**Introduction**  
- A significant amount of research has been done on the life experiences and resiliency of military spouses.
- Occupational science literature has continued to add to its construction of identity and how it both shapes and is shaped by occupational engagement.
- Despite the wealth of research surrounding military spouses, literature addressing the link between the occupational choices military spouses make and the influence of this on identity is sparse.

**Research Question**  
- How does participation in a Family Readiness Group influence military spouse identity?

**Methods**  
- Qualitative research design
- Purposive sampling
- Semi-structured interview with three military spouses living in Fort Bragg, North Carolina
- Thematic analysis (Braun & Clark, 2006)

**Results**  
- **A Sense of Comradery**
  - “Coming in as new to Fort Bragg, you’ve got to live off post and come in as a new army wife. It is like you know nothing and no one but with the FRG you have branches upon branches of people who you connect with.”

- **An Us Vs. Them Dichotomy**
  - “It’s fun to hang out with them [military spouses] because they know what’s going on and you don’t always have to explain like with your other friends that are not military.”

- **A Need for Information**
  - “I definitely became involved with the FRG because of deployment. I knew it would be the key…factor in getting information, and it has been, you know?”

**Discussion**  
- Considering the stressors military spouses face, the relevancy of finding a sense of comradery becomes clear (Segal, Lane, & Fisher, 2015).
- Military spouses benefit from social occupations where they are able to establish an ‘us’. Participants expressed that this allowed them to be “just a spouse” which fostered a sense of relief.
- Participants indicated that participating in their FRG facilitated their transition into military life and informed their role-identity as a military spouse.

**Implications for OS & OT**  
- Findings provide understanding of an occupation that is unique to this population and the meaning that may be derived from it.

**References**  