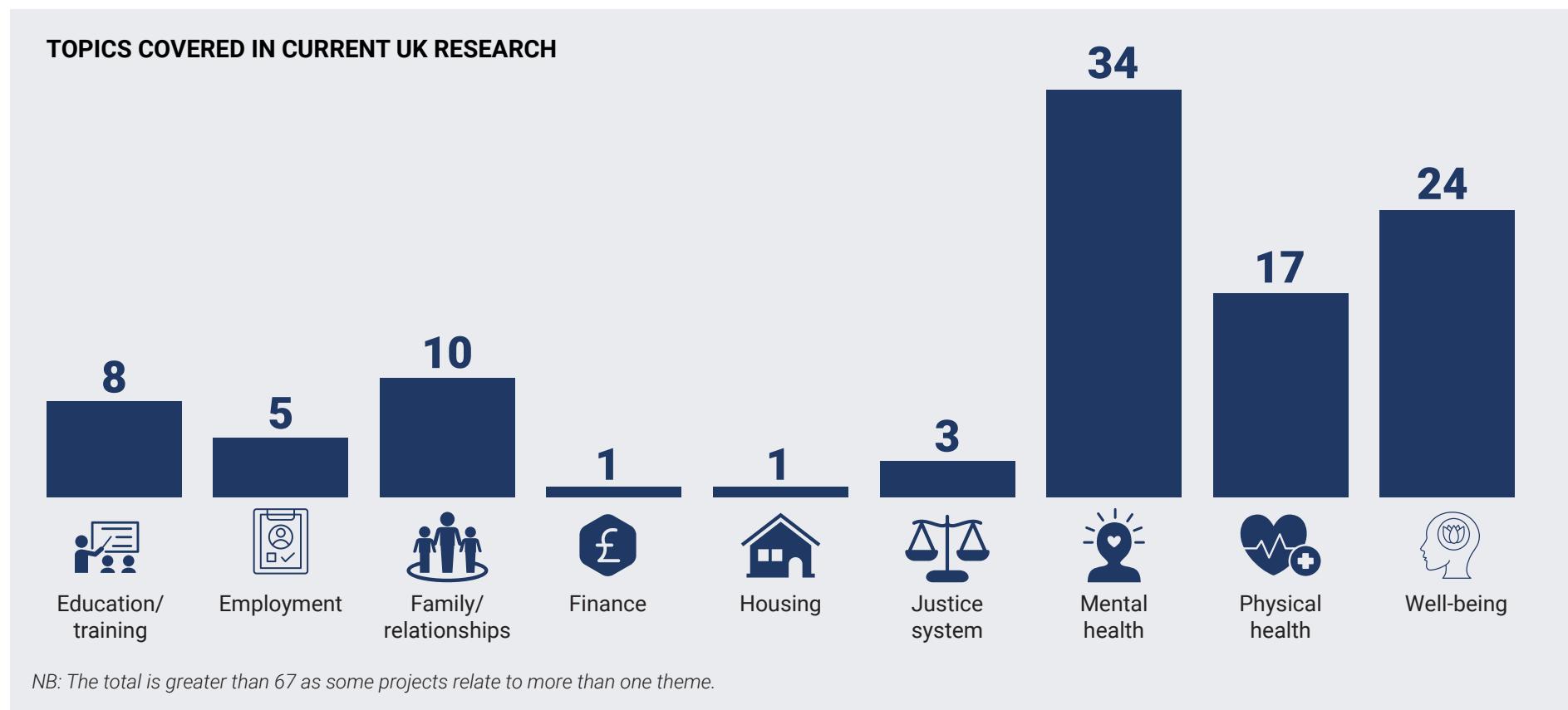
**Issue 4:
March – August 2025**

This bi-annual bulletin provides an overview of the UK Armed Forces community research landscape including what research is being conducted, and by who, and what research evidence is being published. This bulletin identifies trends and gaps in published and ongoing research, highlights what topics are currently being researched, and therefore what evidence on certain topics is coming soon. This will be beneficial to researchers, those who commission research, and those who use research to inform their work, policy, and practice. All information is taken from the [Research Community](#), [Ongoing Research](#), and [Repository](#) pages of our website.¹

What research was conducted March – August 2025?

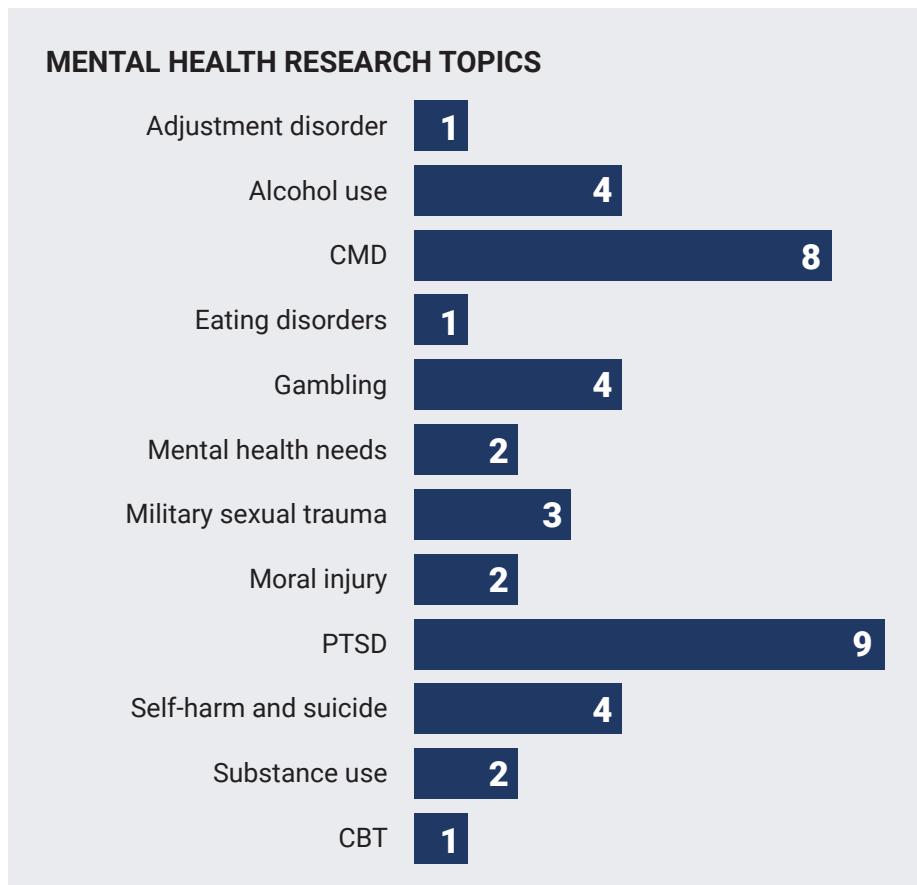
67 research studies about the UK Armed Forces community were being conducted between March – August 2025.

Mental health was the most researched area, followed by well-being, and physical health, which is a continued trend since May 2023. The least researched areas during the current period were finance and housing, which shows a continued theme from the previous bulletins. However, there is a minor increase in research conducted on the topics of employment and family/ relationships compared to the previous editions of the bulletin, which may indicate more interest in these topics.

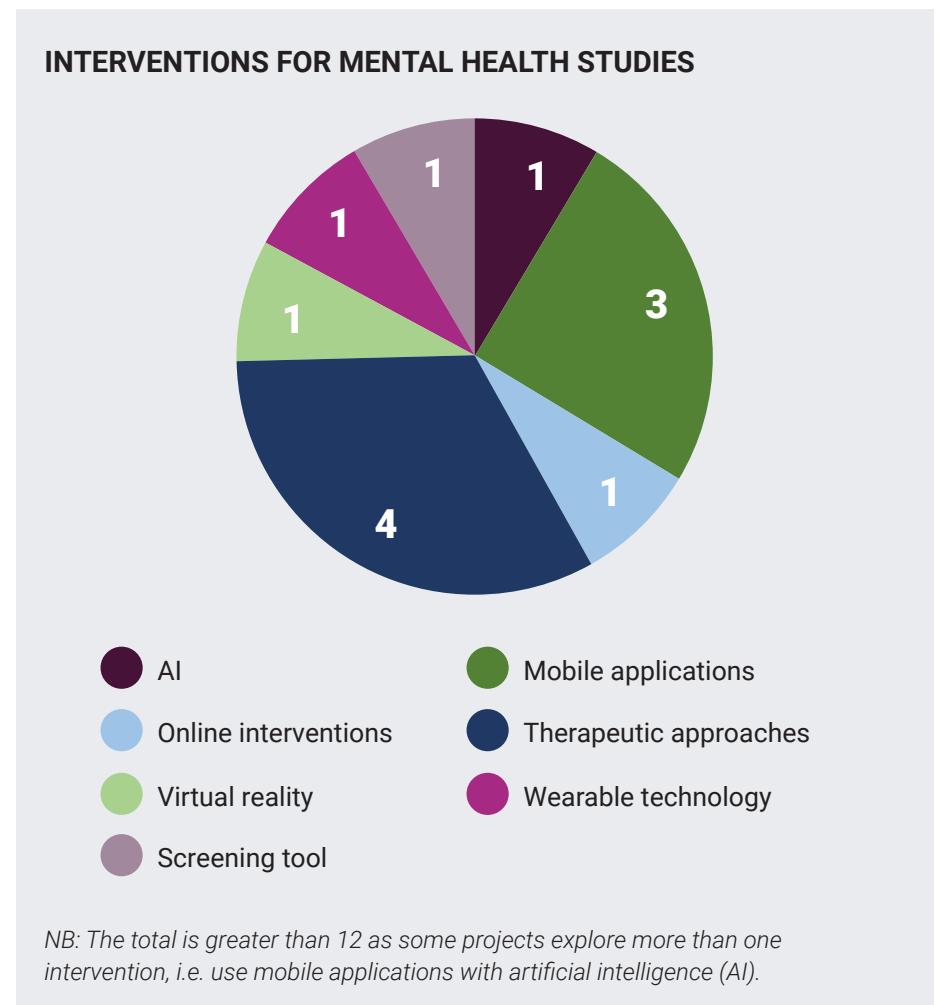


Mental Health research

The most common conditions of focus were post-traumatic stress disorder (PTSD) and common mental health disorder (CMD; including depression, anxiety, non-specified broad 'mental health'), followed by military sexual trauma, alcohol use, gambling, and suicide. The focus on these is a continued theme from the previous bulletins.

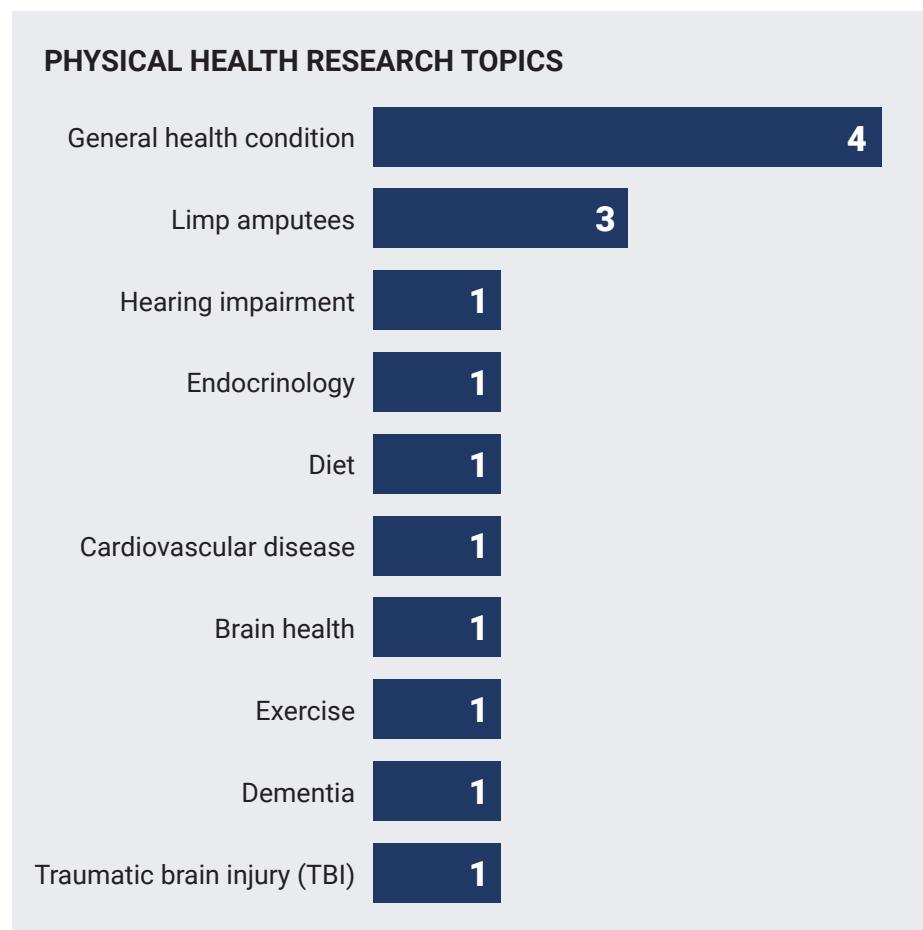


Interventions were a focus for 12 of the mental health studies. In comparison to the last bulletin there was a decrease in studies looking at therapeutic approaches, mobile applications, and online interventions.



Physical Health research

The most common areas of focus were general health conditions and limb amputations. Compared to the last bulletin the overall number of physical health studies decreased.



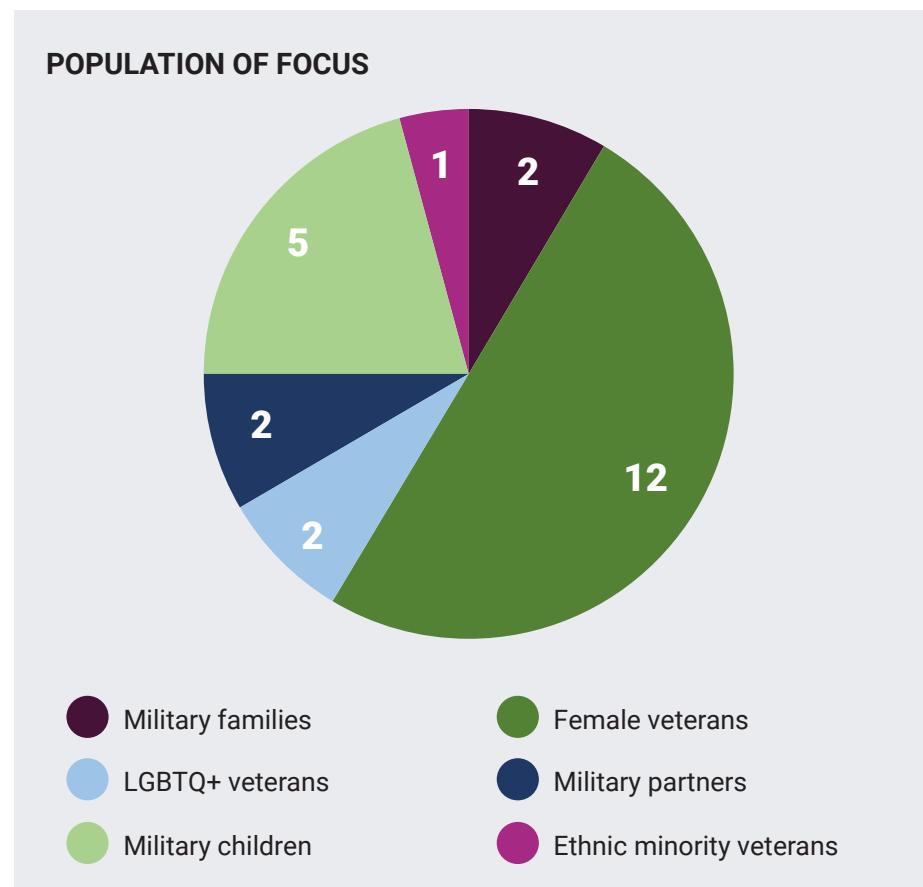
Well-Being research

The most researched well-being topics were transition experiences and diversity and inclusion, which is a new trend from previous bulletins. New well-being topics have emerged since our last bulletin, including perinatal well-being and body modification.



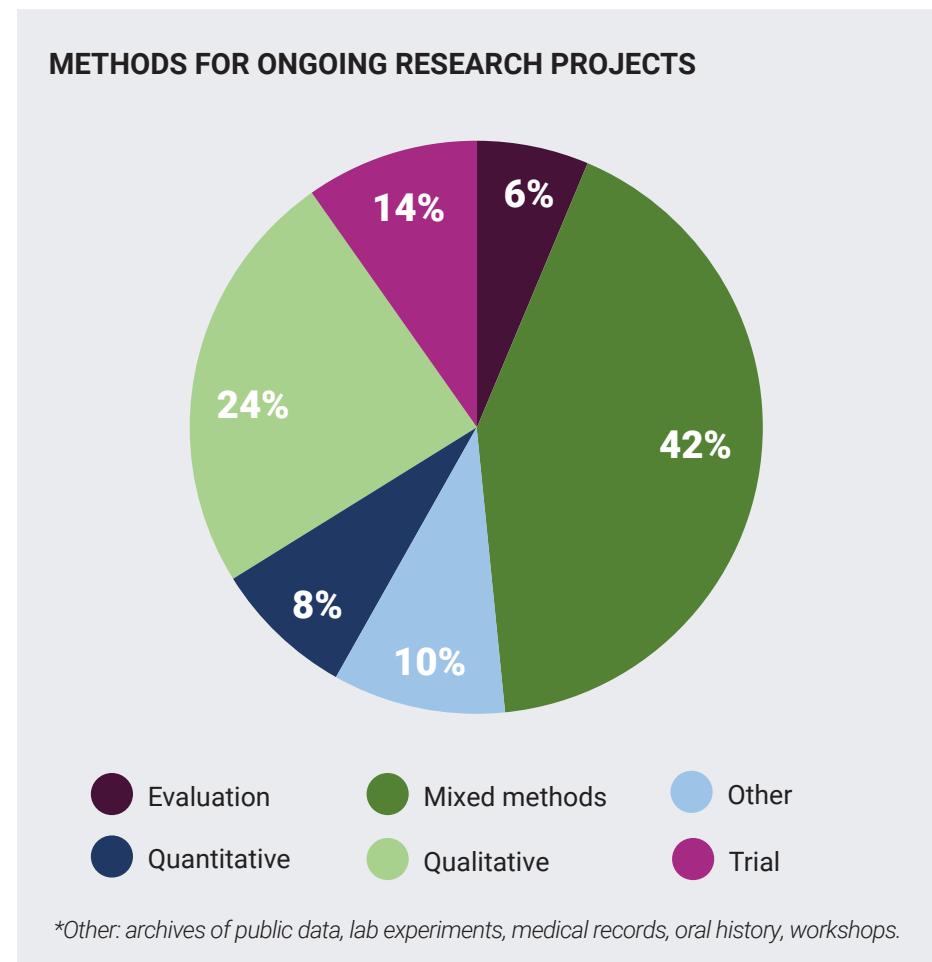
Populations of focus

Across the 67 ongoing research projects, 21 focused on specific often under researched populations: 12 female veterans, 5 military children, 2 military families, 2 military partners, 2 LGBTQ+, and 1 ethnic minority Veterans.



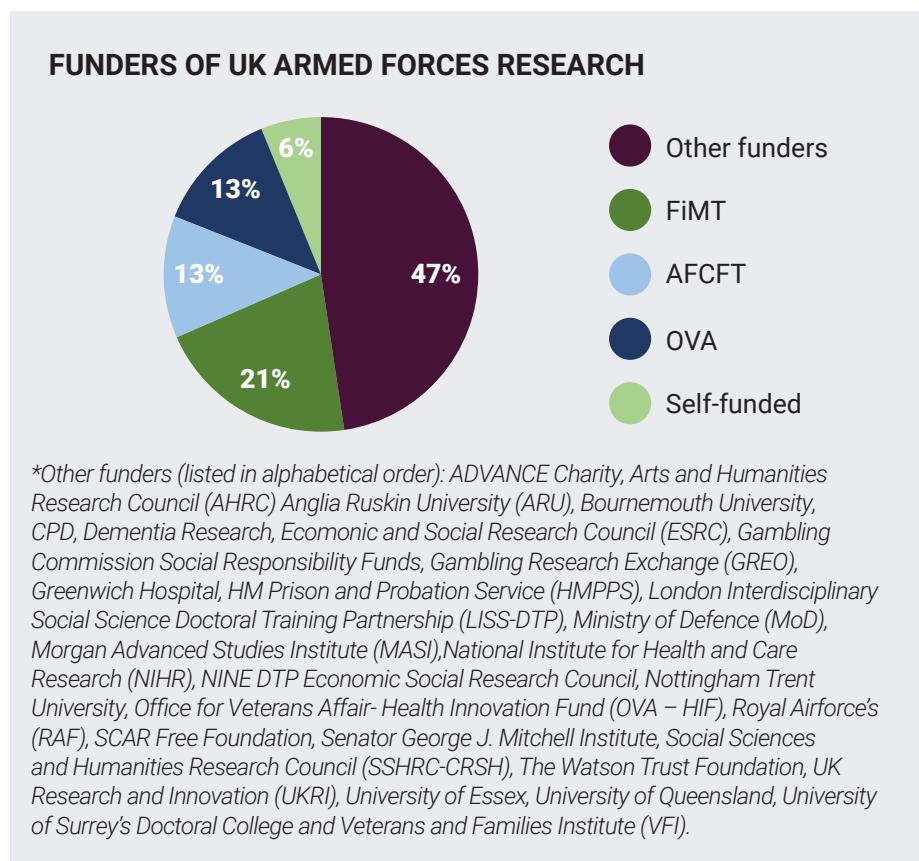
Methods used in current research

The most common approach was mixed methods, followed by qualitative studies which is a continued trend from the previous bulletin.



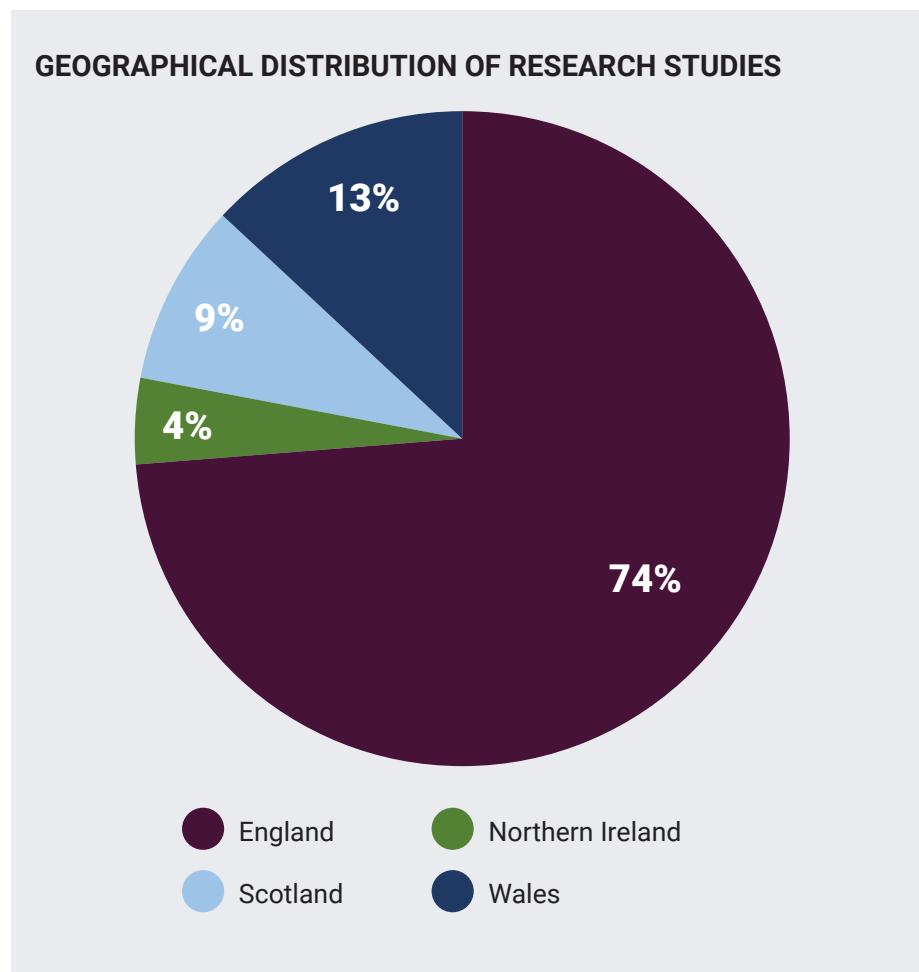
Research funders

Forces in Mind Trust (FiMT) funded 21% of research conducted between March and August 2025 and the Office for Veterans' Affairs (OVA) and Armed Forces Covenant Fund Trust (AFCFT) both funded 13% of the research conducted in this period. While these three funders have been the main funders of the largest proportion of studies through each previous bulletin, there are many other funders of UK Armed Forces community research.



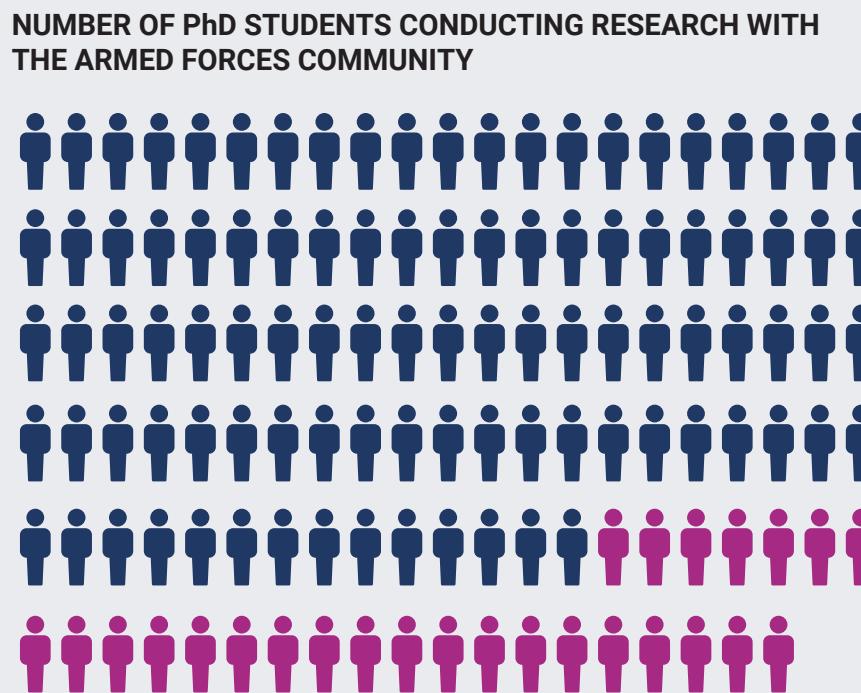
Geographical distribution of research

Much of the research captured in the 'ongoing research' page was conducted in England, with research from the devolved nations less represented.



Who is conducting the research?

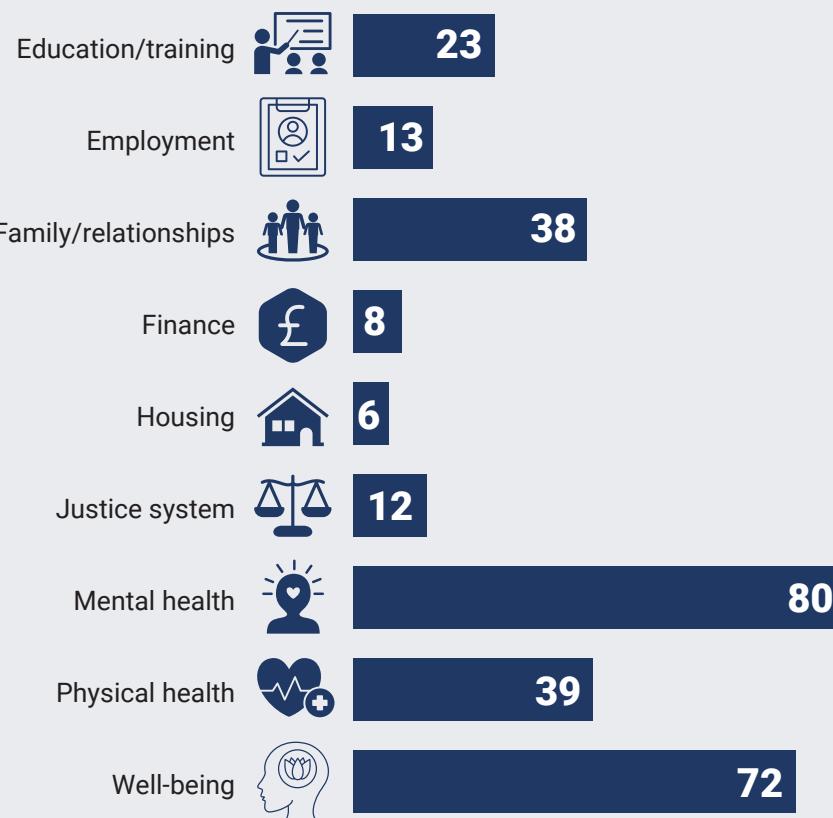
In this period, 124 researchers were listed on the Research Community page who conduct research with the UK Armed Forces community, an increase from the last bulletin period. Of these, 26 were PhD students.



Researcher expertise

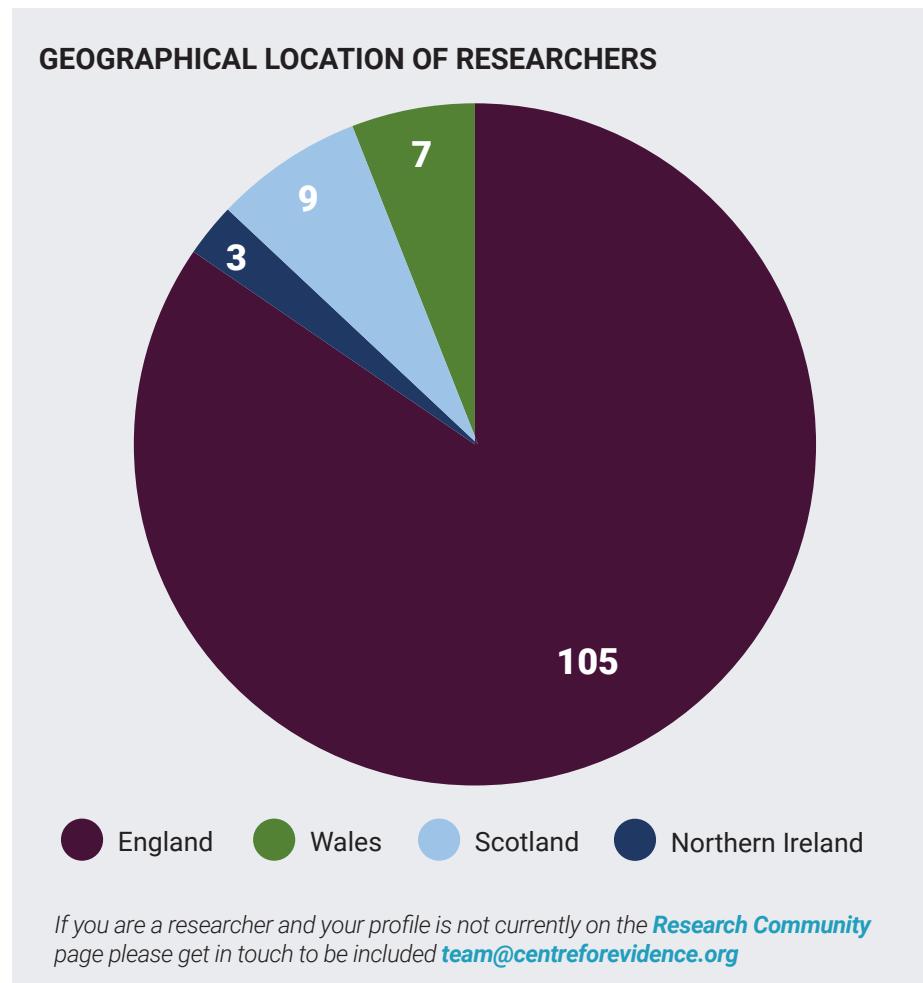
The most common areas of research expertise and focus remained as mental health and well-being, followed by physical health and family and relationships.

RESEARCHER EXPERTISE AND FOCUS



Geographic location of researchers

The majority of researchers captured in the Research Community page were based in England, with fewer across the devolved nations.



Research Centres

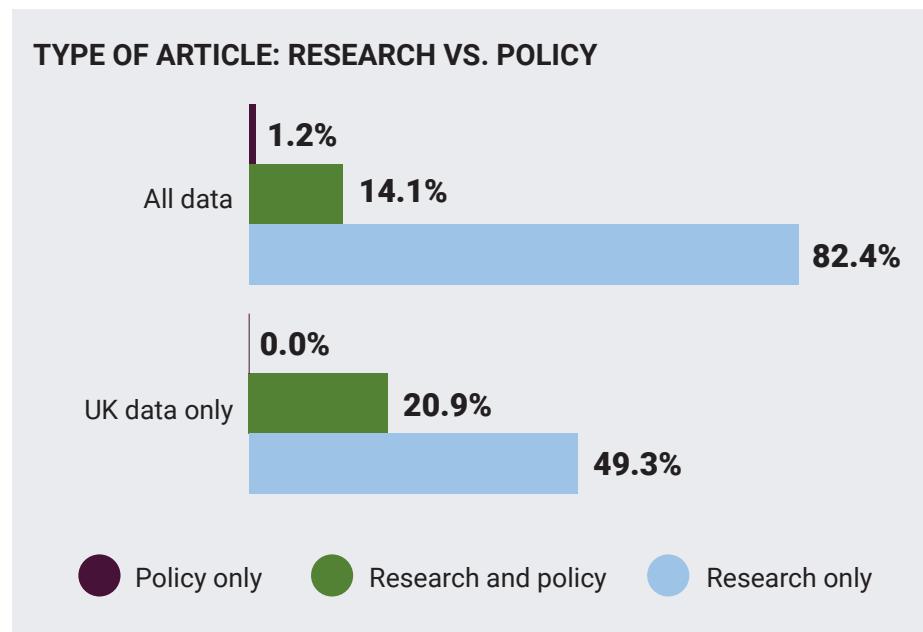
Our research community page included 21 research centres specifically focused on conducting research with the UK Armed Forces community, the majority of these were in England.



What research has been published?

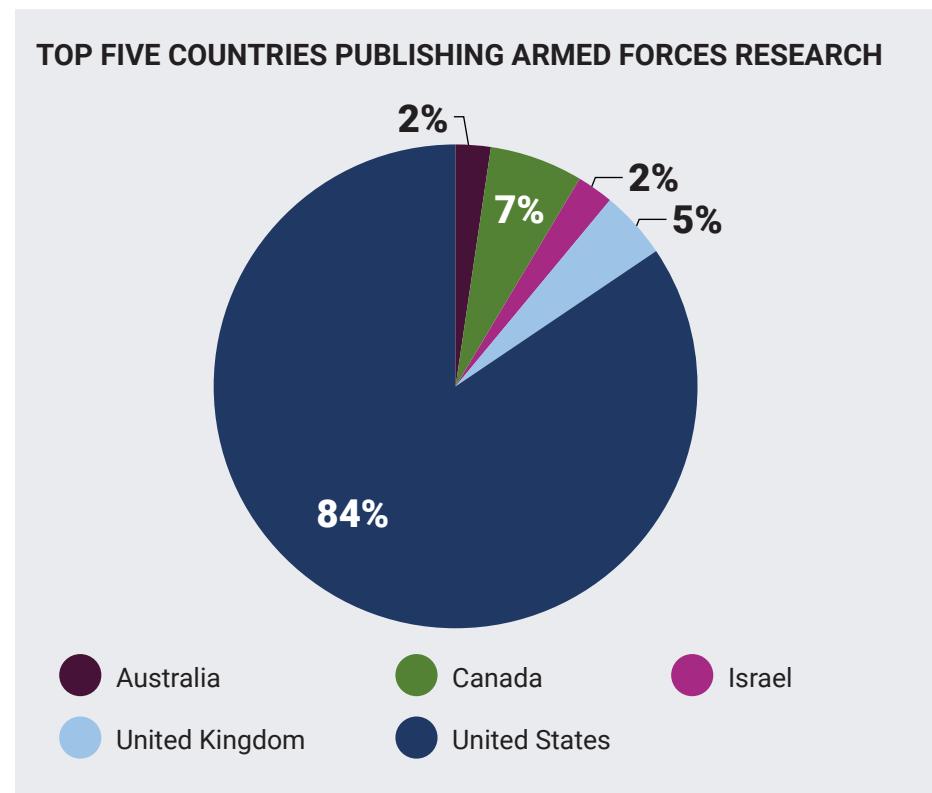
Our online repository is a searchable collection of international published and grey literature² of research evidence and policy documents about the Armed Forces community. The **repository** is updated each month using a robust methodology.³

In this period, 1,093 international research and/or policy papers were added to the repository. Of these, the majority were research papers.



Countries publishing Armed Forces research

Research published in this period covered 45 countries.⁴ The same five countries from the last reporting period are again responsible for almost all included papers, with the United States being the largest. Publications from the UK were responsible for 5% of research and policy documents.



² Grey literature refers to documents and materials that are produced outside of the traditional academic publishing and distribution channels. Examples of grey literature might include reports, working and policy papers, government documents, white papers, newsletters, and other types of documents that are otherwise hard to classify.

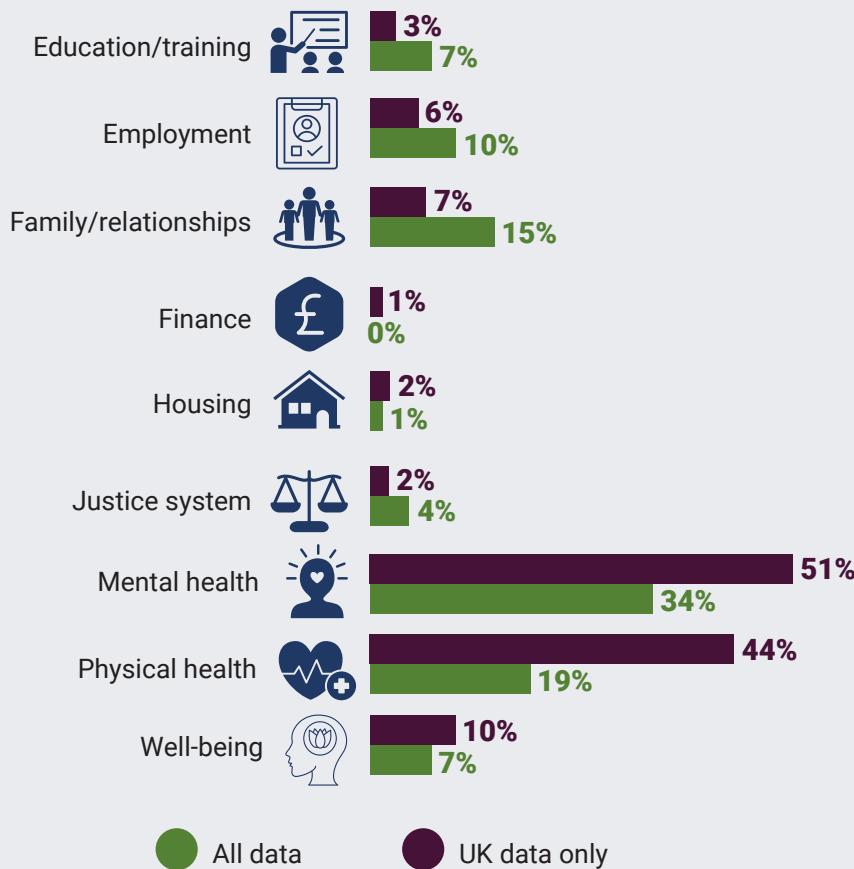
³ Full details of the method can be found <https://www.centreforevidence/resources/method-for-updating-the-first-research-centre-online-repository/article>

⁴ Other countries represented in repository uploads (listed in alphabetical order): Armenia, Austria, Belgium, Bosnia and Herzegovina, China, Colombia, Czech Republic, Denmark, England, Finland, France, Germany, Ghana, Greece, India, Indonesia, Iran, Ireland, Italy, Japan, Jordan, Moldova, New Zealand, Philippines, Poland, Republic of the Congo, Serbia, South Africa, South Korea, Sri Lanka, Sweden, Switzerland, Turkey, Uganda, Ukraine, Five Eyes, Nepal, Netherlands, Norway, Taiwan.

Topics covered in published research

Between March and August 2025, most papers focused on mental health, with physical health being the second most common and finance the least. This distribution is mostly consistent internationally and, in the UK, with the UK having a more equal distribution of papers across themes.

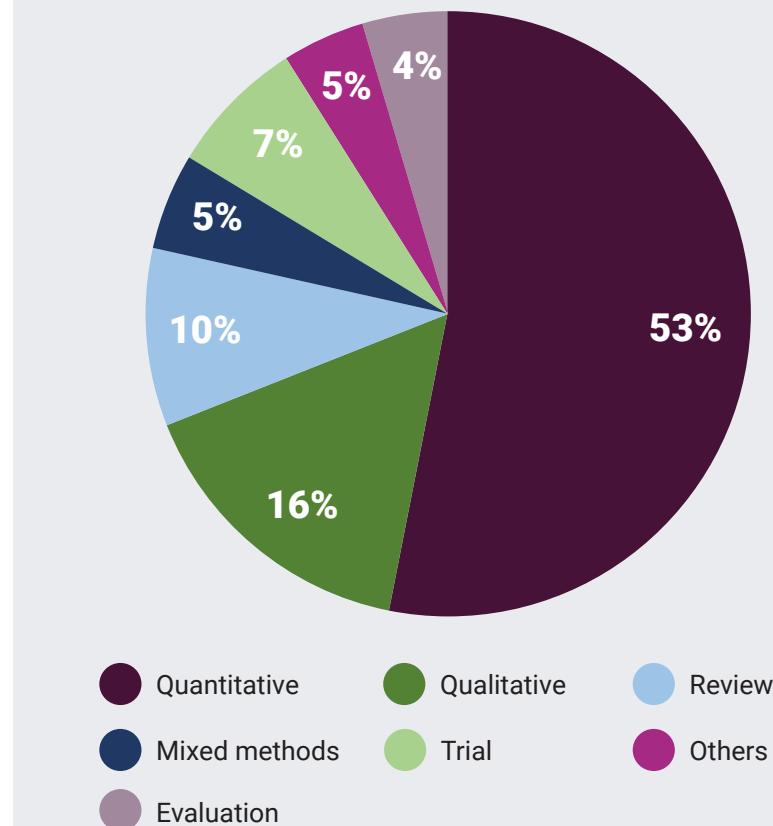
THEME PREVALENCE (%) OF PUBLISHED RESEARCH



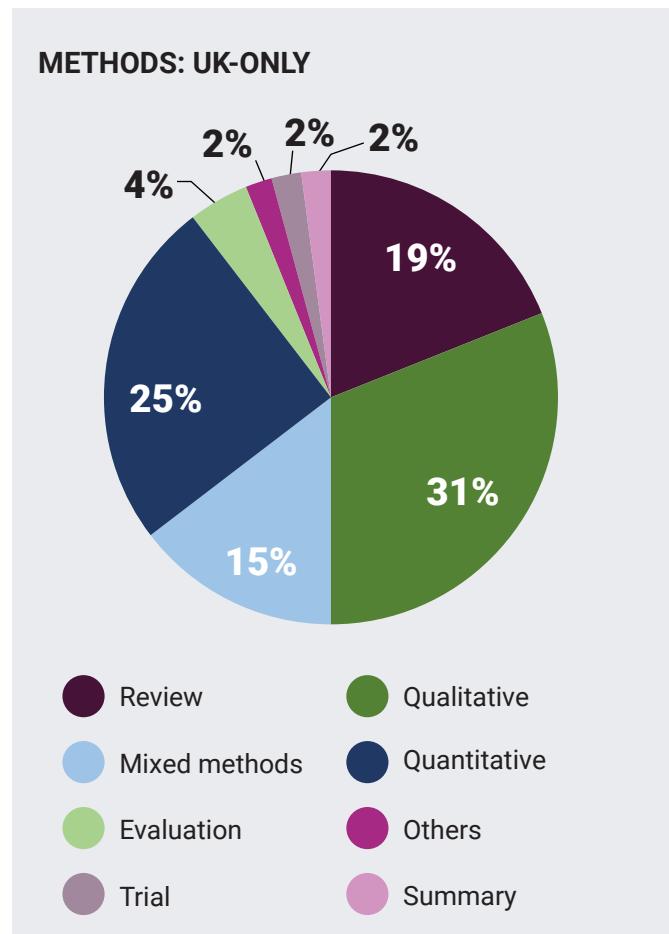
Methods used in published research

The majority of published international research used quantitative methods, less used qualitative and review approaches, with fewer mixed methods, trials and evaluations overall.

METHODS: ALL PUBLISHED RESEARCH



When considered alone, the distribution of the methods used in UK research uploaded to the repository differed: the UK had a more even spread of quantitative, qualitative, mixed methods, reviews, evaluations and trial approaches. However, similarly to global research, trials were the least present.



Summary

Trends in UK Research activity:

- *Mental health and Well-being* continue to be the most researched themes and to have the most researcher expertise.
- *Housing and Finance* continue to be less researched areas in the UK. There is slightly more interest in *Employment* during this period, however, it remains a less researched area compared to other themes.
- There is a slightly increased presence of research involving military families and children.
- Mixed methods continue to be the most popular research methods used in the UK.
- Most research activity captured in the 'Ongoing Research' page and most researchers and research centres captured in the 'Research Community' page are in England. We encourage researchers from Northern Ireland, Scotland, and Wales, to share their research and details to provide a comprehensive picture of research and researchers across the devolved nations in order to identify potential gaps and to highlight where researchers with certain expertise are based.

Trends in published research:

- *Mental and Physical health* continue to dominate published research about the Armed Forces community. During this period, more research on mental health was published, compared to physical health which was consistent with the previous September 2024-February 2025 period.
- Research relating to *Finance, Housing, the Justice System, and Education / Training* are the focus of less research internationally and in the UK, with fewer research papers being published focused on these areas. This is surprising since *Housing, Finance, Justice, and Education* are considered core aspects of transition. In the previous September 2024-February 2025 period, the number of papers about *Employment* had risen both in the UK and internationally since the March-August 2024 period. However, we see this trend plateau in the UK and decrease internationally in this March-August 2025 period.
- The majority of research continues to focus on WEIRD⁵ populations in the US and UK; with increasing diversity within the Armed Forces, this should be reflected in research. However, it seems that more research has been published in countries subject to heightened conflicts, with Israel remaining in the top 5 of publishers, followed by Sweden then Ukraine.
- Internationally and in the UK, quantitative methods are most commonly reported in published papers. However, whilst the UK has more equally distributed methods in its published papers, more than half of international research uses quantitative methods.

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Coined by Henrich, Heine and Norenzayan (2010), WEIRD refers to populations that are Western/White, Educated, Industrialised, Rich and Democratic. This population is typically overrepresented in the research.