



Headquarters  
New Zealand Defence Force  
Defence House  
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Wellington Mail Centre  
Lower Hutt 5045  
New Zealand

OIA-2024-4941

28 March 2024

Dear [REDACTED]

I refer to your email of 29 February 2024 requesting the following information under the Official Information Act 1982 (OIA):

*I'm looking for incidence rates of the following in NZDF personnel over the past two years:*

*-incidence of concussions or any brain injury*

*-incidence of PTSD*

*-incidence of any mental health issues*

*(Separately)*

*-incidence of any who have had a brain injury and significant trauma or PTSD*

*I'm also interested to see if you have records of any staff who have had a brain injury or concussion and experienced mental health issues subsequently*

The New Zealand Defence Force (NZDF) provides health care for serving personnel through the NZDF Health Service. Any patient presenting with symptoms or concerns about their health will be assessed and managed in accordance with their presentation. The NZDF Health Service sees patients who require health care service from occurrences in both their service and (more commonly) in their non-service life. The term mental health is very broad, and situations whereby a person may report a mental health issue can vary greatly.

A brain injury refers to a wide range of injuries (concussion, post-concussion syndrome, contusions to the head or neck, and head injuries). From 2022 to 2023, the NZDF Health Service diagnosed 125 personnel with a brain injury of some form. Of these personnel, 11 subsequently presented with some form of mental health issue.

For the same two-year period (2022 to 2023) the NZDF Health Service provided mental health related support to 416 personnel. During this period 13 personnel were diagnosed with Post-Traumatic Stress Disorder.

You have the right, under section 28(3) of the OIA, to ask an Ombudsman to review this response to your request. Information about how to make a complaint is available at [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz) or freephone 0800 802 602.

Please note that responses to official information requests are proactively released where possible. This response to your request will be published shortly on the NZDF website, with your personal information removed.

Yours sincerely

**AJ WOODS**

Air Commodore

Chief of Staff HQNZDF