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TITLE: Risk, Resiliency, and Coping in National Guard Families

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<b>14. ABSTRACT</b> National Guard families face unique challenges and stressors because of distance from military supports and subsequent dependence on civilian communities. The <i>Risk, Resiliency, and Coping in National Guard Families</i> study aims to address key gaps in our understanding of the effects of deployment on family functioning. The Michigan Public Health Institute and the Michigan State University are completing the third year of a mixed method longitudinal study following a battalion of National Guard soldiers that deployed to Afghanistan in 2011-2012. A total of 906 subjects were consented with soldiers and their spouse/significant other or parent being invited to complete a survey at pre-deployment, 90-day post-deployment and a one year follow-up. We have assessed individuals on factors of risk (what makes these families vulnerable) and resiliency (what makes these families strong). To understand more fully the family strengths and resources utilized in successful adaptation to deployment and reintegration stress, researchers have completed series of two in-depth family interviews at six and 18 and 30 months post-deployment with a subsample of 32 families. During the no cost extension year of the project, MPHI and university partners will continue to work collaboratively with military and community partners on dissemination and efforts to promote resilient military families.								
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## Introduction:

*Risk, Resiliency, and Coping in National Guard Families* is a study looking at the interdependence and mutual influence of family processes, (meaning/schema and utilization of resources) that contribute to risk and resiliency in families from a National Guard (NG) infantry battalion over a period of three years including pre-deployment, post-deployment, and yearly follow up assessments. The study team is examining risk and resilience factors for various family types (couples, families with children, single NG with and without parental support, single NG with children, blended families, etc.) via longitudinal quantitative and qualitative data collection.

## Keywords:

National Guard, family, risk, resilience, coping, family stress, couple

## Accomplishments:

### **What were the major goals of the project?**

The major goals for this time period have been completed in alignment with the Statement of Work (SOW). The research team has completed both Objective 1 and Objective 2 data collection. The team is also working diligently on data cleaning, analysis, and dissemination of findings. In addition to abstracts accepted for upcoming professional conferences, the study team has manuscripts at various stages of the peer review process.

### **What was accomplished under these goals?**

Please refer to the SOW below:

Task 1. Contractual agreements completed in year 1.

Task 2. Regulatory review and approval processes for studies involving human subjects

- Accomplished in Year 1-3.
- MPHI completed regulatory renewals and received authorization to continue with research from the USAMRMC's Office of Research Protections.
- MPHI has submitted application for 3P<sup>nd</sup>P renewal which was approved by MPHI Office of Research Integrity on August 4, 2015 and HRPO Continuing Review Acknowledgement A-17522.a.

Task 3. Project management

- MPHI built in year 1 and hosts and maintains the SharePoint site for project management and document sharing among project staff from partnering universities for year 1-3.
- Staffed project coordinator year 1-3.

Task 4. Grant reporting requirements completed in year 1-3

- MPHI has submitted quarterly technical reports to USAMRMC. Quarterly financial reports SF425 were submitted by MPHI. MPHI worked collaboratively with partnering PI from MSU to submit annual reports. Dr. Gorman (MPHI) and Dr. Blow (MSU) prepared and presented

joint presentation at the MOMRP Family IRP 24-25 March 2015. Please refer to appendix A for IRP update presented at Ft. Detrick.

#### Task 5. Quantitative data collection as it relates to Objective 1

- Time 1 paper surveys data collection complete. 603 Service Member, 280 Spouse, and 13 Parents Time 2 paper and online surveys completed in year 2. 542 service members, 128 spouses, and 25 parents participated.
- During this year, Time 3 Survey tool was revised and received IRB approval. There were no significant changes in the project or its direction. The survey revisions eliminated burden by removing questions that are static or no longer relevant for this stage of reintegration process. Other revisions incorporate new validated measures or themes that have emerged from the qualitative data. Survey changes were within the objectives of the study and propose no increased risk for study participants. The approved Time 3 Service Member and Spouse survey instruments are attached in appendix B.
- As a result of the time 3 survey revision and approval, MPHI created the online data collection in REDCap.
- Time 3 survey data collection completed this year (411 Soldiers and 118 Spouses).

#### Task 6. Data management activities

- MPHI maintains secure database
- MPHI staff ensures that data collection and storage capabilities support integration of longitudinal datasets linking individuals across multiple time points.
- MPHI interfaces between IST and project personnel as it relates to project management activities on SharePoint, data entry on secure server, online surveys, and other data management activities.

#### Task 7. Data collection activities that relate to Objective 2.

- The study team met on March 3, 2015 for a training on the final time 3 interview hosted at MPHI. The team did not make any revisions to the time 3 interview guide. (See interview guide in appendix C.)
- MPHI scheduled interviews and prepared packets for interview teams conducting Time 3 in-depth family interviews.
- A two person team conducted each family interview. MPHI research staff made every attempt to assure that the interview team consisted was mixed gender and 1 person with formal military experience and 1 licensed marriage and family therapist. The pool of trained interviewers included staff from MPHI (2), MSU (5) and UM (1).
- Time 1 interviews were completed in the spring of 2013 and consisted of a combination of 40 couples and single soldiers. Between April and September 2014, 35 Time 2 interviews were completed including 29 couples (4 divorced/separated), 3 single soldiers, and 1 parent couple. When couples reported that they were divorced/separated study personnel offered to conduct separate individual interviews. The study team was unable to reach one couple and three single soldiers who had participated in the first wave of family interview. These four families are considered lost to follow-up.
- Between March and June 2015, 26 Time 3 interviews were completed. The study team was unable to reach eight of the single soldiers who had participated in previous family interviews. These families are considered lost to follow-up.

#### Task 8. Data management activities that relate to Objective 2

- Transcriptions complete.
- MPHI cleaned the transcripts of any identifying information and loaded the transcripts on a secure server. The final wave of qualitative data was ready loaded onto the cleaned by June

2015 and access provided to authorized personnel from the partnering universities for qualitative analysis.

- MPHI coordinated conference calls for process of establishing and managing the master codebook.
- MPHI began integration of the quantitative and qualitative data for the analysis of comparative study. MPHI continues to interface with information technology and project personnel as it relates to project management activities on SharePoint, data entry on secure server and other data management activities.

#### Task 9. Utilize findings in theory development

- MPHI and the study team are currently working on theory development. In preparation for these efforts, study team members have data analysis plans underway to test and validate components of the Family Resilience Model.

#### Task 10. Activities that relate to dissemination

- Dr. Gorman (MPHI) and Dr. Blow (MSU) provide updates to the military community on the progress of the current study in the context of previous collaborative efforts, share updates on how research from the collaborative has been utilized to benefit the military community, and continue discussion about how to collaborate with the Michigan National Guard to utilize emerging findings to promote resilient military families.

### **What opportunities for training and professional development has the project provided?**

Drs. Blow, Gorman, and Huebner presented at the American Association for Marriage and Family Therapy's Annual Conference in September of 2015 titled "*Couples' Experiences of Military Deployment*." The 2 hour workshop included the following learning objectives: 1) Participants will learn about the unique experiences of couples negotiating a stressful war time deployment. 2) Participants will be exposed to prevention approaches for these couples based upon the study findings. 3) Participants will be exposed to interventions required for these couples based upon the study findings. 4) Participants will be exposed to strategies for engaging these couples in treatment and making the experience as robust as possible. The workshop addressed these learning objectives while incorporating our findings within the quantitative and qualitative data and applying it to assist mental health clinicians in working with military population. There were over 100 therapist in the room and CEU were made available by AAMFT.

### **How were the results disseminated to communities of interest?**

The project was highlighted in the MPHI annual report which was distributed to our national, state and community partners raising awareness among members of the public health community about the research.

### **What do you plan to do during the next reporting period to accomplish the goals?**

In the no cost extension year of the study, the research teams intends to utilize the longitudinal data to test theory development and continue activities related to dissemination of findings. The "Risk, Resiliency, and Coping in National Guard Families" was among the first study to assess individual and family outcome and process measures from both the NG soldier and his/her spouse at pre-deployment (collected with other funding), post-deployment, 1 year and 2 years following the battalion's deployment to Afghanistan. We appreciate the extended time to analyze the rich data set and to test and validate components of the Family Resilience Model.

The following abstracts have been accepted for presentation during the next fiscal year.

Guty, Derrick, Blow, A, **Gorman**, L (2015, November) *Intimate Couple Relationships and PTSD: A phenomenological Analysis of Resiliency in National Guard Couples* to be presented at the International Society for Traumatic Stress Studies (ISTSS) Annual Meeting, New Orleans, LA.

**Gorman**, L., Blow, A., Bowles, R., & Farero, A. (2015, November). *Soldier and Spouse Mental Well-being and Family Health*. Poster to be presented at the National Council on Family Relations Annual Conference, Vancouver, BC, Canada.

Farero, A., Blow, A., Kees, M., **Gorman**, L., Bowles, R., Marchiondo, C., & **Guty**, D. (2015, November). *Parent-Service Member Communication and Post-Deployment Outcomes*. Poster to be presented at the National Council on Family Relations Annual Conference, Vancouver, BC, Canada.

Marchiondo, C., Blow, A., Huebner, A., **Gorman**, L., **Guty**, D. & Kees, M. (2015, November). *Veterans and Spouses, Meaning in Life, and Adaptation after Combat*. Poster to be presented at the National Council on Family Relations Annual Conference, Vancouver, BC, Canada.

In addition to presenting these conference presentations, the study team will submit the findings for publication in peer reviewed journals.

The following manuscript are under review and will continue to be revised.

**Gorman**, L, **Moore**, J, Bowles, R. Blow, A. & **Williams**, D. (under review) Parental Perceptions of Young Child's Behavior after War Deployment.

Blow, A.J., Bowles, R.P., Subramaniam, S., Lappan, S., Nichols, E., Farero, A., **Gorman**, L., Kees, M. **Guty**, D. Coping through Deployment: Findings from a Sample of National Guard Couples. *Journal of Family Psychology*.

## Impact:

### **What was the impact on the development of the principal discipline(s) of the project?**

We used our experience working with this project to contribute to the workgroup led by Steve Cozza. This is part of a larger project coming out of the Military Family Research Institute. The workgroup is developing a "Battle Plan" that collects important lessons learned, defines areas of challenge and opportunity, and provides recommendations that can inform professionals working with military families about steps they should take in the event of future conflicts.

Cozza, S., Devoe, E., Flake, E., Gewirtz, A., **Gorman**, L., Kees, M., Knobloch, L., Lerner, R., & Lester P. (2015 September) *Battle Plan for Military Families: Academia Research and Primary Data Collection Workgroup*, Presented for the Military Family Research Institute.

The AAMFT Conference workshop that Blow, Gorman, & Huebner conducted, *Couples' Experiences of Military Deployment* taught clinicians about the unique experiences of couples negotiating deployment, prevention and intervention approaches for these couples based upon the study findings, and strategies for engaging military couples in treatment. (Appendix D)

### **What was the impact on other disciplines?**

Nothing to Report

### **What was the impact on technology transfer?**

Nothing to Report

### **What was the impact on society beyond science and technology?**

Data from the in-depth family interviews and pre-deployment, post-deployment and one year follow-up was used for a comparative case study of three families where the service member had ongoing issues related to deployment injury. Findings from the comparative case study suggests that families experiencing a delay in diagnosis, wait time for treatment, lack of comprehensive formal and financial support following service member injury face a pile-up of stressors that are detrimental to the service members' physical and mental health, financial stability, and ultimately family well-being. These constructs will guide analysis with the larger data set. This will inform theory development and increase our understanding of the unique processes that the National Guard families face following a deployment injury. We have hopes that these finding will at some point have policy implication for linking military personnel and veterans to evidence-based and timely treatment.

Gorman, LA, Huebner, AJ, Hirschfeld, MK, Sankar, S, Blow, AJ, Guty, D, Kees, . & Ketner, JS. (In press) A Comparative Case Study of Risk, Resiliency, and Coping among Injured National Guard. *Military Medicine*.(Appendix E)

Dr. Gorman shared preliminary findings during key informant interview with the Michigan Department of Military and Veterans Affairs Veteran Community Action Team. This needs assessment was used to educate community partners with the intent to inform how partners collaborate and provide services to the military and veteran communities throughout the state.

## Changes/Problems:

### **Changes in approach and reasons for change**

Nothing to Report

### **Actual or anticipated problems or delays and actions or plans to resolve them.**

Dissemination of findings through manuscript development and peer review process takes longer than we had hoped. The research team plans to use the no cost extension year to revise, resubmit, refine, and submit new findings in order to increase dissemination of findings.

### **Changes that had a significant impact on expenditures**

Nothing to Report

## Products/Reportable Outcomes:

### **Journal publications.**

**Gorman**, LA, Huebner, AJ, Hirschfeld, MK, Sankar, S, Blow, AJ, **Guty**, D, Kees, M. & Ketner, JS. (In press) A Comparative Case Study of Risk, Resiliency, and Coping among Injured National Guard. *Military Medicine*. (Appendix E)

Blow, A., Curtis, AF, Wittenborn, A. & **Gorman**, L (2015). Relationship problems and military related PTSD: The case for using emotional focused therapy for couples. *Contemporary Family Therapy*. 37 (3), 261-270. (Appendix F)

**Other publications, conference papers, and presentations.**

Huebner, A.J., Blow, A.J., **Gorman**, L., **Guty**, D., & Kees, M. (2015, July). *“It’s not all Roses and Cupcakes:” Life after Military Reintegration for U.S. National Guard Service members and Spouses*. Presentation at 34<sup>th</sup> Congress of the International Academy of Law and Mental Health, Vienna, Austria. (Appendix G)

Blow, A., **Gorman**, L., & Huebner, A. (2015, September). *Couples’ Experiences of Military Deployment*. Conference Workshop presented at American Association for Marriage and Family Therapy Annual Conference, Austin, TX. (Appendix D)

Blow, A, Lappan, S, Nichols, E, Subramaniam, S, Ferero, A., & **Gorman**, L. (2015, September). *Couples coping with stress: Life in the military*. Presented at the American Association for Marriage and Family Therapy Annual Conference, Austin, TX. (Appendix H)

Johnson, T, Farero, A, Blow, A, **Gorman**, L, & Kees, M. (2015, September). *Fathers in the military: Implications for Family Therapist*. Presented at the American Association for Marriage and Family Therapy Annual Conference, Austin, TX. (Appendix I)

## Participants & Other Collaborating Organizations

### What individuals have worked on the project?

Name:	Lisa Gorman
Project Role:	PI
Researcher Identifier (e.g. ORCID ID):	N/A
Nearest person month worked:	4
Contribution to Project:	Dr. Gorman is responsible for technical and scientific oversight of the project at MPH. This includes reports, study design, survey and interview guides, IRB revisions, data collection and management, supervision and training of project staff, and partnering with collaborating universities.
Funding Support:	N/A
Name:	Danielle Guty,
Project Role:	Research Assist/Project Coordinator

Researcher Identifier (e.g. ORCID ID):	N/A
Nearest person month worked:	6
Contribution to Project:	Coordination of project activities which include but are not limited to teleconferences with PI and partnering universities, survey distribution and reminders, scheduling in-depth family interview, conducting interviews, data management, IRB revisions, IST data collection tools, etc.
Funding Support:	N/A

**Has there been a change in the active other support of the PD/PI(s) or senior/key personnel since the last reporting period?**

Nothing to Report

**What other organizations were involved as partners?**

Dr. Gorman engaged Dr. Dorinda Williams from ZERO TO THREE, Coming Together Around Military Families in the development of manuscript related to early childhood outcomes.

Adrian Blow, Michigan State University is the initiating PI. University of Michigan and Virginia Tech are subcontractors of the initiating PI and will be listed in the MSU annual report.

Special Reporting Requirements

N/A

Appendices

# **Risk** **Resiliency** **& Coping** in National Guard Families



**PI-Adrian Blow, PhD**  
**Michigan State University**

**MICHIGAN STATE**  
**UNIVERSITY**

**Partnering PI-Lisa Gorman, PhD**  
**Michigan Public Health Institute**



Award Numbers: **W81XWH-12-1-0418 (MSU)**  
**W81XWH-12-1-0419 (MPHI)**

Award Period of Performance: **September 2012-September 2015**

Award Amount: **\$879,381 (MSU); \$418,280 (MPHI)**

No Cost Extensions: **0**

Contract Officer Representative: **CAPT Angela Martinelli**

Funding Source: **DHP**

# CO-PIS & ACKNOWLEDGEMENTS

## Co-Investigators

 Angela Huebner, PhD

 Marcia Valenstein, MD  
Michelle Kees, PhD

 Ryan Bowles, PhD  
Hiram Fitzgerald, PhD

## Research Staff

 Danielle Guty  
Julie Moore, PhD

 Adam Farero  
Chris Marchiondo

 Heather Walters

 An Thai  
Rachel Policay

**National Guard:** In particular we thank the Soldiers and families of the Michigan National Guard along with the following leaders: MG Gregory Vadnais, & CPT Nick Anderson

We would also like to thank the Rachel Upjohn Clinical Scholars Award, the Berman Research Fund at the University of Michigan Depression Center, Michigan State University College of Social Science and Michigan State University Department of Human Development and Family Studies for the collaboration with the pre-deployment research.



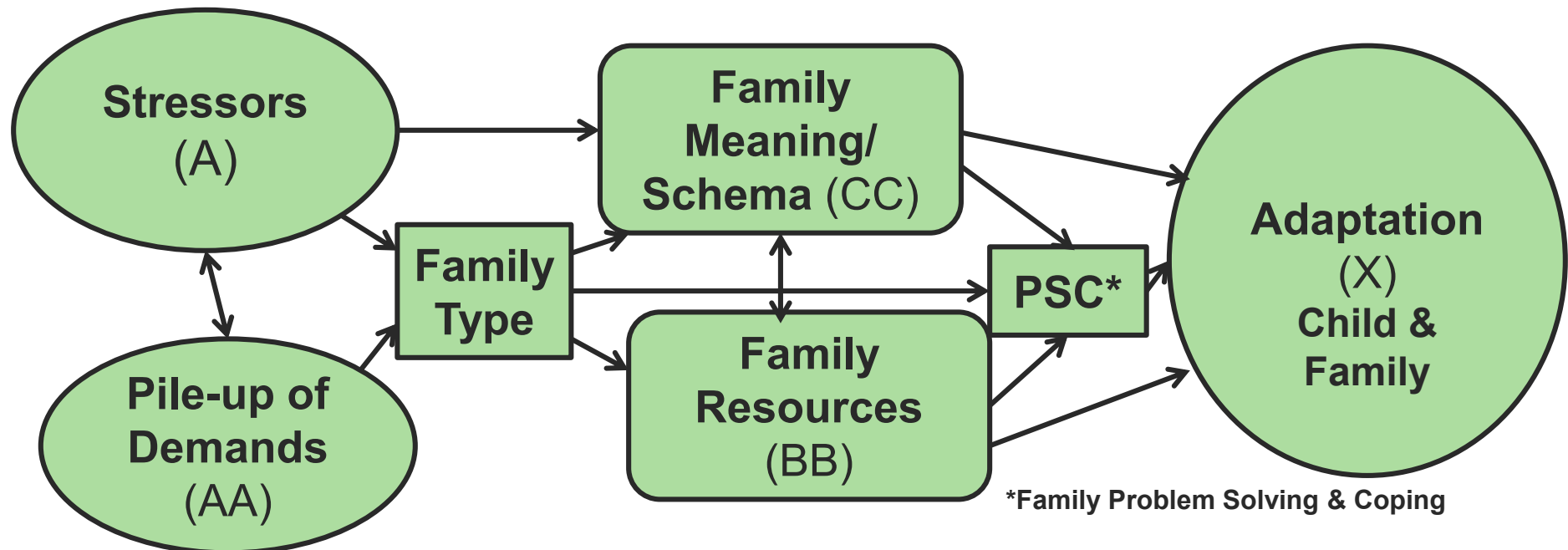
# STUDY BACKGROUND & RATIONALE

## What led to the development of this study?

- Lack of evidenced-based family and community resilience programs for reserve component
- Longstanding collaboration with MI National Guard
- Need to refine and validate family resilience theories

## How is it unique, what does it add?

- Unique experiences of the NG Military family due to separation from active duty installation
- Linked soldier and spouse data over time
- Focus on resiliency processes as a supplement to pathological outcomes
- An understanding of various family typologies at various stages of the life-course



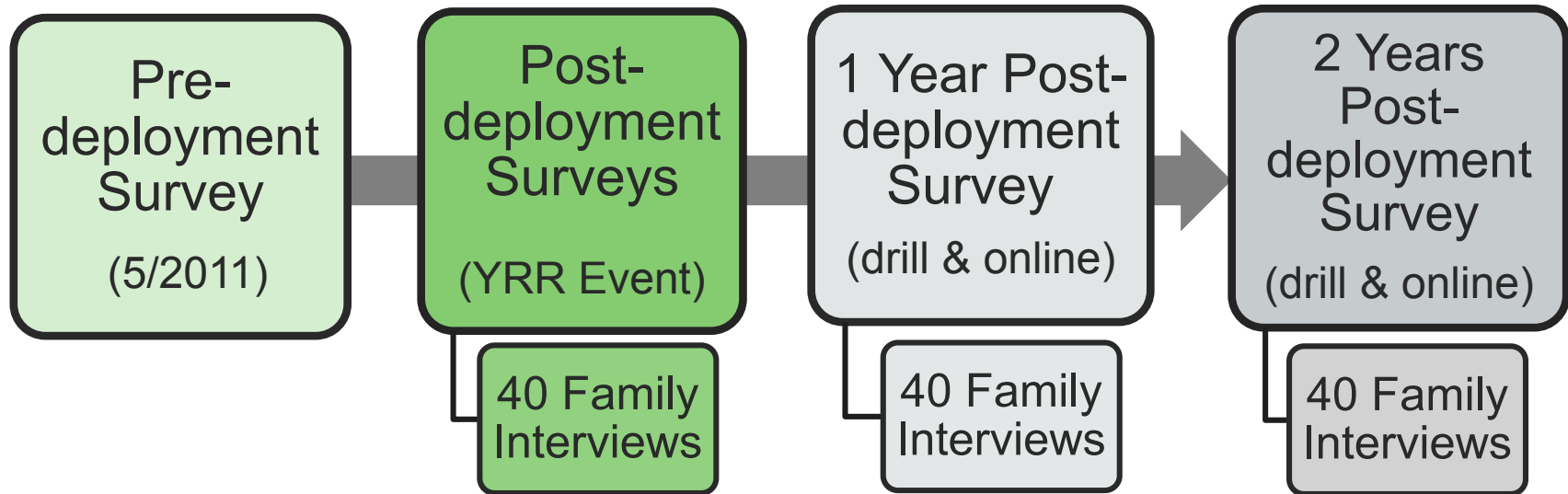
# RESEARCH QUESTIONS(S)/HYPOTHESES

Aim 1: Test propositions found in the Family Resilience Model to validate and identify characteristics of risk and resiliency associated with NG Soldier and family adjustment

- *Hypothesis 1: Psychological health outcomes of NG members are related to changes in family mental health, family wellbeing, child outcomes, and indicators of family resiliency over time*

Aim 2: Expand and refine the Family Resilience Model for application in evidence-based prevention and intervention programs for military families

# DESIGN & METHODOLOGY



## Soldier, Spouses/Significant other, and Parents

- Unique self generated codes linked to Soldier and multiple waves
- Increased incentive from \$25 to \$40 for final data collection

## Family Interviews with Subsample of 40 families

- Three 90 minute interviews conducted in home/community
- \$50 for each person interviewed

# MEASURES (Qualitative & Quantitative)

Appendix A

	Variable	Measurement
<b>Stressors (A)</b>	Deployment	Number, length, & combat exposure
	Parenting Stress	Parental Stress Scale
	Family Chaos	Confusion, Hubbub, and Order Scale
	Anxiety	Penn State Worry Questionnaire
	Depressive symptoms	Patient Health Questionnaire (PHQ-9)
	PTSD	PTSD Check list (PCL-M, PCL-C)
	Alcohol Use	Alcohol Use Disorders Identification Test (AUDIT)
	TBI	Measured as in Hoge, et al.,
	Suicide Ideation	National Comorbidity Survey
<b>Stressors (A): Interview</b>	<b>Changes the family associates with military life; Normative &amp; non-normative stressors</b>	
<b>Pile-up (AA)</b>	Life Events	The Life Events Measure
<b>Pile-up (AA): Interview</b>	<b>Family life stressor experienced that were not associated with military life</b>	
<b>Family Resources (BB)</b>	Social support	Interpersonal Support Evaluation List
	Communication	39 items
	Unit Support (SM)	Unit Support Scale
	Outreach Activities	26 items
<b>Family Resources (BB): Interview</b>	<b>Identification of/use of resources and supports (formal and informal); includes coping strategies</b>	
<b>Family Meaning/ Schema (CC)</b>	Global life satisfaction	Satisfaction With Life Scale (SWLS)
<b>Family Meaning/ Schema (CC): Interview</b>	<b>View of family and role within family, supports/resources, &amp; military family within context of community environment; Meaning of military service</b>	
<b>Problem Solving and Coping (PSC)</b>	Coping with life stress	Brief COPE Inventory
<b>PSC: Interview</b>	<b>Family Perception of their ability to solve problems; Coping strategies of different family members</b>	
<b>Adaptation (X)</b>	Emotional and social development infants	Brief Infant-Toddler Social and Emotional Assessment (BITSEA)
	Child behavior assessment	Strengths and Difficulties Questionnaire (SDQ).
	Dyadic Adjustment	Revised Dyadic Adjustment Scale
<b>Adaptation (X): Interview</b>	<b>How are they doing? How have they changed? Surprises?</b>	

# CURRENT AND ANTICIPATED CHALLENGES

## Challenges & Solutions:

- Rate of attrition for final round of surveys. The research team increased the incentive amount to \$40 per completed survey.
- Subjects not remembering their responses to unique ID code and legibility of hand writing has presented challenges for linking survey response to previous waves of data collection. If they included their ID with contact information, we are including this in reminder letters.
- Subjects completed multiple online surveys. MPHI IST implemented new processes to decrease the likelihood that any subject is able to complete more than one online survey with flags in place to alert research staff in the event that a subject attempts to take the survey twice. Duplicates were removed from data.
- It is more difficult to schedule qualitative interviews due to several factors including work schedule, separation from the military, and out of state moves. We have increased staff and expanded the staff availability in order to accommodate schedules. In anticipation of location being a barrier, we revised IRB protocol to conduct phone interviews for those who have moved out of state.
- Very rich data set and additional time needed for dissemination during year 3 and 4.

# STUDY PROGRESS

**IRB & HRPO approved protocol**

**Total Enrollment: 999**

**Pre-deployment-(funded by MSU & UM)**

**Post-deployment data collection**

- 617 Soldiers
- 354 Spouses
- 28 Parents of SM
- Subsample of 40 Family Interviews

**1 Year post-deployment data collection**

- 629 Soldiers
- 116 Spouses
- 34 Parents of SM
- 32 Family Interviews (4 divorced/separated)

**2 Years post-deployment data collection**

- 346 Soldiers drill weekend complete
- Online survey collection (Spouses and Soldiers no longer drilling with unit) in process
- Interviews in process

\*Soldiers voluntarily donated approximately \$1500 of their incentives during drill data collection to the company memorial funds

Data collection scheduled to be complete in June 2015

**Data management:**

**Secure database behind MPHI firewall**

**Online survey collection tool (Custom & REDCap)**

**Data entry**

- Years 1 and 2 complete
- Year 3 in process

**Master codebook established**

**Data cleaning & integration in process**

**Interviews transcribed**

- Years 1 and 2 complete
- Year 3 in process

**Data Analysis:**

- Descriptive
- Coding of qualitative interviews

We plan to request no-cost extension for data cleaning, analysis, and dissemination.

# RISK DURING NG TRANSITIONS

## Injury – Case Analysis

Family interviews & survey data from 3 time points looking at health (physical and mental) and family outcomes (financial, marital, parenting)

### Risk factors for poor outcomes:

- Delay in diagnosis (No LOD)
- Wait time for treatment
- Lack of comprehensive formal and financial support
- Pile-up of demands

### Resources that enable resilience:

- Military treatment facility
- Community Based Warrior Transition Unit
- Title 10 status
- Civilian employer support (Soldier or Spouse)
- Informal supports (friends, unit buddy, unit command, family, family with military experience)

## Mental Health Service Use

Preliminary finding from 1 year post-deployment survey using multivariable regression analysis.

### Need factors predict use

- Comorbid mental health conditions
- Poorer physical health (SF-12)
- VA is primary source of treatment for NG

### Non-VA treatment access

- Employment status
- Higher levels of income
- Private insurance

## Suicide risk association with Life Events

Preliminary finding from survey data 45-90 days (N=590) and 1 year post-deployment (N=542) survey using descriptive and bivariate analysis.

### Suicide thoughts 45-90 days Post-deployment

- Betrayal by family or loved one

### Suicide thoughts 1 year post-deployment

- Change in living situation
- Change in responsibilities
- Financial concern/trouble
- Conflict with family members
- Betrayal by loved one
- Cheating partner
- Increase in number of arguments with partner
- Marital separation
- Personal injury or illness
- Problems with friend
- Pile-up of demands (Number of life events)
- No response to full-time work in community
- Custody change
- Child with special needs
- Relationship ends

### Suicide attempt within prior 12 months 1 year post deployment

- Deployment of partner
- Marital Separation
- No response to full-time work in community

# COPING IN SOLDIERS & SPOUSES

## Preliminary findings

Using the BRIEF-Cope, looked at two types of coping – Active and Avoidant and relationship to MH and dyadic outcomes.

- Active coping
- Avoidant coping

**Avoidant coping is associated with poorer mental health outcomes.**

**Service member avoidant coping at pre-deployment was significantly associated with:**

- Higher soldier post-deployment anxiety ( $\beta = 0.29$ ,  $p < .001$ ; moderate effect size)
- Higher soldier depression post-deployment ( $\beta = 0.37$ ,  $p < .001$ ; moderate to large effect size)

**Spouse/significant other avoidant coping pre-deployment was associated with:**

- *Lower* soldier post-deployment depression ( $\beta = -0.24$ ,  $p = .039$ ; effect size is small to moderate)

## Implications

- Avoidant coping by soldiers affects their mental health post deployment
- Denial, substance use, and behavioral disengagement pre-deployment have negative effects
- Data suggest some interactional trends between spouses and service members
- Avoidant coping in spouses pre-deployment was associated with less depression in service members post deployment.
- There was a trend, although not significant, towards soldier avoidant coping pre-deployment associated with lower spouse PTSD post deployment.

# SOLDIER & SPOUSE PERCEPTIONS OF CHILD BEHAVIOR UNDER AGE 3

Using the *Brief Infant-Toddler Social and Emotional Assessment (BITSEA)*. The BITSEA is a **42 item screener for social-emotional/behavior problems and delays in competence (12-35 months of age)**

A multivariate regression analysis predicting reports of young child problems and competencies from the mental health factor scores preliminary findings:

1. Soldier's mental health significantly predicts soldier's reports of competence ( $b = -.501$ ,  $p < .001$ ) and
2. Spouses' mental health significantly predicts spouses' reports of problems ( $b = .603$ ,  $p < .001$ ).

Post-hoc univariate ANOVAs were run using clinical cut-off scores of depression and PTSD as predictors of child outcomes:

1. Soldiers with elevated levels of PTSD symptoms reported significantly more problems in their young children than soldiers with lower levels of PTSD ( $M=11.85$ ,  $S.D.=9.90$ ;  $M=7.62$ ,  $S.D.=5.50$ ; respectively;  $F(1,77)=4.74$ ,  $p=.03$ ).
2. Spouses reporting moderate to severe depression reported significantly more problems in their young children than spouses with little or no depression ( $M=16.07$ ,  $S.D.=7.41$ ;  $M=6.92$ ,  $S.D.=4.90$ ; respectively;  $F(1,73)=32.17$ ,  $p < .001$ ).

Regression models predicting parenting stress from mental health and perceptions of child behavior.

1. Soldiers, parenting stress is significantly predicted by child competence ( $B = -.840$ ,  $p < .001$ ) and child problems ( $B = .512$ ,  $p = .002$ ).
2. Spouses, there is an interaction between mental health and competence, such that the effect of mental health on parenting stress is weaker with higher child competence ( $B = -.128$ ,  $p = .013$ ).

# MEANING MAKING AS A PROTECTIVE FACTOR

**Preliminary findings (30 couple interviews at two time points)**

**Couples who do well have a shared and coherent sense of meaning about their current life situation and their future.**

**NG Soldiers who did well post deployment had found a way to overcome the identity transformation challenges of deployment and found a new identity/sense of life purpose post deployment**

**Examples include:**

- Role in society
- Family place
- Meaningful employment

**When one member of a couple had a shattering of life purpose on deployment, reintegration and reconnection with spouse post deployment was more difficult, i.e., the person was substantially changed.**

**Spouses who did well obtained their source of meaning from multiple places that did not necessarily include military spouse of the military**

- Career
- Children
- Family
- Friends
- God
- Helping others

# DELIVERABLES TO DATE

## Manuscripts with Revise and Resubmit

Gorman, L. Huebner, A. Hirschfeld, M Sankar, S. Blow, A. Guty, D, Kees, M, Ketner J (2015). A comparative case study of Risk, Resilience and Coping among Injured National Guard.

**Three papers close to submission.**

## Upcoming Presentations

Blow, A.J., Huebner, A., Gorman, L. (fall, 2015). Couples' Experiences of Military Deployment. Poster to be presented at the AAMFT annual conference.

Johnson, T., Farero, A., Blow, A. J., Gorman, L., Kees, M. (fall, 2015). Fathers in the Military: Implications for Family Therapists. Poster to be presented at the AAMFT annual conference.

Blow, A.J., Lappan, S., Nichols, E., Subramaniam, S., Farero, A., Gorman, L., Kees, M., Bowles, R. (fall, 2015). Couples Coping with Stress: Life in the Military. Poster to be presented at the AAMFT annual conference.

## National Presentations

Gorman, L., Huebner, A., Hirschfeld, M, Blow, A. (August 2014). Post-deployment Issues of National Guard: A Comparative Case Study of how Access to VA Benefits Affect Reintegration with Family and Civilian Employment. Military Health System Research Symposium. Ft. Lauderdale, FL.

Blow, A. Huebner, A., Hirschfeld, M, Gorman, L., Guty D., and Kees, M. (August 2014). Military Couples and Soldier Resilience. Military Health System Research Symposium. Ft. Lauderdale, FL.

Blow, A.J. & Fitzgerald, H. (2014). Effects of Visible & Invisible Parent Combat Injuries on Military Families. Webinar presented to extension, The Military Families Learning Network.

Blow, A., Gorman, L., & Kees, M. (July 2013). *Parallel Sustained Stress for Couples and the Challenge of Reconnection*. Presentation at the American Psychological Association 2013 Symposium. Honolulu, Hawaii.

Gorman, L. & Hamilton, L. (April 2013). *Fostering innovation and partnerships to address emerging public health issues*. Presentation at the National Network of Public Health Institutes Annual Conference roundtable. New Orleans, LA.

Blow, A. J., & Jarman (Marchiondo), C. (2013). Building Resiliency in Military Children and Families. Workshop presented at the American Association for Marriage and Family Therapy Annual Conference. Portland, Oregon.

## State & Local Presentations

Gorman, L. Michigan Family Medicine Research Day (23 May 2013)

Blow, A. & Gorman. Presentation to the Adjutant General and staff of Michigan National Guard (13 August 2013)

Gorman, L. & Guty, D. MPHI Breakfast Club (22 August 2013).

Gorman, L. (March 2015). Report to Adjutant General at Michigan National Guard Headquarters. Lansing, MI.

## Policy

Gorman, L. Supplement to USVA Mental Health Services and Benefits Memorandum requested by Governor Snyder's office (5 May 2013).

# DISSEMINATION PLAN & NEXT STEPS

## Dissemination plan for year 3

- Couple parallel sustained stress vs connection
- Injury and service use manuscripts (quantitative and qualitative)
- Parenting/child outcomes manuscript
- Meaning making manuscripts
- Family communication and deployment manuscript
- Couples manuscripts with longitudinal data (quantitative and qualitative)
- Risk & coping factors within the family stress model that point toward resilience for this population
- Fathers in the National Guard
- Several others in development

## Integration of quantitative and qualitative data

## Linking Pre-deployment data to current study data

## Complete data collection for Time 3

## Communication with Stakeholders

- Understanding of resiliency processes
- Understanding of how coping responses protect against pathological outcomes
- Understanding of how pile-up of demands impact individual and family outcomes
- Understanding of post deployment processes for reserve families and the development of interventions to support both Soldiers and families through this time

## Explore opportunities to build on finding with partners:

- Department of Defense, National Guard Bureau, Michigan National Guards, Michigan Department of Community Health, Michigan Veterans Affairs Agency, Altarum Institute-Veterans Community Action Teams, Visn 11, Ann Arbor VA Healthcare System
- Quality improvement efforts that would ensure linkage to evidenced based mental health treatment and other social services

## Michigan Army National Guard Post-Deployment Survey Service Member

In the next pages, we ask a number of questions about your life and experiences. Your answers will be important to helping us understand what issues military service members face prior to a deployment and the areas of pre-deployment programming that would be most helpful.

Your answers to this survey are confidential and anonymous. We will have no way of linking your answers back to you individually. We would, however, like to link your answers on this survey to any future surveys we may offer.

To link your answers, you will develop an anonymous identification code based on a series of personal questions. *Only you will know this code.* Your identification code will be created based on the combination of the first 3 letters or numbers in your answers to a series of questions.

For example:

<b>Question</b>	<b>Answer</b>	<b>1<sup>st</sup> letters/#s of the answer</b>
Example: What is your dog's name	Spot	<u>S</u> <u>P</u> <u>O</u>
Example: What is your favorite color	Blue	<u>B</u> <u>L</u> <u>U</u>
Example: What is the day of the month of Christmas	25 <sup>th</sup> of December	<u>2</u> <u>5</u>
<b>EXAMPLE CODE: <u>S</u> <u>P</u> <u>O</u> <u>B</u> <u>L</u> <u>U</u> <u>2</u> <u>5</u></b>		

### INSTRUCTIONS

1. Please write your answer to each of these 3 questions.
2. Then, write the first 3 letters of each answer in the last column.
3. Rewrite the first 3 letters/#s from your answers. This is your personal code.

<b>Question</b>	<b>1. Write your Answer</b>	<b>2. Write the 1<sup>st</sup> 3 letters/#s of your answer</b>
What is your mother's maiden name?		____ _
What was the make of your first car? (e.g. Ford, Chevrolet, Honda, etc.)		____ _
What is the day of the month you were born? (if you were born on the 4 <sup>th</sup> of May your answer would be 04)		____ _

3. Write the first 3 letters/#s from each of your above answers \_\_\_\_\_  
This is your personal code.

## Michigan Army National Guard Post-Deployment Survey Service Member

Please write your personal code from the previous page: \_\_\_\_\_

### **DEMOGRAPHICS** (Please mark the box that best applies to you at the time of this survey completion.)

Age:	Marital Status:	Ethnicity (check all that apply):	Highest Level of Education:	Annual Family Income:	Current Rank or Rank at last discharge:	Years non-Guard Military Service:
<input type="checkbox"/> 18-21	<input type="checkbox"/> Married	<input type="checkbox"/> African American	<input type="checkbox"/> Some high school	<input type="checkbox"/> Below \$25,000	<input type="checkbox"/> E1-E4	<input type="checkbox"/> 4 years or less
<input type="checkbox"/> 22-24	<input type="checkbox"/> Unmarried, Cohabiting	<input type="checkbox"/> Asian American	<input type="checkbox"/> GED	<input type="checkbox"/> \$25,001 to \$50,000	<input type="checkbox"/> E5-E6	<input type="checkbox"/> 5-10 years
<input type="checkbox"/> 25-30	<input type="checkbox"/> Committed relationship, not cohabitating	<input type="checkbox"/> Caucasian	<input type="checkbox"/> High school diploma	<input type="checkbox"/> \$50,001 to \$75,000	<input type="checkbox"/> E7-E9	<input type="checkbox"/> 11-20 years
<input type="checkbox"/> 31-40	<input type="checkbox"/> Divorced	<input type="checkbox"/> Hispanic	<input type="checkbox"/> Some college	<input type="checkbox"/> \$75,001 to \$100,000	<input type="checkbox"/> O1-O3	<input type="checkbox"/> Over 20 years
<input type="checkbox"/> 41-50	<input type="checkbox"/> Separated	<input type="checkbox"/> Native American	<input type="checkbox"/> Technical certificate or Associate degree	<input type="checkbox"/> Over \$100,000	<input type="checkbox"/> O4-O9	
<input type="checkbox"/> Over 50	<input type="checkbox"/> Widowed	<input type="checkbox"/> Multi-ethnic	<input type="checkbox"/> Bachelor's degree		<input type="checkbox"/> W01-5	
<b>Gender:</b>	<input type="checkbox"/> Single	<input type="checkbox"/> Other	<input type="checkbox"/> Graduate degree			
<input type="checkbox"/> Female	<input type="checkbox"/> Other					
<input type="checkbox"/> Male						

**Are you currently in the National Guard?**  Yes  No

**If you are no longer in the Guard, why did you leave?**

Honorable Discharge  Retirement  
 Medical  Other than Honorable Discharge

Other  
(Please Explain): \_\_\_\_\_

### **EMPLOYMENT** (The questions in this section are about your current work situation.)

**Are you currently? (check all that apply)**

- |   |   |
|---|---|
| <input type="checkbox"/> Full-time permanent position with AGR              | <input type="checkbox"/> A student                    |
| <input type="checkbox"/> Part-time, temporary military work (M-day or ADOS) | <input type="checkbox"/> Unemployed                   |
| <input type="checkbox"/> Full-time permanent position in community          | <input type="checkbox"/> Less than 30% VA disability  |
| <input type="checkbox"/> Part-time work in the community                    | <input type="checkbox"/> More than 30% disability     |
| <input type="checkbox"/> Retired  | <input type="checkbox"/> Other, please specify: _____ |

How would you rate your job/school satisfaction in the past 4 weeks? If you are both working and attending school and your performance differs in these areas, please answer the one in which you spend the most time. (Please circle your response.)

Completely  
Unsatisfied

Completely  
Satisfied

0 1 2 3 4 5 6 7 8 9 10

**RECENT DEPLOYMENT 2012:** Please complete **ONLY** if you have deployed since 2012. If you have not deployed since 2012, skip to the DEPLOYMENT EXPERIENCE SECTION.

1. Have you deployed since 2012?  2013  2014  No new deployments
2. If yes, Where? \_\_\_\_\_
3. Do you have a pending deployment?  Yes  No
4. Since 2001, how many combat or peacekeeping deployments have you completed that lasted more than 30 days?  
 1  2  3  4 or more
5. When did you return home from your most recent deployment? \_\_\_\_\_ Date (Month/Year)
6. How long was your most recent deployment? \_\_\_\_\_ (Months/Years)
7. During your most recent deployment:
 

	Never	Seldom	Often	Constantly
a. How many times were you in serious danger of being injured or killed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. How many times did you engage the enemy in a firefight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes	No		
c. Did you know someone who was seriously injured or killed?	<input type="checkbox"/>	<input type="checkbox"/>		
d. Were you directly responsible for the death of an enemy combatant?	<input type="checkbox"/>	<input type="checkbox"/>		
e. Were you wounded or injured during deployment?	<input type="checkbox"/>	<input type="checkbox"/>		

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#### DEPLOYMENT EXPERIENCE

1. What is the most distressing deployment-related event you have ever experienced? (Considering all deployments) Briefly describe the event. If no distressing event occurred to you while on deployments, please indicate NONE here.

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2. Approximately what year did it occur? \_\_\_\_\_

3. Was this distressing event during deployment the most distressing event you have ever experienced in your life?  
(Considering your entire life)  YES  NO

4. If no, could you briefly describe your most distressing life event?

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5. Approximately what year did it occur? \_\_\_\_\_

**In the last 30 days, have you experienced any of the following problems in relation to the most distressing event you just described? (Check the box that is most true for you)**

	Not at all	A little bit	Moderately	Quite a bit	All the time
a. Repeated, disturbing memories, thoughts, or images of the stressful experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Repeated, disturbing dreams of the stressful experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Suddenly acting or feeling as if the stressful experience were happening again (as if you were re-living it).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling very upset when something reminded you of the stressful experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Having physical reactions (like heart pounding, trouble breathing, sweating) when something reminded you of the stressful event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Avoiding thinking about or talking about the stressful experience or avoiding having feelings related to it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Avoiding activities or situations because they remind you of the stressful experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Trouble remembering important parts of the stressful experience.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Loss of interest in activities that you used to enjoy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Feeling distant or cutoff from other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Feeling emotionally numb or being unable to have loving feelings for those close to you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Feeling as if your future somehow will be cut short.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Trouble falling or staying asleep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Feeling irritable or having angry outbursts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. Having difficulty concentrating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Being "super alert" or watchful or on guard.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. Feeling jumpy or easily startled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered moderately, quite a bit, or all the time to any of the above questions, how DIFFICULT have these problems made it for you to do your work or get along with other people?

Not difficult  
at all

Somewhat  
difficult

Very difficult

Extremely  
difficult

Are you currently experiencing any of the following problems that you think might be related to a possible head injury or concussion? (Check all that apply)

Not experiencing any problems related to head injury

Ringing in the ears

Headache

Irritability

Dizziness

Sleep Problems

Memory Problems

Other specify: \_\_\_\_\_

Balance Problems

**Life Event Checklist:** Please mark which of these life events you have experienced in the past year.

#### *Military Deployment*

- Change in duty status (i.e. ADS, AGR, Title 32, Discharge, Retirement, etc.)
- Deployment of significant other or orders to re-deploy

#### *Work*

- Change in employment status (i.e. new job, termination, lay off, etc.)
- Major changes in working hours or conditions
- Major change in responsibilities at work
- Troubles with the boss
- Major change in financial status

#### *Relationship*

- Marriage
- Marital reconciliation with mate
- Divorce
- Marital Separation from mate
- Marital difficulties
- Major change in the number of arguments with spouse (more or less than usual)
- Change in family roles and responsibilities

#### *Parenting*

- Pregnancy/Childbirth
- Major change in behaviors of child(ren)
- Changes to a new school or child enrolling in school
- Son or daughter leaving home (i.e. marriage, college, military, etc.)

#### *Housing*

- Major change in living situation (move, new home, remodeling, lost lease, etc.)
- Homeownership (taking on a mortgage)
- Foreclosure

#### *Social/Recreation*

- Major change in religious activity (i.e. participating more or less than usual)
- Major change in social activities (i.e. clubs, movies, events, etc.)
- Major change in the number of family get-togethers
- Major change in usual type and/or amount of recreation

#### *Health*

- Major personal injury, illness, or other health related issue
- Major change in sleeping or eating habits

#### *Legal*

- Detention in Jail or other institution
- Violations of the law (i.e. traffic tickets, disturbing the peace, DUI, etc.)

#### *Loss*

- Death of a close family member
- Death of close friend or unit member
- Betrayal by trusted individual
- Other (Please explain): \_\_\_\_\_

<b>Missed Family Events:</b> Did you miss any of the family events below because of their deployment or military experience? If yes, please respond to level of stress the event was for you and whether soldier's absence comes up in family arguments.			
<b>Pregnancy/ Birth of a first child</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Moving to a new house/ neighborhood/town</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child experiencing school transition</b> (pre-school, kindergarten, high school, graduation, etc.)	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child entered puberty/adolescence</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child left for college, got married, or moved away</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Serious illness of close family member</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Death of your parent or your spouse's parent</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child's activities</b> (special performances, games, plays, field trips, etc.)	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Other (Explain):</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	If <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
	<input type="checkbox"/> <b>No</b> (go to next event)		

**HEALTH AND WELL-BEING:**

This next section asks for your views about your health. For each of the following questions, please mark the box that best describes your answer.

**In General, would you say your health is:**

Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**The following Questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?**

	<b>Yes, limited a lot</b>	<b>Yes, limited a little</b>	<b>No, not limited at all</b>
a. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Climbing several flights of stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of your physical health?**

	<b>All of the time</b>	<b>Most of the time</b>	<b>Some of the time</b>	<b>A little of the time</b>	<b>None of the time</b>
c. Accomplished less than you would like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Were limited in the kind of work or activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems? (such as feeling depressed or anxious)**

	<b>All of the time</b>	<b>Most of the time</b>	<b>Some of the time</b>	<b>A little of the time</b>	<b>None of the time</b>
a. Accomplished less than you would like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Did work or other activities less carefully than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>Not at all</b>	<b>A little bit</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Extremely</b>

**During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the past for weeks...	All of the time	Most of the time	Some of the time	A little of the time	None of the time
a. Have you felt calm and peaceful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Did you have a lot of energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Have you felt downhearted and depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. How much of the time has your physical or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### **HEALTH CARE USE:**

**Are you covered by health insurance or some other kind of health care plan?** (including health insurance obtained through employment or purchased directly, as well as government programs like Medicare and Medicaid that provide medical care or help pay medical bills)

<b>Yes</b>	<b>No</b>	<b>I don't know</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**What kind of health insurance or health care coverage do you have?**

<input type="checkbox"/> VA Healthcare System	<input type="checkbox"/> Private Health Insurance (i.e. Employer sponsored, TRICARE, Other)
<input type="checkbox"/> Government (i.e. Medicare, Medicaid, Other)	<input type="checkbox"/> No coverage of any type

**In the past, have you received mental health services for a stress, emotional, alcohol, or family problem from a:**

	<b>No</b>	<b>Yes, in the last year</b>	<b>Yes, but more than a year ago</b>
--	-----------	----------------------------------	--

1) **Military Provider** (Military treatment facility, TRICARE, Chaplain, etc.)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

**If you used Military Provider services in the last 12 months, what types of services did you receive? (Check all that apply)**

<input type="checkbox"/> Medication	<input type="checkbox"/> Sexual Trauma counseling or referral
<input type="checkbox"/> Individual Therapy	<input type="checkbox"/> Screening and referral for medical issues including TBI, depression, etc.?
<input type="checkbox"/> Group Therapy	<input type="checkbox"/> VBA benefits explanation and referral
<input type="checkbox"/> Substance Abuse Treatment	<input type="checkbox"/> Employment assessment and referral
<input type="checkbox"/> Family/Marital Therapy	<input type="checkbox"/> Other Please describe: _____
<input type="checkbox"/> Domestic Violence	<input type="checkbox"/> Not applicable

In the past, have you received mental health services for a stress, emotional, alcohol, or family problem from a:

No      Yes, in the last year      Yes, but more than a year ago

**Civilian** (mental health professional, civilian facility, Clergy, etc.)

If you used **Civilian** services in the last 12 months, what types of services did you receive? (Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Medication                | <input type="checkbox"/> Sexual Trauma counseling or referral                                       |
| <input type="checkbox"/> Individual Therapy        | <input type="checkbox"/> Screening and referral for medical issues including TBI, depression, etc.? |
| <input type="checkbox"/> Group Therapy             | <input type="checkbox"/> VBA benefits explanation and referral                                      |
| <input type="checkbox"/> Substance Abuse Treatment | <input type="checkbox"/> Employment assessment and referral   |
| <input type="checkbox"/> Family/Marital Therapy    | <input type="checkbox"/> Other      Please describe: _____  |
| <input type="checkbox"/> Domestic Violence         | <input type="checkbox"/> Not applicable   |

In the past, have you received mental health services for a stress, emotional, alcohol, or family problem from a:

No      Yes, in the last year      Yes, but more than a year ago

**VA System** (hospital, VA facility, VetCenter, CBOC, Etc.)

- |  |   |
|--|---|
| <input type="checkbox"/> Medication                | <input type="checkbox"/> Sexual Trauma counseling or referral                                       |
| <input type="checkbox"/> Individual Therapy        | <input type="checkbox"/> Screening and referral for medical issues including TBI, depression, etc.? |
| <input type="checkbox"/> Group Therapy             | <input type="checkbox"/> VBA benefits explanation and referral                                      |
| <input type="checkbox"/> Substance Abuse Treatment | <input type="checkbox"/> Employment assessment and referral   |
| <input type="checkbox"/> Family/Marital Therapy    | <input type="checkbox"/> Other      Please describe: _____  |
| <input type="checkbox"/> Domestic Violence         | <input type="checkbox"/> Not applicable   |

**If you have not used the VA system, please skip to “Rate each of the possible concerns that might affect your decision to receive mental health counseling or services”**

How satisfied were you with:	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	Very Dissatisfied	
a. The length of time it takes to get an appointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Getting a convenient appointment time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. The length of time you must wait to see the doctor once you have arrived	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
d. The accuracy of the diagnosis you receive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
e. The explanations you got of your illness and treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
f. The courtesy and compassion shown by the staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
g. The amount of time the VA doctors/staff spend with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
h. The way the VA doctors communicate with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
i. The length of time it takes to get to the VA from your home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rate each of the possible concerns that might affect your decision to receive mental health counseling or services:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
a. I don't trust mental health professionals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I don't know where to get help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I don't have adequate transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. It is difficult to schedule an appointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. There would be difficulty getting time off work for treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Mental health care costs too much money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. It might harm my career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. It would be too embarrassing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. I would be seen as weak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Mental health care doesn't work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Members of my unit might have less confidence in me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. My unit leadership might treat me differently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. My leaders would blame me for the problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. I don't want it to appear on my military records	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. There are no providers in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. I would have to drive great distances to receive high quality care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Sleep:**

The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month:

a. During the past month, What time have you usually gone to bed at night?

b. During the past month, how long (in minutes) has it usually taken you to fall asleep each night?

c. During the past month, what time have you usually gotten up in the morning?

d. During the past month, how many hours of actual sleep did you get a night? (This may be different than the number of hours you spent in bed.)

For each of the remaining questions, check one best response.

During the past month, how often have you had trouble sleeping because you...

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
a. Cannot get to sleep within 30 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Wake up in the middle of the night or early morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Have to get up to use the bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Cannot breath comfortably	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Cough or snore loudly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feel too cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Feel too hot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Had bad dreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Have pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Other reasons (please describe):				

How often during the past month have you had trouble sleeping because of this?

Very Good    Fairly Good    Fairly Bad    Very Bad

During the past month, how would you rate your quality of sleep?

	Not during the past month	Less than once a week	Once or twice a week	Three or more times a week
During the past month, how often have you taken medication to help you sleep (prescribed or “over the counter”)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During the past month, how often have you had trouble staying awake while driving, eating, meals, or engaging in social activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	No Problem At all	Only a very slight problem	Somewhat of a problem	A very big problem
During the past month, how much of a problem has it been for you to keep up enough enthusiasm to get things done?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Mood:** These next questions ask about your mood.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several day	More than half the days	Nearly every day
a. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- i. Thought that you would be better off dead, or hurting yourself in some way

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
a. Feeling nervous, anxious or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Being so restless that it is hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These questions ask how you have felt in the past month. Please check how often you felt or thought a certain way.

	Never	Almost Never	Sometimes	Fairly Often	Often
a. In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. In the last month, how often have you felt that things were going your way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you had checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Have you ever thought about or attempted to kill yourself? (Check one only)**

- |                          |                          |   |   |  |  |
|--------------------------|--------------------------|---|---|--|--|
| Never                    | It was a passing thought | I have had a plan at least once to kill myself but did not try to do it | I have had a plan at least once to kill myself and really wanted to die | I have attempted to kill myself, but did not want to die | I have attempted to kill myself, and really hoped to die |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/>  | <input type="checkbox"/>                                 | <input type="checkbox"/>                                 |

**How often have you thought about killing yourself in the past year? (Check one only)**

- |                          |                          |                          |                          |                              |
|--------------------------|--------------------------|--------------------------|--------------------------|------------------------------|
| Never                    | Rarely (1 time)          | Sometimes (2 times)      | Often (3-4 Times)        | Very Often (5 or more times) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>     |

**Have you ever told someone that you were going to commit suicide, or that you might do it? (Check one only)**

- |                          |  |  |  |   |
|--------------------------|--|--|--|---|
| No                       | Yes, at one time, but did not really want to die | Yes, at one time, and really wanted to die | Yes, more than once, but did not want to do it | Yes, more than once, and really wanted to do it |
| <input type="checkbox"/> | <input type="checkbox"/>                         | <input type="checkbox"/>                   | <input type="checkbox"/>                       | <input type="checkbox"/>                        |

**How likely is it that you will attempt suicide someday? (Check one only)**

- |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Never                    | No chance at all         | Rather unlikely          | Unlikely                 | Likely                   | Rather Likely            | Very Likely              |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Are you a veteran in emotional distress?**

**Please call 1-800-273-TALK and press 1 to be routed to the VA Crisis Hotline.**

**MEANING:**

Please take a moment to think about what makes your life and existence feel important and significant to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

	Absolutely Untrue	Mostly Untrue	Somewhat Untrue	Can't say true or false	Somewhat True	Mostly True	Absolutely True
a. I understand my life's meaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I am looking for something that makes my life meaningful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I am always looking to find my life's purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. My life has a clear sense of purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I have a good sense of what makes my life meaningful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I have discovered a satisfying life purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I am always searching for something that makes my life feel significant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. I am seeking a purpose or mission in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. My life has no clear purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I am searching for meaning in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**ALCOHOL USE:**

Please check the response that best reflects your patterns of alcohol consumption.

	Never	Monthly or Less	2-4 times a month	2-3 times a week	4 or more times a week
How often do you have a drink containing alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Go to next section				
	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
How many standard drinks do you have on a typical day when you are drinking? [a standard drink is, for example, one 12 oz. beer, a 6 oz. glass of wine, or a 1.5 oz. shot of hard liquor].	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
How often do you have six or more standard drinks on one occasion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you found that you were not able to stop drinking once you had started?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you failed to do what was normally expected of you because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you had a feeling of guilt or remorse after drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No	Yes, but not in the last year	Yes, during the last year		
Have you or anyone else been injured because of your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

**COPING:** These questions ask about different ways of coping you may have used during the deployment. Please mark which answer best describes you.

	Not at all	Several days	More than half the days	Nearly every day
a. I've been turning to work or other activities to take my mind off things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I've been concentrating my efforts on doing something about the situation I'm in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I've been saying to myself "this isn't real."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I've been using alcohol or other drugs to make myself feel better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I've been getting emotional support from others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I've been giving up trying to deal with it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I've been taking action to try to make the situation better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. I've been refusing to believe that it is happening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. I've been saying things to let my unpleasant feelings escape.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I've been getting help and advice from other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. I've been using alcohol or other drugs to help me get through it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. I've been trying to see it in a different light, to make it seem more positive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. I've been criticizing myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. I've been trying to come up with a strategy about what to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. I've been getting comfort and understanding from someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. I've been giving up the attempt to cope.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. I've been looking for something good in what is happening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. I've been making jokes about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. I've been accepting the reality of the fact that it has happened.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
u. I've been expressing my negative feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. I've been trying to find comfort in my religion or spiritual beliefs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not at all	Several days	More than half the days	Nearly every day
w. I've been trying to get advice or help from other people about what to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. I've been learning to live with it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
y. I've been thinking hard about what steps to take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
z. I've been blaming myself for things that happened.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aa. I've been praying or meditating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bb. I've been making fun of the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SOCIAL SUPPORT:** The next section asks questions about people in your life. Please mark the box that best describes your experience.

	Definitely FALSE	Probably FALSE	Probably TRUE	Definitely TRUE
a. If I wanted to go on a trip for a day (for example, Up North or to Detroit), I would have a hard time finding someone to go with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I feel that there is no one I can share my most private worries and fears with.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. If I were sick, I could easily find someone to help me with my daily chores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. There is someone I can turn to for advice about handling problems with my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I don't often get invited to do things with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. If I wanted to have lunch with someone, I could easily find someone to join me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. If I was stranded 10 miles from home, there is someone I could call who could come and get me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**When you completed the above questionnaire, were you thinking mostly about your spouse/significant other or about several potential supporters?**

- I was thinking primarily about my spouse/significant other       I was thinking primarily about one person (not spouse/significant other)       I was thinking about several potential supporters

**LIFESTYLE:** This section asks questions about your lifestyle and satisfaction. Please mark the box that best describes your life.

	Strongly DISAGREE	Disagree	Slightly disagree	NEITHER agree nor disagree	Slightly agree	Agree	Strongly AGREE
a. In most ways my life is close to my ideal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The conditions of my life are excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I am satisfied with my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. So far I have gotten the important things I want in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. If I could live my life over, I would change almost nothing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Please tell us your thoughts about your life by marking each item as it applies to you.**

	Disagree a lot	Disagree a little	Neither agree or disagree	Agree a little	Agree a lot
a. In uncertain times, I usually expect the best.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. If something can go wrong for me, it will.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I'm always optimistic about my future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I hardly ever expect things to go my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I rarely count on good things happening to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Overall, I expect more good things to happen to me than bad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. There is not enough purpose in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. To me, the things I do are all worthwhile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Most of what I do seems trivial and unimportant to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I value my activities a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. I don't care very much about the things I do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. I have lots of reasons for living.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**RELATIONSHIPS:** These questions ask about your relationship with your spouse, girlfriend, or boyfriend.

Are you currently in a committed relationship with a spouse/significant other?  YES  NO (If no, answer the next question and then skip to the Parenting Section. If you do not have children, your survey is complete)

How long have you been in a committed relationship with your current spouse/significant other? \_\_\_\_\_ Years

Most people experience disagreements in their relationships. For the next 6 items, please estimate the extent of agreement or disagreement between you and your partner.

	Always Agree	Almost Always Agree	Occasionally Agree	Often Disagree	Almost Always Disagree	Always Disagree
a. Values or beliefs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Demonstration of affection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Making major decisions (e.g., career, where to live, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Sexual relations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Aims, goals, and things believed to be important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Financial decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following 5 items describe experiences of couples. Read each question and check the box that honestly reflects how frequently you have had these experiences.

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
a. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Do you ever regret that you married or got together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. How often do you and your partner quarrel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. How often do you and your partner "get on each other's nerves"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Do you and your partner engage in outside interests together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following 3 items describe experiences of couples. Read each question and check the box that honestly reflects how frequently you have had these experiences.

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More Often
a. How often do you and your partner have a stimulating exchange of ideas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. How often do you and your partner calmly discuss something?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. How often do you and your partner work together on a project?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PARENTING.** This next section asks about children and parenting. If you do not have children, your survey is complete.

1. Do you have children?  
 YES  NO (IF NO, your survey is complete.)
2. Are you a stepparent?  
 YES  NO
3. How many children under age 18 live in your home?  
\_\_\_\_\_
4. What are the ages of your children? (Specify – In years, months, ETC) \_\_\_\_\_
5. Are you a single parent?  
 YES  NO
6. Do you have a child with special needs?  
 YES  NO
7. If you have a special needs child, please explain:  
\_\_\_\_\_  
\_\_\_\_\_

If you co-parent with a former spouse/or partner, has physical custody of children changed in the previous 12 months?

YES  NO  Not Applicable

If yes, how much stress has this caused? (Circle one)

Not at all stressful    1    2    3    4    5    6    7    8    9    High stress

Is this issue resolved or ongoing? (Circle one)

Ongoing    1    2    3    4    5    6    7    8    9    Completely Resolved

Please tell us about your parenting experience by marking each item as it applies to you.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
a. I am happy in my role as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. There is little or nothing I wouldn't do for my child(ren) if it was necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Caring for my child(ren) sometimes takes more time and energy than I have to give.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I sometimes worry whether I am doing enough for my children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I feel close to my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I enjoy spending time with my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. My child(ren) is/are an important source of affection for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Having a child(ren) gives me a more certain and optimistic view for the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. The major source of stress in my life is my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Having a child(ren) leaves little time and flexibility in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Having a child(ren) has been a financial burden.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. It is difficult to balance different responsibilities because of my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. The behavior of my child(ren) is often embarrassing or stressful to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. If I had it to do over again, I might decide not to have child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. I feel overwhelmed by the responsibility of being a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Having a child has meant having too few choices and too little control over my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. I am satisfied as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. I find my child(ren) enjoyable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**CHILDREN.** Questions in this section are specifically about your child(ren). If you do not have children, please end.

The first set of questions is about children between 12 months and 35 months of age – *Young Child Questionnaire*. The second set of questions is about children between 3 -17 years old – *Older Child Questionnaire*. Please complete a questionnaire for **ALL of your children**. If you have more than one child in the Young Child age range or more than one child in the Older Child age range, please ask any of the survey staff for additional questionnaires.

How many of your children are younger than 12 months of age? \_\_\_\_\_ (No questionnaire for this child)  
 How many of your children are between 12-35 months old? \_\_\_\_\_ (Complete that # of Young Child Questionnaires)  
 How many of your children are between 3 -17 years old? \_\_\_\_\_ (Complete that # of Older Child Questionnaires)

## **YOUNG CHILD QUESTIONNAIRE: FOR CHILDREN AGES 12 MONTHS – 35 MONTHS**

Child's Age in # of months: \_\_\_\_\_ Child's Sex (Circle One):  Male  Female

Please mark the ONE response that best describes your child's behavior in the LAST month:

	Not True	Somewhat True	Very True
a. Shows pleasure when he or she succeeds (for example, claps for self)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Gets hurt so often that you can't take your eyes off him/her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Seems nervous, tense, or fearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Is restless and can't sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Follows rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Wakes up at night and needs help to fall asleep again	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Cries or has tantrums until he/she is exhausted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Is afraid of certain places, animals, or things _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Has less fun than other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Looks for you (or other parent) when upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Cries or hangs onto you when you try to leave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Worries a lot or is very serious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Looks right at you when you say his/her name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Does not react when hurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. Is affectionate with loved ones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Won't touch some objects because of how they feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. Has trouble falling asleep or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. Runs away in public places	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. Plays well with other children (not including brothers/sisters)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. Can pay attention for a long time (other than watching TV)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not True	Somewhat True	Very True
u. Has trouble adjusting to changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. Tries to help when someone is hurt (for example, gives a toy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w. Often gets very upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. Gags or chokes on food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
y. Imitates playful sounds when you ask him/her to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
z. Refuses to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aa. Hits, shoves, kicks, or bites children (not including brothers/sisters)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bb. Is destructive. Breaks or ruins things on purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cc. Points to show you something far away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dd. Hits, bites, or kicks you (or other parent)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ee. Hugs or feeds dolls or stuffed animals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ff. Seems very unhappy, sad, depressed, or withdrawn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gg. Purposely tries to hurt you (or other parent)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hh. When upset, gets very still, freezes, or doesn't move.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ii. Puts things in a special order over and over, and gets upset if he/she is interrupted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
jj. Repeats the same action over and over again. <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
kk. Repeats a particular movement over and over (like rocking, spinning) <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ll. Spaces out. Is totally unaware of what is happening around him/her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
mm. Does not make eye contact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
nn. Avoids physical contact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
oo. Hurts self on purpose (for example, bangs his/her head) <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
pp. Eats or drinks things that are not edible (like paper or paint) <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Do you have another child between the ages of 12-35 months?  
If yes, please ask survey staff for another copy of the Younger Child Questionnaire!**

## OLDER CHILD QUESTIONNAIRE: For children ages 3 years – 17 years old

Child's Age in # of Years: \_\_\_\_\_

Child's Sex (Circle One):  Male  Female

The following questions ask about strengths and difficulties some children might have. *Please give your answers on the basis of the child's behavior over the last SIX MONTHS.*

	Not True	Somewhat True	Very True
a. Considerate of other people's feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Restless, overactive, cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Often complains of headaches, stomach-aches or sickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Shares readily with other children (toys, food, games)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Often loses temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Rather solitary, prefers to play alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Generally well behaved, usually does what adults request	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Many worries or often seems worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Helpful if someone is hurt, upset or feeling ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Constantly fidgeting or squirming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Has at least one good friend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Often fights with children or bullies them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Often unhappy, depressed or tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Generally liked by other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. Easily distracted, concentration wanders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Nervous or clingy in new situations, easily loses confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. Kind to younger children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. Often argumentative with adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. Picked on or bullied by other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. Often offers to help others (parents, teachers, other children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
u. Thinks things out before acting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. Can be spiteful to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w. Gets along better with adults than with other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. Many fears, easily scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
y. Good attention span, sees work through to the end	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
z. Often lies or cheats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aa. Steals from home, school or elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

***Do you have another child between the ages of 3 years -17 years old?  
If yes, please ask survey staff for another copy of the Older Child Questionnaire!***

THANK YOU FOR YOUR TIME ON THIS SURVEY AND FOR YOUR SERVICE.

## Michigan Army National Guard Post-Deployment Survey Spouse/Significant Other

In the next pages, we ask a number of questions about your life and your family's experiences. Your answers will be important to helping us understand the issues military service members and their families face prior to a deployment and what areas of pre-deployment programming might be most helpful.

Your answers to this survey are confidential and anonymous. We will have no way of linking your answers back to you individually. We would, however, like to link your answers on this survey to any future surveys we may offer.

To link your answers, you will develop an anonymous identification code based on a series of personal questions. *Only you will know this code.* Your identification code will be created based on the combination of the first 3 letters in your answers to a series of questions.

For example:

<b>Question</b>	<b>Answer</b>	<b>1<sup>st</sup> letters/#s of the answer</b>
Example: What is your dog's name	Spot	<u>S</u> <u>P</u> <u>O</u>
Example: What is your favorite color	Blue	<u>B</u> <u>L</u> <u>U</u>
Example: What is the day of the month of Christmas	25 <sup>th</sup> of December	<u>2</u> <u>5</u>
<b>EXAMPLE CODE: <u>S</u> <u>P</u> <u>O</u> <u>B</u> <u>L</u> <u>U</u> <u>2</u> <u>5</u></b>		

### INSTRUCTIONS

1. Please write your answer to each of these 3 questions.
2. Then, write the first 3 letters of each answer in the last column.
3. Rewrite the first 3 letters/#s from your answers. This is your personal code.

<b>Question</b>	<b>1. Write your Answer</b>	<b>2. Write the 1<sup>st</sup> 3 letters/#s of your answer</b>
What is your mother's maiden name?		_ _ _
What was the make of your first car? (e.g. Ford, Chevrolet, Honda, etc.)		_ _ _
What is the day of the month you were born? (if you were born on the 4 <sup>th</sup> of May your answer would be 04)		_ _

3. Write the first 3 letters/#s from each of your above answers \_\_\_\_\_  
This is your personal code.

## Michigan Army National Guard Post-Deployment Survey Spouse/Significant Other

Please write the **SERVICE MEMBER'S** personal code  
(from reminder letter)

Please write your personal code (from previous page)

**DEMOGRAPHICS** (Please mark the box that best applies to you at the time of this survey completion.)

- I am the spouse/significant other of a MI National Guard Member
- My spouse/significant other and I are both MI National Guard Members.

Age:	Gender:	Marital Status:	Ethnicity (check all that apply):	Highest Level of Education:	Annual Family Income:
<input type="checkbox"/> 18-21	<input type="checkbox"/> Female	<input type="checkbox"/> Married	<input type="checkbox"/> African American	<input type="checkbox"/> Some high school	<input type="checkbox"/> Below \$25,000
<input type="checkbox"/> 22-24	<input type="checkbox"/> Male	<input type="checkbox"/> Unmarried, Cohabiting	<input type="checkbox"/> Asian American	<input type="checkbox"/> GED	<input type="checkbox"/> \$25,001 to \$50,000
<input type="checkbox"/> 25-30		<input type="checkbox"/> Committed relationship, not cohabitating	<input type="checkbox"/> Caucasian	<input type="checkbox"/> High school diploma	<input type="checkbox"/> \$50,001 to \$75,000
<input type="checkbox"/> 31-40		<input type="checkbox"/> Divorced	<input type="checkbox"/> Hispanic	<input type="checkbox"/> Some college	<input type="checkbox"/> \$75,001 to \$100,000
<input type="checkbox"/> 41-50		<input type="checkbox"/> Separated	<input type="checkbox"/> Native American	<input type="checkbox"/> Technical certificate or Associate degree	<input type="checkbox"/> Over \$100,000
<input type="checkbox"/> Over 50		<input type="checkbox"/> Widowed	<input type="checkbox"/> Multi-ethnic	<input type="checkbox"/> Bachelor's degree	
		<input type="checkbox"/> Single	<input type="checkbox"/> Other	<input type="checkbox"/> Graduate degree	
		<input type="checkbox"/> Other			

Since 2001, how many combat or peacekeeping deployments has your spouse/significant other completed that lasted more than 30 days?     4 or more

When did he/she return home from the most recent deployment? \_\_\_\_\_ Date (Month/Year)

How long was his/her most recent deployment? \_\_\_\_\_ Months/Years

**EMPLOYMENT** (The questions in this section are about your current work situation.)**Are you currently? (check all that apply)**

- Working full-time                       A student  
 Working part-time                       On maternity or paternity leave  
 Unemployed, looking for work                       On illness or sick leave  
 Unemployed, not looking for work                       On disability  
 Retired                       Other, please specify: \_\_\_\_\_  
 A homemaker

**If you are not working or going to school, check here  and skip to the Life Event Checklist.**

**How would you rate your job/school satisfaction in the past 4 weeks? If you are both working and attending school and your performance differs in these areas, please answer the one in which you spend the most time. (Please circle your response.)**

Completely Unsatisfied	0	1	2	3	4	5	6	7	8	9	Completely Satisfied
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**What is the most distressing life event you have ever experienced?** \_\_\_\_\_

Briefly describe the event: \_\_\_\_\_

When did it occur? \_\_\_\_\_

**During the last 30 days, did you experience any of the following problems in relation to the event you described above? (Circle the number that is most true for you)**

		Not at all	A little bit	Moderately	Quite a bit	All the time
1.	Repeated, disturbing memories, thoughts, or images of the stressful experience?	1	2	3	4	5
2.	Repeated, disturbing dreams of the stressful experience.	1	2	3	4	5
3.	Suddenly acting or feeling as if the stressful experience were happening again (as if you were re-living it).	1	2	3	4	5
4.	Feeling very upset when something reminded you of the stressful experience.	1	2	3	4	5
5.	Having physical reactions (like heart pounding, trouble breathing, sweating) when something reminded you of the stressful event.	1	2	3	4	5
6.	Avoiding thinking about or talking about the stressful experience or avoiding having feelings related to it.	1	2	3	4	5
7.	Avoiding activities or situations because they remind you of the stressful experience.	1	2	3	4	5
8.	Trouble remembering important parts of the stressful experience.	1	2	3	4	5
9.	Loss of interest in activities that you used to enjoy.	1	2	3	4	5
10.	Feeling distant or cutoff from other people.	1	2	3	4	5
11.	Feeling emotionally numb or being unable to have loving feelings for those close to you.	1	2	3	4	5
12.	Feeling as if your future somehow will be cut short.	1	2	3	4	5
13.	Trouble falling or staying asleep.	1	2	3	4	5
14.	Feeling irritable or having angry outbursts.	1	2	3	4	5
15.	Having difficulty concentrating.	1	2	3	4	5
16.	Being "super alert" or watchful or on guard.	1	2	3	4	5
17.	Feeling jumpy or easily startled.	1	2	3	4	5

3. If you answered **moderately**, **quite a bit**, or **all the time** to any of the above questions, how DIFFICULT have these problems made it for you to do your work or get along with other people?

**Not difficult at all**

**Somewhat difficult**

**Very difficult**

**Extremely difficult**

**Life Event Checklist:** Please mark which of these life events you have experienced in the past year.

### *Military Deployment*

- Change in duty status (i.e. ADS, AGR, Title 32, Discharge, Retirement, etc.)
- Deployment of significant other or orders to re-deploy

### *Work*

- Change in employment status (i.e. new job, termination, lay off, etc.)
- Major changes in working hours or conditions
- Major change in responsibilities at work
- Troubles with the boss
- Major change in financial status

### *Relationship*

- Marriage
- Marital reconciliation with mate
- Divorce
- Marital Separation from mate
- Marital difficulties
- Major change in the number of arguments with spouse (more or less than usual)
- Change in family roles and responsibilities

### *Parenting*

- Pregnancy/Childbirth
- Major change in behaviors of child(ren)
- Changes to a new school or child enrolling in school
- Son or daughter leaving home (i.e. marriage, college, military, etc.)

### *Housing*

- Major change in living situation (move, new home, remodeling, lost lease, etc.)
- Homeownership (taking on a mortgage)
- Foreclosure

### *Social/Recreation*

- Major change in religious activity (i.e. participating more or less than usual)
- Major change in social activities (i.e. clubs, movies, events, etc.)
- Major change in the number of family get-togethers
- Major change in usual type and/or amount of recreation

### *Health*

- Major personal injury, illness, or other health related issue
- Major change in sleeping or eating habits

### *Legal*

- Detention in Jail or other institution
- Violations of the law (i.e. traffic tickets, disturbing the peace, DUI, etc.)

### *Loss*

- Death of a close family member
- Death of close friend or unit member
- Betrayal by trusted individual
- Other (Please explain): \_\_\_\_\_

<b>Missed Family Events:</b> Did your soldier miss any of the family events below because of their deployment or military experience? If yes, please respond to level of stress the event was for you and whether soldier's absence comes up in family arguments.			
<b>Pregnancy/ Birth of a first child</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Moving to a new house/ neighborhood/town</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child experiencing school transition</b> (pre-school, kindergarten, high school, graduation, etc.)	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child entered puberty/adolescence</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child left for college, got married, or moved away</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Serious illness of close family member</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Death of your parent or your spouse's parent</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Child's activities</b> (special performances, games, plays, field trips, etc.)	<input type="checkbox"/> <b>Yes</b> (proceed on this row)  <input type="checkbox"/> <b>No</b> (go to next event)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
<b>Other (Explain):</b>	<input type="checkbox"/> <b>Yes</b> (proceed on this row)	If <u>YES</u> , How stressful was this event for you? <input type="checkbox"/> Not stressful <input type="checkbox"/> A little stressful <input type="checkbox"/> Very stressful <input type="checkbox"/> Extremely stressful	IF <u>YES</u> , Does soldier's absence for this event come up in couple or family arguments? <input type="checkbox"/> Not at all <input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> All the time
	<input type="checkbox"/> <b>No</b> (go to next event)		

**CAREGIVING:** Some spouses and parents of soldiers find themselves in a caregiving role because of a service related injury or significant change in mood following the soldiers deployment. This caregiving role involves either direct care of their soldier, many more household responsibilities of care because the soldier is not as effective, or both.

In your opinion, has your soldier had a service related injury or significant change in mood or something similar that has affected his/her ability to function at home? (Circle one) **YES** or **NO**

Does your soldier refuse to seek treatment for physical or emotional health problem you have brought to his/her attention following deployment? (Circle one) **YES** or **NO**

Have you had to engage in direct care of your soldier? (Circle one) **YES** or **NO**

Have your household responsibilities (e.g. parenting ) increased because of the change in your soldier? ((Circle one) **YES** or **NO**

**If you answered YES to any of the above questions, please complete the questions below.**

**Directions:** Here is a list of things that other significant others have found to be difficult. Please put a checkmark in the columns that apply to you. We have included some examples that are common caregiver experiences to help you think about each item. Your situation may be slightly different, but the item could still apply.

	Yes	No
My sleep is disturbed (For example: my soldier has nightmares that wake me; soldier is in and out of bed or wanders around at night)	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is inconvenient (For example: helping takes so much time or I have to drive a great distance to take soldier to appointments)	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is a physical strain (For example: lifting in or out of a chair; effort or concentration is required)	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is confining (For example: helping restricts my free time or I do not feel I can leave the house or leave the children with soldier)	<input type="checkbox"/>	<input type="checkbox"/>
There have been family adjustments (For example: helping has disrupted my routine; the kids and I walk on eggshells; we are no longer equal partners)	<input type="checkbox"/>	<input type="checkbox"/>
There have been changes in personal plans (For example: I had to turn down a job; I could not go on vacation)	<input type="checkbox"/>	<input type="checkbox"/>
There have been other demands on my time (For example: other family members need me; I do more than my share of parenting)	<input type="checkbox"/>	<input type="checkbox"/>
There have been emotional adjustments (For example: arguments about soldiers' changed behavior or response to injury)	<input type="checkbox"/>	<input type="checkbox"/>
Some behavior is upsetting (For example: soldier has angry outbursts; I sometimes feel unsafe; soldier is obsessed with ___)	<input type="checkbox"/>	<input type="checkbox"/>
It is upsetting to find the person I care for has changed so much from his/her former self (For example: he/she is a different person than he/she used to be)	<input type="checkbox"/>	<input type="checkbox"/>
There have been work adjustments (For example: I have to take time off for medical appointments or other caregiving activities)	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is a financial strain (For example: Soldier unable to get/keep a job; home renovations were expensive)	<input type="checkbox"/>	<input type="checkbox"/>
I feel completely overwhelmed (For example: I worry about the person I care for; I have concerns about how I will manage)	<input type="checkbox"/>	<input type="checkbox"/>

Please provide a brief description or example:



In the past, have you received mental health services for a stress, emotional, alcohol, or family problem from a:

No

Yes, in the  
last yearYes, but more  
than a year ago

**VA System** (hospital, VA facility, VetCenter, CBOC, Etc.)

Medication

Individual Therapy

Group Therapy

Substance Abuse Treatment

Family/Marital Therapy

Domestic Violence

Sexual Trauma counseling or referral

Screening and referral for medical issues including TBI, depression, etc.?

VBA benefits explanation and referral

Employment assessment and referral

Other Please describe: \_\_\_\_\_

Not applicable

**If you have not used the VA system, please skip to “Rate each of the possible concerns that might affect your decision to receive mental health counseling or services”**

How satisfied were you with:	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	Very Satisfied
a. The length of time it takes to get an appointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Getting a convenient appointment time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The length of time you must wait to see the doctor once you have arrived	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The accuracy of the diagnosis you receive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The explanations you got of your illness and treatment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. The courtesy and compassion shown by the staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. The amount of time the doctors/staff spend with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. The way the doctors communicate with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. The length of time it takes to get to the VA from your home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rate each of the possible concerns that might affect your decision to receive mental health counseling or services:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
a. I don't trust mental health professionals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I don't know where to get help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I don't have adequate transportation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. It is difficult to schedule an appointment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. There would be difficulty getting time off work for treatment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Mental health care costs too much money.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. It might harm my career.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. It would be too embarrassing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. I would be seen as weak.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Mental health care doesn't work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. There are no providers in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. I would have to drive great distances to receive high quality care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. My soldier is concerned that if I sought treatment it might harm his/her military career.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Sleep:**

The following questions are about the Service Member's Sleep. In the past month, how often have you observed your spouse experiencing:	Not during the past month	Less than once a week	Once or twice a week	Three or more times
a. Loud Snoring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Long pauses between breaths while asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Legs twitching or jerking while asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Episodes of disorientation or confusing during sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Other restlessness while s/he sleeps; please describe:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Mood:** These next questions ask about your mood.

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

	Not at all 0	Several days 1	More than half the days 2	Nearly every day 3
a. Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling or staying asleep, or sleeping too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thought that you would be better off dead, or of hurting yourself in some way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
a. Feeling nervous, anxious or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Being so restless that it is hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These questions ask how you have felt in the past month. Please check how often you felt or thought a certain way.

	Never	Almost Never	Sometimes	Fairly Often	Often
a. In the last month, how often have you felt that you were unable to control the important things in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. In the last month, how often have you felt confident about your ability to handle your personal problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. In the last month, how often have you felt that things were going your way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you had checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you ever thought about or attempted to kill yourself? (Check one only)

Never	It was a passing thought	I have had a plan at least once to kill myself but did not try to do it	I have had a plan at least once to kill myself and really wanted to die	I have attempted to kill myself, but did not want to die	I have attempted to kill myself, and really hoped to die
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often have you thought about killing yourself in the past year? (Check one only)

Never	Rarely (1 time)	Sometimes (2 times)	Often (3-4 Times)	Very Often (5 or more times)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Have you ever told someone that you were going to commit suicide, or that you might do it? (Check one only)

No	Yes, at one time, but did not really want to die	Yes, at one time, and really wanted to die	Yes, more than once, but did not want to do it	Yes, more than once, and really wanted to do it
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How likely is it that you will attempt suicide someday? (Check one only)

Never	No chance at all	Rather unlikely	Unlikely	Likely	Rather Likely	Very Likely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Are you in emotional distress?**  
Please call **1-800-273-TALK** for a Crisis Hotline

**MEANING:**

Please take a moment to think about what makes your life and existence feel important and significant to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

	Absolutely Untrue	Mostly Untrue	Somewhat Untrue	Can't say true or false	Somewhat True	Mostly True	Absolutely True
a. I understand my life's meaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I am looking for something that makes my life meaningful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I am always looking to find my life's purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. My life has a clear sense of purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I have a good sense of what makes my life meaningful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I have discovered a satisfying life purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I am always searching for something that makes my life feel significant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. I am seeking a purpose or mission in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. My life has no clear purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I am searching for meaning in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**ALCOHOL USE:**

Please check the response that best reflects your patterns of alcohol consumption.

	Never	Monthly or Less	2-4 times a month	2-3 times a week	4 or more times a week
How often do you have a drink containing alcohol?	<input type="checkbox"/> Go to next section	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How many standard drinks do you have on a typical day when you are drinking? [a standard drink is, for example, one 12 oz. beer, a 6 oz. glass of wine, or a 1.5 oz. shot of hard liquor].	<input type="checkbox"/> 1 or 2	<input type="checkbox"/> 3 or 4	<input type="checkbox"/> 5 or 6	<input type="checkbox"/> 7 to 9	<input type="checkbox"/> 10 or more
How often do you have six or more standard drinks on one occasion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you found that you were not able to stop drinking once you had started?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you failed to do what was normally expected of you because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often during the last year have you had a feeling of guilt or remorse after drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you or anyone else been injured because of your drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**COPING:** These questions ask about different ways of coping you may have used within the past year. Please mark which answer best describes you.

	Not at all	Several days	More than half the days	Nearly every day
a. I've been turning to work or other activities to take my mind off things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I've been concentrating my efforts on doing something about the situation I'm in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I've been saying to myself "this isn't real."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I've been using alcohol or other drugs to make myself feel better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I've been getting emotional support from others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I've been giving up trying to deal with it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I've been taking action to try to make the situation better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. I've been refusing to believe that it is happening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. I've been saying things to let my unpleasant feelings escape.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I've been getting help and advice from other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. I've been using alcohol or other drugs to help me get through it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. I've been trying to see it in a different light, to make it seem more positive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. I've been criticizing myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. I've been trying to come up with a strategy about what to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. I've been getting comfort and understanding from someone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. I've been giving up the attempt to cope.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. I've been looking for something good in what is happening.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. I've been making jokes about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. I've been accepting the reality of the fact that it has happened.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
u. I've been expressing my negative feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. I've been trying to find comfort in my religion or spiritual beliefs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not at all	Several days	More than half the days	Nearly every day
w. I've been trying to get advice or help from other people about what to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. I've been learning to live with it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
y. I've been thinking hard about what steps to take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
z. I've been blaming myself for things that happened.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aa. I've been praying or meditating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bb. I've been making fun of the situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SOCIAL SUPPORT:** The next section asks questions about people in your life. Please mark the box that best describes your experience.

	Definitely FALSE	Probably FALSE	Probably TRUE	Definitely TRUE
a. If I wanted to go on a trip for a day (for example, Up North or to Detroit), I would have a hard time finding someone to go with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. I feel that there is no one I can share my most private worries and fears with.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. If I were sick, I could easily find someone to help me with my daily chores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. There is someone I can turn to for advice about handling problems with my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. I don't often get invited to do things with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. If I wanted to have lunch with someone, I could easily find someone to join me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. If I was stranded 10 miles from home, there is someone I could call who could come and get me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**When you completed the above questionnaire, were you thinking mostly about your spouse/significant other or about several potential supporters?**

- I was thinking primarily about my spouse/significant other       I was thinking primarily about one person (not spouse/significant other)       I was thinking about several potential supporters

**LIFESTYLE:** This section asks questions about your lifestyle and satisfaction. Please mark the box that best describes your life.

	Strongly DISAGREE	Disagree	Slightly disagree	NEITHER agree nor disagree	Slightly agree	Agree	Strongly AGREE
a. In most ways my life is close to my ideal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The conditions of my life are excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I am satisfied with my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. So far I have gotten the important things I want in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. If I could live my life over, I would change almost nothing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Please tell us your thoughts about your life by marking each item as it applies to you.**

	Disagree a lot	Disagree a little	Neither agree or disagree	Agree a little	Agree a lot
a. In uncertain times, I usually expect the best.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. If something can go wrong for me, it will.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I'm always optimistic about my future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I hardly ever expect things to go my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I rarely count on good things happening to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Overall, I expect more good things to happen to me than bad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. There is not enough purpose in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. To me, the things I do are all worthwhile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Most of what I do seems trivial and unimportant to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I value my activities a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. I don't care very much about the things I do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. I have lots of reasons for living.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The next questions ask about your thoughts and opinions related to the military.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
a. I believe in the mission of the military.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Behind every strong soldier is a strong family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. I do not agree with my spouse/significant other being in the military.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. My spouse/significant other has a critical role in the military.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. As a family member, I am important to the military.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. What I do at home does not make a difference to my partner's success in the military.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. The military is doing an important job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Families are not important to military readiness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. I support my spouse/significant other's choice to be in the military.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I am proud to be a military spouse.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**RELATIONSHIPS:** These questions ask about your relationship with your spouse, girlfriend, or boyfriend.

Are you currently in a committed relationship with a spouse/significant other?  YES  NO (If no, then skip to the Parenting Section. If you do not have children, your survey is complete)

How long have you been in a committed relationship with your current spouse/significant other? \_\_\_\_\_ Years

Most people experience disagreements in their relationships. For the next 6 items, please estimate the extent of agreement or disagreement between you and your partner.

	Always Agree	Almost Always Agree	Occasionally Agree	Often Disagree	Almost Always Disagree	Always Disagree
a. Values or beliefs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Demonstration of affection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Making major decisions (e.g., career, where to live, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Sexual relations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Aims, goals, and things believed to be important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Financial decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following 5 items describe experiences of couples. Read each question and check the box that honestly reflects how frequently you have had these experiences.

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
a. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Do you ever regret that you married or got together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. How often do you and your partner quarrel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. How often do you and your partner "get on each other's nerves"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Do you and your partner engage in outside interests together?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The following 3 items describe experiences of couples. Read each question and check the box that honestly reflects how frequently you have had these experiences.

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More Often
a. How often do you and your partner have a stimulating exchange of ideas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. How often do you and your partner calmly discuss something?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. How often do you and your partner work together on a project?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Problem Solving</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
a. We usually act on our decisions regarding problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. After our family tries to solve a problem, we usually discuss whether it worked or not	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. We resolve most emotional upsets that come up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. We confront problems involving feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. We try to think of different ways to solve problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Communication</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
a. When someone is upset the others know why	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. You can't tell how a person is feeling from what they are saying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. People come right out and say things instead of hinting at them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. We are frank with each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. We don't talk to each other when we are angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. When we don't like what someone has done, we tell them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>General Functioning</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
a. Planning family activities is difficult because we misunderstand each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. In time of crisis we can turn to each other for support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. We cannot talk to each other about sadness we feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Individuals are accepted for what they are	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. We avoid discussing our fears and concerns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. We can express feelings to each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. There are lots of bad feelings in the family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. We feel accepted for what we are	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Making decisions is a problem for our family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. We are able to make decisions about how to solve problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. We don't get along well together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. We confide in each other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PARENTING.** This next section asks about children and parenting. If you do not have children, your survey is complete.

1. Do you have children?  
 YES  NO (IF NO, your survey is complete.)
2. Are you a stepparent?  YES  NO
3. How many children under age 18 live in your home?  
\_\_\_\_\_
4. What are the ages of your children  
\_\_\_\_\_  
\_\_\_\_\_
5. Are you a single parent?  
 YES  NO
6. Do you have a child with special needs?  
 YES  NO
7. If you have a special needs child, please explain:  
\_\_\_\_\_  
\_\_\_\_\_

**If you co-parent with a former spouse/or partner, has physical custody of children changed in the previous 12 months?**

- YES  NO  Not Applicable

**If yes, how much stress has this caused? (Circle one)**

Not at all stressful    1    2    3    4    5    6    7    8    9    High stress

**Is this issue resolved or ongoing? (Circle one)**

Ongoing    1    2    3    4    5    6    7    8    9    Completely Resolved

**Please tell us about your parenting experience by marking each item as it applies to you.**

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
a. I am happy in my role as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. There is little or nothing I wouldn't do for my child(ren) if it was necessary.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Caring for my child(ren) sometimes takes more time and energy than I have to give.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. I sometimes worry whether I am doing enough for my children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. I feel close to my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I enjoy spending time with my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. My child(ren) is/are an important source of affection for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Having a child(ren) gives me a more certain and optimistic view for the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. The major source of stress in my life is my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Having a child(ren) leaves little time and flexibility in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Having a child(ren) has been a financial burden.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. It is difficult to balance different responsibilities because of my child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. The behavior of my child(ren) is often embarrassing or stressful to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. If I had it to do over again, I might decide not to have child(ren).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. I feel overwhelmed by the responsibility of being a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Having a child has meant having too few choices and too little control over my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. I am satisfied as a parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. I find my child(ren) enjoyable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**CHILDREN.** Questions in this section are specifically about your child(ren). If you do not have children, your survey is complete.

The first set of questions is about children between 12 months and 35 months of age – *Young Child Questionnaire*. The second set of questions is about children between 3 -17 years old – *Older Child Questionnaire*. Please complete a questionnaire for **ALL of your children**. If you have more than one child in the Young Child age range or more than one child in the Older Child age range, please ask any of the survey staff for additional questionnaires.

How many of your children are younger than 12 months of age? \_\_\_\_\_ (No questionnaire for this child)

How many of your children are between 12-35 months old? \_\_\_\_\_ (Complete that # of Young Child Questionnaires)

How many of your children are between 3 -17 years old? \_\_\_\_\_ (Complete that # of Older Child Questionnaires)

## YOUNG CHILD QUESTIONNAIRE: FOR CHILDREN AGES 12 MONTHS – 35 MONTHS

Child's Age in # of months \_\_\_\_\_ Child's Sex(Circle One): Male Female

Please mark the ONE response that best describes your child's behavior in the LAST month:

	Not True	Somewhat True	Very True
a. Shows pleasure when he or she succeeds (for example, claps for self)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Gets hurt so often that you can't take your eyes off him/her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Seems nervous, tense, or fearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Is restless and can't sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Follows rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Wakes up at night and needs help to fall asleep again	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Cries or has tantrums until he/she is exhausted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Is afraid of certain places, animals, or things _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Has less fun than other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Looks for you (or other parent) when upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Cries or hangs onto you when you try to leave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Worries a lot or is very serious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Looks right at you when you say his/her name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Does not react when hurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. Is affectionate with loved ones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Won't touch some objects because of how they feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. Has trouble falling asleep or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. Runs away in public places	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. Plays well with other children (not including brothers/sisters)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. Can pay attention for a long time (other than watching TV)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not True	Somewhat True	Very True
u. Has trouble adjusting to changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. Tries to help when someone is hurt (for example, gives a toy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w. Often gets very upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. Gags or chokes on food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
y. Imitates playful sounds when you ask him/her to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
z. Refuses to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aa. Hits, shoves, kicks, or bites children (not including brothers/sisters)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bb. Is destructive. Breaks or ruins things on purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cc. Points to show you something far away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dd. Hits, bites, or kicks you (or other parent)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ee. Hugs or feeds dolls or stuffed animals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ff. Seems very unhappy, sad, depressed, or withdrawn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gg. Purposely tries to hurt you (or other parent)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hh. When upset, gets very still, freezes, or doesn't move.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ii. Puts things in a special order over and over, and gets upset if he/she is interrupted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
jj. Repeats the same action over and over again. <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
kk. Repeats a particular movement over and over (like rocking, spinning) <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ll. Spaces out. Is totally unaware of what is happening around him/her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
mm. Does not make eye contact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
nn. Avoids physical contact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
oo. Hurts self on purpose (for example, bangs his/her head) <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
pp. Eats or drinks things that are not edible (like paper or paint) <i>Please give an example:</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

***Do you have another child between the ages of 12-35 months?  
If yes, please ask survey staff for another copy of the Younger Child Questionnaire!***

## OLDER CHILD QUESTIONNAIRE: For children ages 3 years – 17 years old

Child's Age in # of Years \_\_\_\_\_

Child's Sex(Circle One):    Male    Female

The following questions ask about strengths and difficulties some children might have. *Please give your answers on the basis of the child's behavior over the last SIX MONTHS.*

	Not True	Somewhat True	Very True
a. Considerate of other people's feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Restless, overactive, cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Often complains of headaches, stomach-aches or sickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Shares readily with other children (toys, food, games)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Often loses temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Rather solitary, prefers to play alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Generally well behaved, usually does what adults request	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Many worries or often seems worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Helpful if someone is hurt, upset or feeling ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Constantly fidgeting or squirming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Has at least one good friend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Often fights with children or bullies them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Often unhappy, depressed or tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Generally liked by other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o. Easily distracted, concentration wanders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p. Nervous or clingy in new situations, easily loses confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
q. Kind to younger children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
r. Often argumentative with adults	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
s. Picked on or bullied by other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
t. Often offers to help others (parents, teachers, other children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
u. Thinks things out before acting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
v. Can be spiteful to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
w. Gets along better with adults than with other children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
x. Many fears, easily scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
y. Good attention span, sees work through to the end	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
z. Often lies or cheats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
aa. Steals from home, school or elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

***Do you have another child between the ages of 3 years -17 years old?  
If yes, please ask survey staff for another copy of the Older Child Questionnaire!***

**THANK YOU FOR YOUR TIME ON THIS SURVEY AND FOR YOUR FAMILY'S SERVICE**

## **GUIDE FOR INTERVIEW: Round 3**

**The following will occur with participants previously consented. Researcher will review the consent form, answer any questions, and ask if participants wish to continue in the study by participating in interview. (Each interview team must include one of two staff who conducted Time 1 interview with family).**

We are conducting interviews with returning National Guard members and their families to understand their deployment and reintegration experiences and what made these a challenge and or a success.

I'll be asking you open-ended questions. There are no right answers. You are the expert about your thoughts and experiences, and I'm here to learn from what you have to say. [This is a chance for you to talk in depth, and I encourage you to tell me as much as you can and use examples, because that is the kind of data that is the most useful for us.]

You are free to share any personal experiences related to what we discuss and your information will remain confidential, however you should not feel pressured to discuss anything you would prefer to keep private, as we are primarily interested in your opinions on how to get additional services to soldiers. The interview will last about 90 minutes.

1. You don't have to answer any question you don't want to. Just let me know and we'll skip it.
2. You can quit at any time. Please just tell me that you would like to stop.
3. We can take a break whenever you want.
4. You can ask me questions at any time.

Do you have any questions before we begin?

### **Areas to Probe:**

- Explore their retrospection on their adjustment as reported in time 1. As more time has passed, has their perception changed? (e.g. realized they were actually doing better/worse than originally thought at time 1)
- Many service members seemed to have difficulty reporting PTSD symptoms at T1 in part because of their report that "others had it worse". Looking back now, 2 years after returning home, were there signs they overlooked during the first interview?
- How spouses attribute the SM's PTSD symptoms (whether its due completely or partially to military experience)
- If/How often does the couple talk about the SM experience of deployment? How often do they discuss with others? What does SM say when he/she talks about the experience now? How well does each spouse understand the others' experience?
- Spouse: What advice would you give yourself if you could go back to 2 years ago?
- How does the SM describe his/her integration into the community/civilian life?
- The couple's experience of the interviews (was it cathartic? did it bring up painful memories? did they discuss it during their normal week?)

Last time we met we talked about a number of different things related to your family, your deployment, and your reintegration.

### **A: Stressor Event:**

- What has been the biggest adjustment for you as a couple and as a family?
  - Probe: What has gone well? What hasn't gone well?
- How have your kids adjusted, now that you have been back for X months?
  - Probe: Any changes in their relationship to you? Your patience with them? Etc.
- What other events/milestones etc. have occurred since reintegration? We have a checklist of life events (**life events checklist attached**). We would like each of you to take a moment to review the list and check life events that you have experienced as an individual since your service member returned home from deployment.
- Were any of these stressors related to something that happened as a result of the service members deployment or military service? (e.g. injury; PTSD; time away? Etc.)
- Do you feel that your family's military experience contributed in a positive or negative way to how your family managed these life events? If so, explain

### **B: Resources:**

Last time we met it sounded like you were doing xxxxxx in your readjustment.

- What has helped you get back in the routine of civilian work and family life? How did this help? Please Explain.
- Was anything you tried not helpful?
  - Military & Civilian
  - Formal & informal
- What VA benefits have you taken advantage of, if any? (education, healthcare, disability)
  - What was most helpful or challenging about the services received?
  - Did you have trouble accessing any service that you needed?
- How did you use your support system (e.g. friends, family, school, community, programs, medical/therapy) as your family was getting back to the "new normal"?
- How did they help you cope with the situation? (e.g. help you to feel loved, less lonely, etc.)
  - Probe: Did you find that people were supportive of your situation? (Other parents, neighbors, friends, etc.)
  - OR what blocked you from accessing your support system during the reintegration?
- What have you noticed about the resources or supports your children have used? (Friends, groups, etc.)

## **C: Meaning Making:**

People often say that they have a *purpose*, or *something that gives them self-worth*, or *something they do well* that gives their life meaning.

- Can you take a moment to think of five sources of meaning that give your life significance and purpose? Which is most important to you and why?  
How is that list different today than before you deployed? What led to those changes?
- Did you and your spouse/children/parents share important sources of meaning?  
Or did you disagree about some of them? (Eg, Service to the nation, to one's unit, to family, to God, etc.) Did you discuss these?
- How did you make sense of the deployment experience? What life purpose helped you through deployment? Did this change during the deployment or after it was over?
- Have you ever talked to your children about how they make sense of the deployment? Or heard them describe the experience to others? If so, what is your sense of how they made meaning?

## **X: Adjustment:**

- How would you describe your quality of life? Is it similar or different from prior to deployment?  
If different, in what way?
- Do you have health concerns as a result of military service? (joint or back pain, post-concussive symptoms or other injury)
- How would you describe your overall mental health? (mood, feelings of sadness – depression/PTSD etc.?) Has that changed since in the past year since being home?
- Has doctor appointments, pain, etc. taken either partner away from spending time with your family/children?
- How has it impacted the couple relationship?
- How has it impacted your relationship with your children?
- How do you communicate health concerns with children and other family members?
- How would you describe your parenting? (able to show affection, guidance, listen, patience, etc.). Has this changed in the past year since deployment?
- What activities do you do with your child?

If we were to start with the oldest child and go one at a time:

- What changes did you notice about each child after your service member got home?
  - If there were challenges, how did you help your child get through this?
  - Do you worry about your child's school, social, physical, or emotional development? Probe if yes.
  - Do your kids get on your nerves? How do you handle this as a family?
  - What do you look forward to most in the next year?
- 

### **Individual Interviews:**

Next, we would like to meet with you individually to ask a few more questions if you are comfortable. Is there a space we can meet?

- What words would you use to describe your experiences in the past year?
- You said: \_\_\_\_\_(word/phrase). Can you tell me why you chose \_\_\_ to describe your experience?  
Ask for examples if none given.
- Is there anything you would like to expand on or discuss that you didn't feel comfortable in the group setting?
- What do you think has been the biggest change (positive or negative) in the past year since deployment?
  - Yourself
  - Your spouse/significant other
  - Children
- Anything else that could have helped you or [SIGNIFICANT OTHER] or [CHILD]?
- Can you think of anything else with regards to family, resilience, reintegration that you think we should discuss?

**Closing:** Thank you for participating in this interview.

### Life Event Checklist:

Please take some time and mark which of these life events you have experienced in the past year post deployment.

- Major personal injury, illness, or other health related issue
- Detention in Jail or other institution
- Major change in religious activity (i.e. participating more or less than usual)
- Major change in social activities (i.e. clubs, movies, events, etc.)
- Major change in sleeping or eating habits
- Violations of the law (i.e. traffic tickets, disturbing the peace, DUI, etc.)
- Major change in usual type and/or amount of recreation
- Marriage
- Marital reconciliation with mate
- Divorce
- Marital Separation from mate
- Marital difficulties
- Major change in the number of arguments with spouse (more or less than usual)
- Pregnancy/Childbirth
- Major change in behaviors of child(ren)
- Change in family roles and responsibilities
- Changes to a new school or child enrolling in school
- Son or daughter leaving home (i.e. marriage, college, military, etc.)
- Death of a close family member
- Death of close friend or unit member
- Betrayal by trusted individual
- Major change in the number of family get-togethers
- Deployment of significant other or orders to re-deploy
- Change in duty status (i.e. ADS, AGR, Title 32, Discharge, Retirement, etc.)
- Change in employment status (i.e. new job, termination, lay off, etc.)
- Major change in responsibilities at work
- Major change in financial status
- Troubles with the boss
- Major changes in working hours or conditions
- Major change in living situation (move, new home, remodeling, lost lease, etc.)
- Homeownership (taking on a mortgage)
- Foreclosure
- Other \_\_\_\_\_

**Life Event Checklist:**

Please take some time and mark which of these life events you have experienced in the past year post deployment.

- Major personal injury, illness, or other health related issue
- Detention in Jail or other institution
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- Homeownership (taking on a mortgage)
- Foreclosure
- Other \_\_\_\_\_

# **Risk** **Resiliency** **& Coping** in National Guard Families



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# LEARNING OBJECTIVES

- 1. Participants will learn about the unique experiences of couples negotiating a stressful war time deployment.**
- 2. Participants will be exposed to prevention approaches for these couples based upon the study findings.**
- 3. Participants will be exposed to interventions required for these couples based upon the study findings.**
- 4. Participants will be exposed to strategies for engaging these couples in treatment and making the experience as robust as possible.**

# OVERVIEW: WHAT WE WILL DO

Two hour workshop with five components.

- 1) Introduction to the topic (background) – military couples, and a brief literature review of the topic of war, deployment to war, and stress for these couples in negotiating deployment and reintegration
- 2) Description of study methodology, research questions, interview guide, and related processes
- 3) Three couple case presentations illustrating their stories through the deployment life cycle.
- 4) Case discussion of each couple highlighting their prevention and intervention support needs along the journey
- 5) Wrap up and remaining questions

# RESILIENCY

**The capacity of a dynamic system to withstand or recover from significant challenges that threaten its stability, viability, or development**

**Growth in the face of stress**

**Adaptation in the face of adversity**

**Most military families are an example of resiliency**

# DEPLOYMENT

## **2.2 million volunteer service members**

- High utilization of National Guard and Reserve Troops
- More than 730,00 deployed to Afghanistan or Iraq as National Guard or Reserve deployed to Afghanistan or Iraq

## **41.5% of National Guard members are married**

- 40.7% of those have children (29.8 % under age 5)

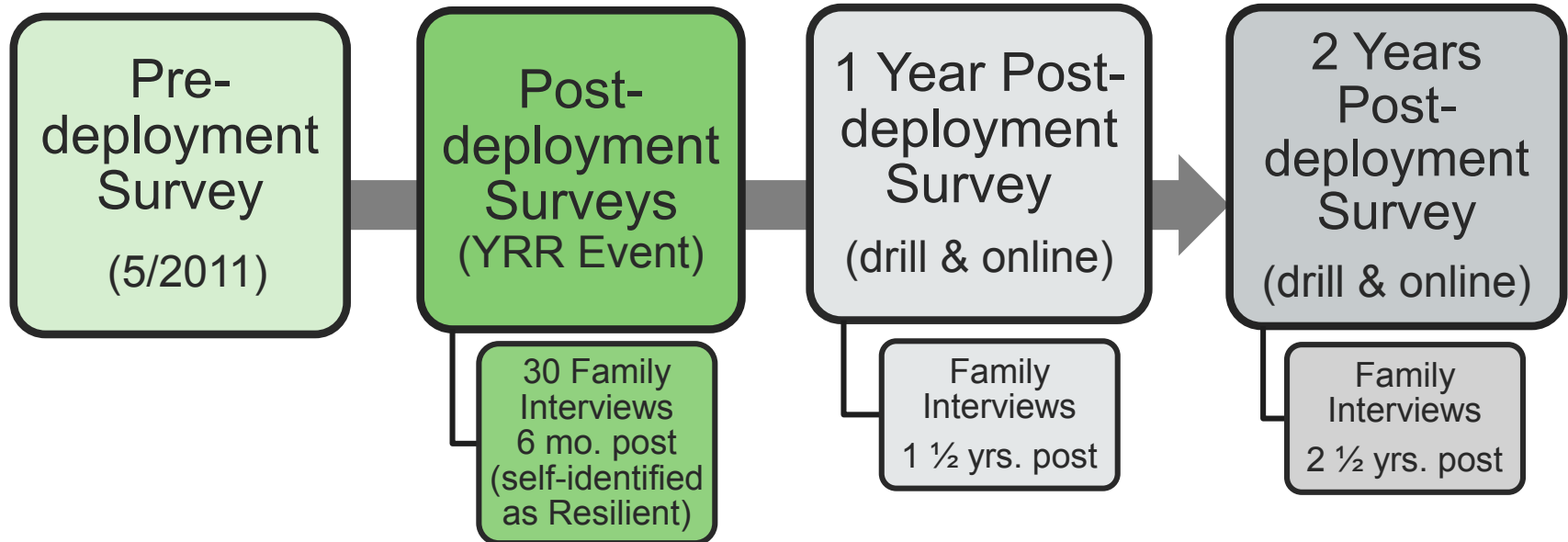
# LITERATURE REVIEW

- **National Guard (NG) increased risk for mental health & family problems**
  - SM risk associated with combat exposure, younger age, multiple deployments, and affiliation with the NG or Reserves
- **34% of NG spouse with mental health concerns assessed shortly after soldier returned home**
  - Spouse risk associated with married less than two year, under the age of 25, greater child behavior problems
- **Higher levels of couple stress**
  - couples who reported lower income and greater economic strain
  - MH in both partners had direct effects on adaptive processes in the couple relationship and leads to various relationship difficulties and even dissolution

# **UNIQUE EXPERIENCE OF COUPLES NEGOTIATING DEPLOYMENT**

- **Pressure to marry with upcoming deployment**
- **Intensity of good and bad on the battle field**
- **Spouse back home experience of isolation**
- **Spouse experience of parenting in soldier's absence**
- **Injury or other unexpected life events**
- **Quick demobilization and back to community**
- **Identity with military culture unable to translate to meaningful work in civilian sector**

# STUDY DESIGN & METHODOLOGY



## Soldier, Spouses/Significant other, and Parents

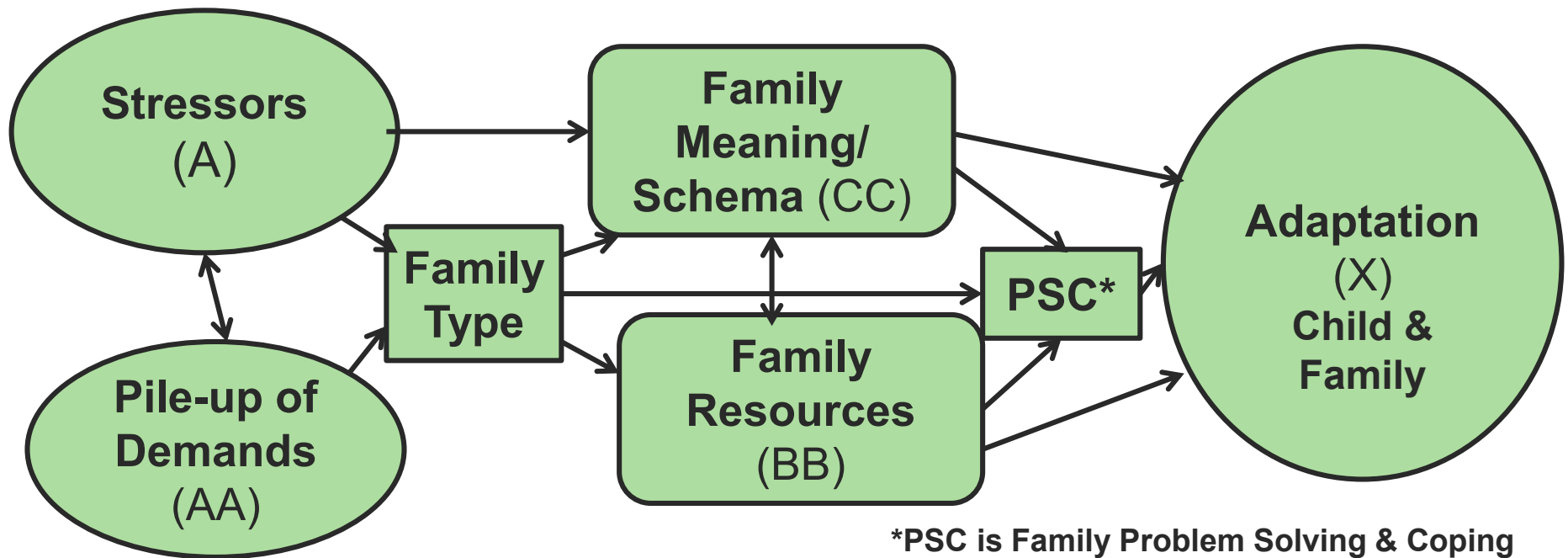
- Unique self generated codes linked to Soldier and multiple waves
- Completed a lengthy survey

## Family Interviews with Subsample of 40 families

- Three 90 minute interviews conducted in home/community
- \$50 for each person interviewed
- Data from interviews focus of this presentation

# THEORETICAL MODEL

Each part of this model informed the questions asked of participants in the interviews

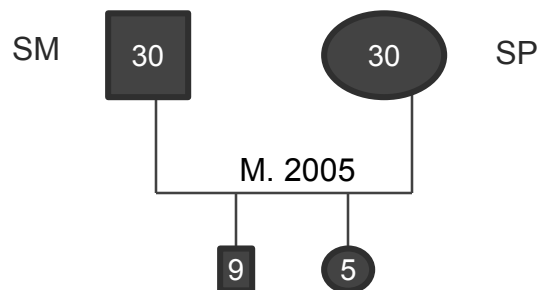


# THREE COUPLES

- **All went on a similar deployment**
- **Different ranks**
- **Different family configurations**
- **Three different outcomes**
  - Resilient
  - Divorced but resilient
  - Trying to be resilient but many obstacles

## COUPLE #1

### DIFFICULTIES AND RESILIENCE



SM (age 30 at interview 3) and Spouse (age 30) met in high school. They married in 2005. That same year, spouse became pregnant with their first child and SM experienced his first combat deployment to Iraq. They currently have 2 children, a son age 9 and a daughter age 5.

Couple describes the first deployment (2005, prior to study initiation) as the most stressful. SM said that in 2005, he was involved in “full-fledged combat” (his words). Spouse reported great support from her family of origin during the deployment. Upon return from that deployment, both reported multiple problems, including excessive drinking and anger issues for SM. Couple said they were on the brink of divorce, but through therapy and support they were able to rebuild their marriage. SM credits spouse for noticing that there was something wrong with him and pushing him to seek help; he said the fact that she knows him so well was helpful and that he trusted her.

The second deployment (focus of study) occurred in 2012. Both SM and spouse credit their experience with the first deployment as helpful—knowing more about what to expect and what supports were available. They reported having much better and more consistent communication during the second deployment. SM said that duties during deployment were much different and that the whole experience was much less stressful (combat versus rebuilding and training). On the homefront, Spouse reported difficulty with son who was age 6.

Stresses cited included going from Active Duty during first deployment, to National Guard in second deployment to civilian employment. Couple said they were careful with their finances and worked hard to save money during the deployments. After second deployment, SM was working 2 part time jobs to support the family. SM said he noticed that was still quick to anger—flying off the handle over small issues. SP confronts SM and lays down ultimatum – get help or I am leaving. At time 3, he had secured fulltime union employment with a company and was able to spend more time with his family. Spouse was finishing college degree and training. SM said his sleeping was normal and that his angry outbursts were much less frequent.

## Timeline: Couple #1

2005	2007	2009	2011	2012	2013	2014	2015
Married Pregnant 1 <sup>st</sup> deployment (combat)	2 <sup>nd</sup> child			2 <sup>nd</sup> deployment Training Afghans		1 full-time job (SM) Union benefits Bought house (VA) Less anger SP: full time school	Sp full time school Close to graduation
					2 part-time jobs (SM) Little time at home Angry outbursts		

## COUPLE #1 SOLDIER

HIGH

MODERATE

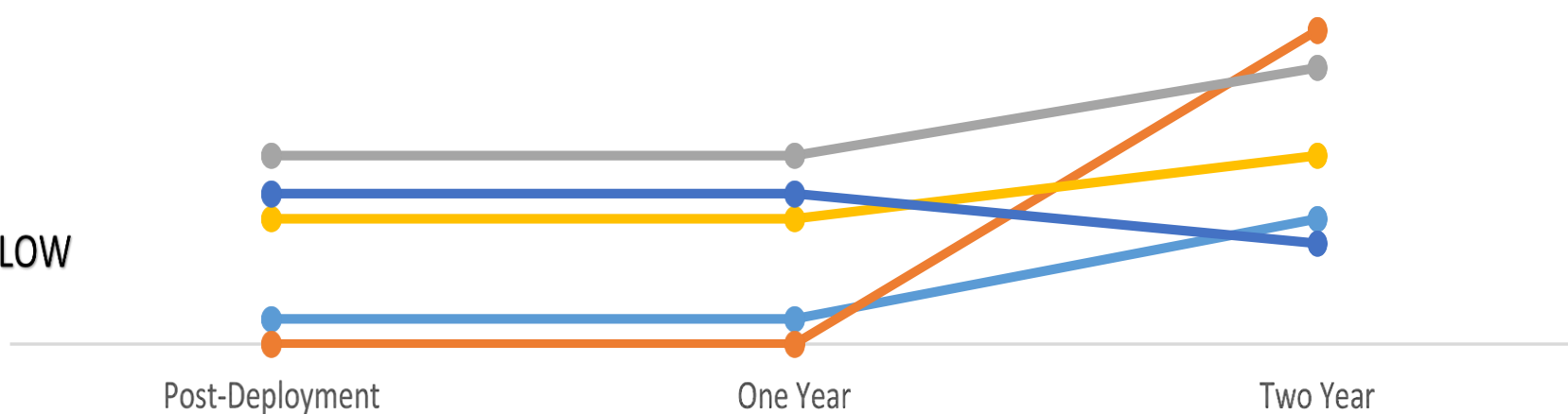
LOW

Post-Deployment

One Year

Two Year

PTSD DEPRESSION/ANXIETY ALCOHOL DYADIC PARENTING STRESS



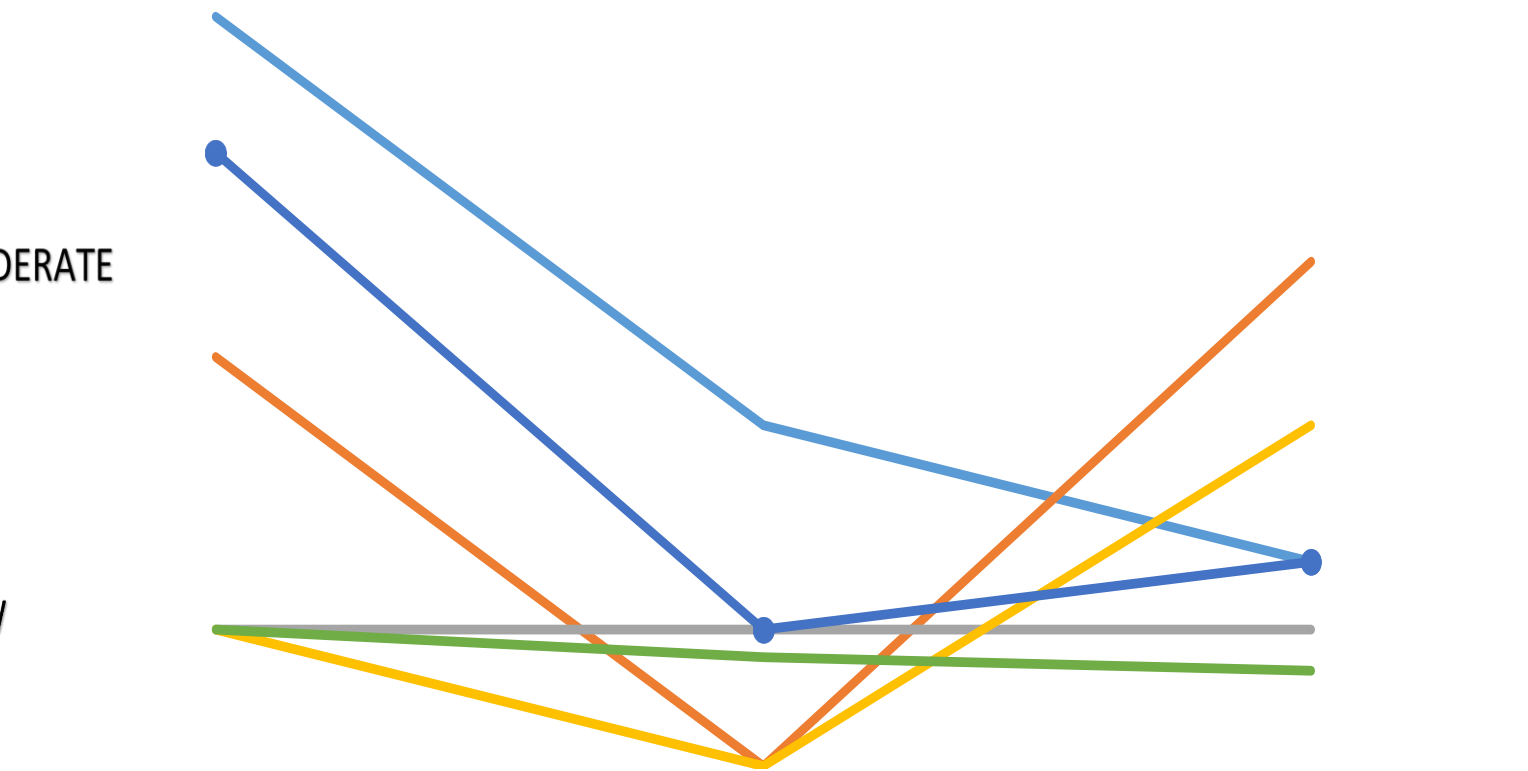
## COUPLE #1 SPOUSE

HIGH

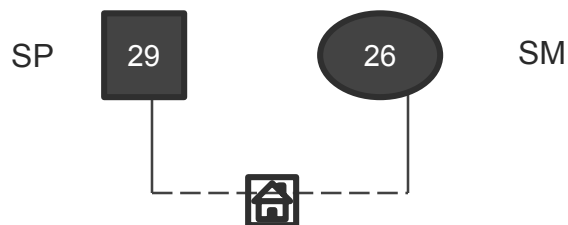
MODERATE

LOW

PTSD DEPRESSION/ANXIETY ALCOHOL ANXIETY DYADIC PARENTING STRESS



## COUPLE #2 TRAUMA & SEPARATION



Dad 59,  
Mom 50

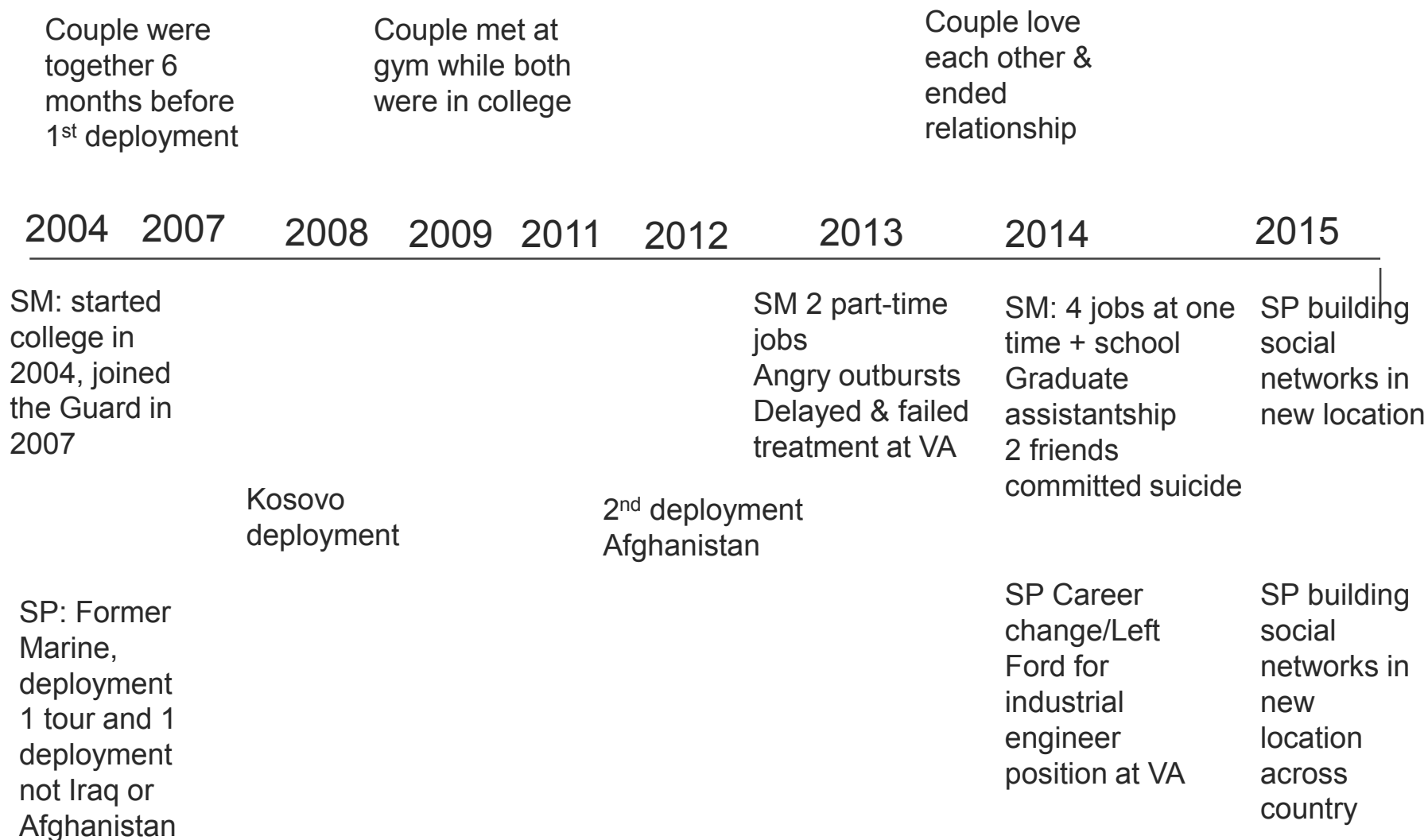
This couple were cohabitating and had been in a four year committed relationship at the time of the first interview. In this case the NG soldier is female and her significant other a former Marine who enlisted at 18 and had his own deployment experience prior to the couple relationship. The NG soldier volunteered for 2 deployments during their relationship.

The soldier describes her deployment stress in 3 phases:

- 1) Gender discrimination
- 2) Suicide bombing with friends and colleagues killed in action
- 3) Leaving unfinished work in Afghanistan

Spouse was extremely supportive of SM while she battled mental health issues and reintegration adjustment. The couple separated shortly before 2<sup>nd</sup> interview. They had an amicable breakup and remain close. The spouse said soldier PTSD is a reason for their breakup. Though both individuals are resilient and continue to grow professionally, the soldier continued to struggle with the emotional after affects of war at the 3<sup>rd</sup> interview.

## Timeline: Female Soldier



### COUPLE #2 SOLDIER

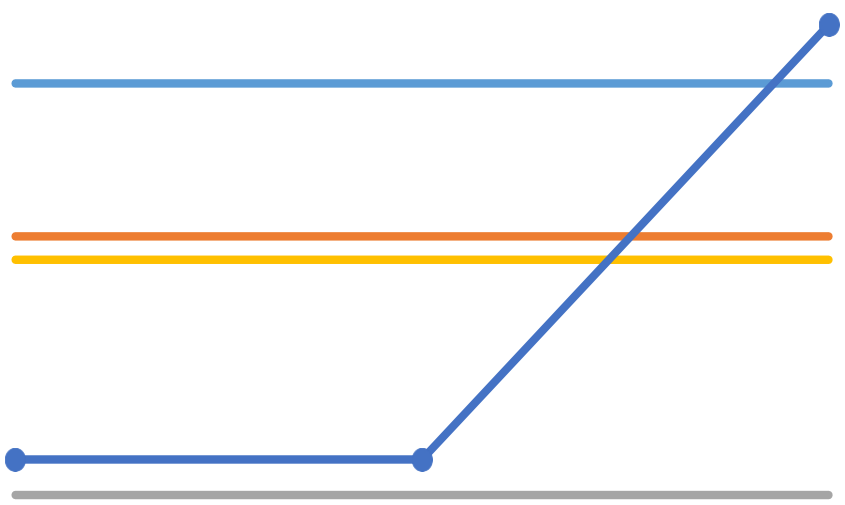
HIGH

DIVORCED

MODERATE

LOW

— PTSD — DEPRESSION — ALCOHOL — ANXIETY —●— DYADIC



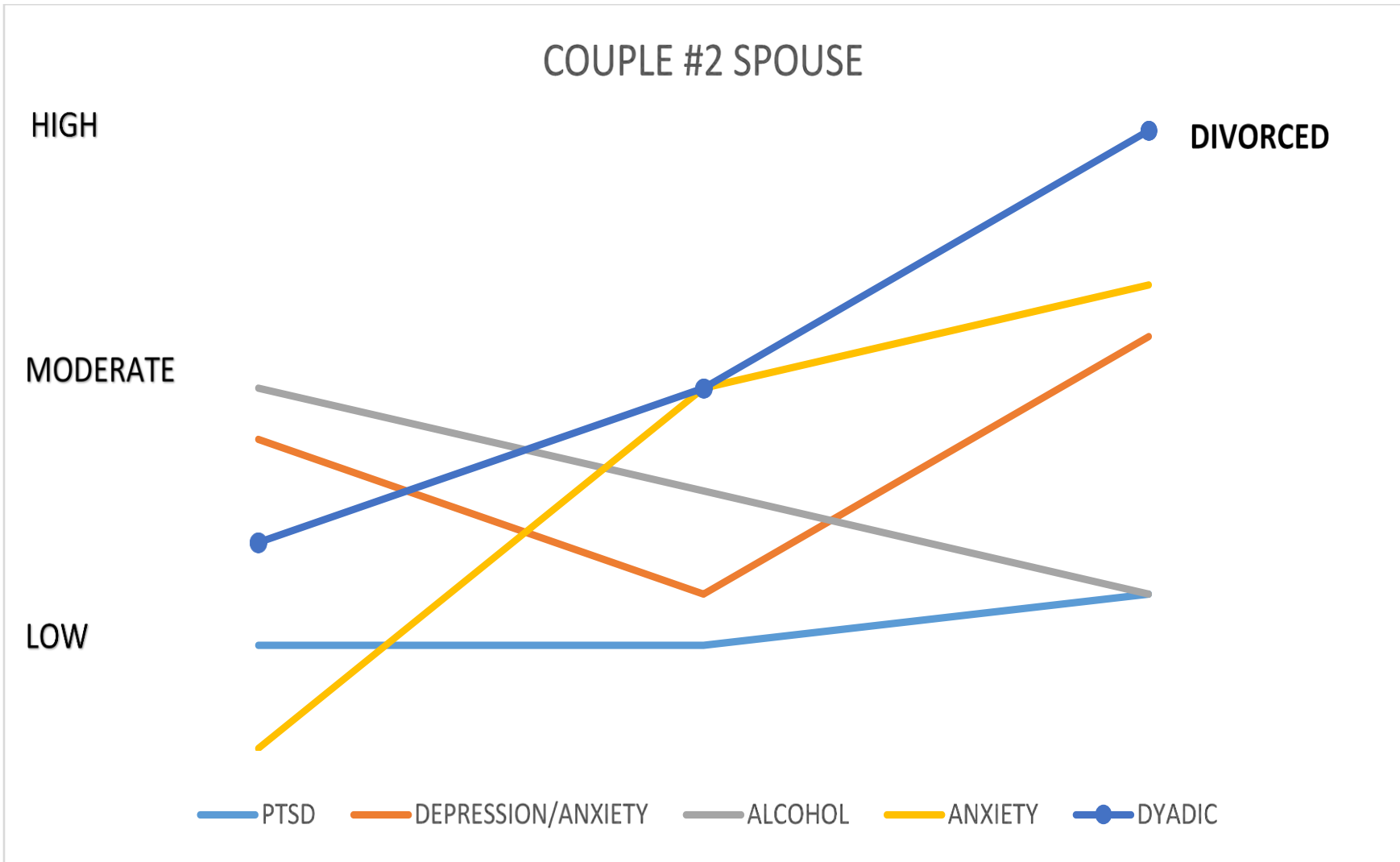
### COUPLE #2 SPOUSE

HIGH DIVORCED

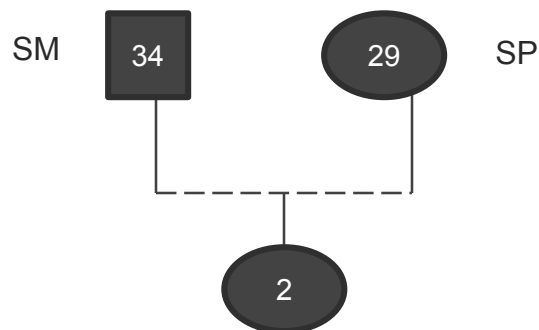
MODERATE

LOW

— PTSD    — DEPRESSION/ANXIETY    — ALCOHOL    — ANXIETY    ● DYADIC



## COUPLE #3 Trauma and Struggling



Injury, betrayal, and substance use, educated strong female,  
still/often in crisis mode  
Child after deployment

- This couple have been married for five years and together for 14 years.
- She had worked to finish her schooling (counseling masters) before marriage and he joined the military (National Guard).
- He was moved to join the military after 9/11
- Had a child together about 6 months after he returned from an extremely traumatic deployment.
- Two deployments: one in 2009 to Iraq and second to Afghanistan in 2012

## COUPLE #3

### Trauma and Struggling

- He was injured on the second deployment. There was an IED blast. Truck flipped upside down. He had four fractured vertebrae in back, severe head injury. Several others injured in the explosion; no one dies, one loses arms.
- Wife was on way to beach and received a call from someone in Afghanistan saying that there had been an incident and that spouse had been injured. Waited for information for 18 hours.
- Wife travels to Walter Reed to be with husband (stayed there for 3 months)
- Both their extended families live close by.
- She is religious. She describes herself as the rock in the relationship. She uses her therapy skills on herself.
- After they get home, he has symptoms from PTSD/TBI including cognitive problems, irritability, sexual difficulties, difficulties sleeping, depression, volatile, lacking motivation, erratic moods, memory difficulties, cocaine abuse, anger management, and the like.
- He is on a number of medications to manage pain, sleep, and psychological symptoms.
- He is completely changed by he bomb blast. He comes home a different person who is highly dependent on his spouse. He was an independent person before the deployment. He has a long list of medical appointments to keep. He was a hunter, camper, hiker. He cannot do these things any more. He has a strong dislike for the military now.
- Her identity is completely altered by the bomb blast. She goes from having a career of her own to been a full time caretaker.
- They are dependent on benefits and donations for their wellbeing. Received a large amount of community support both financially and good wishes.
- They both have belief systems that give their lives meaning.

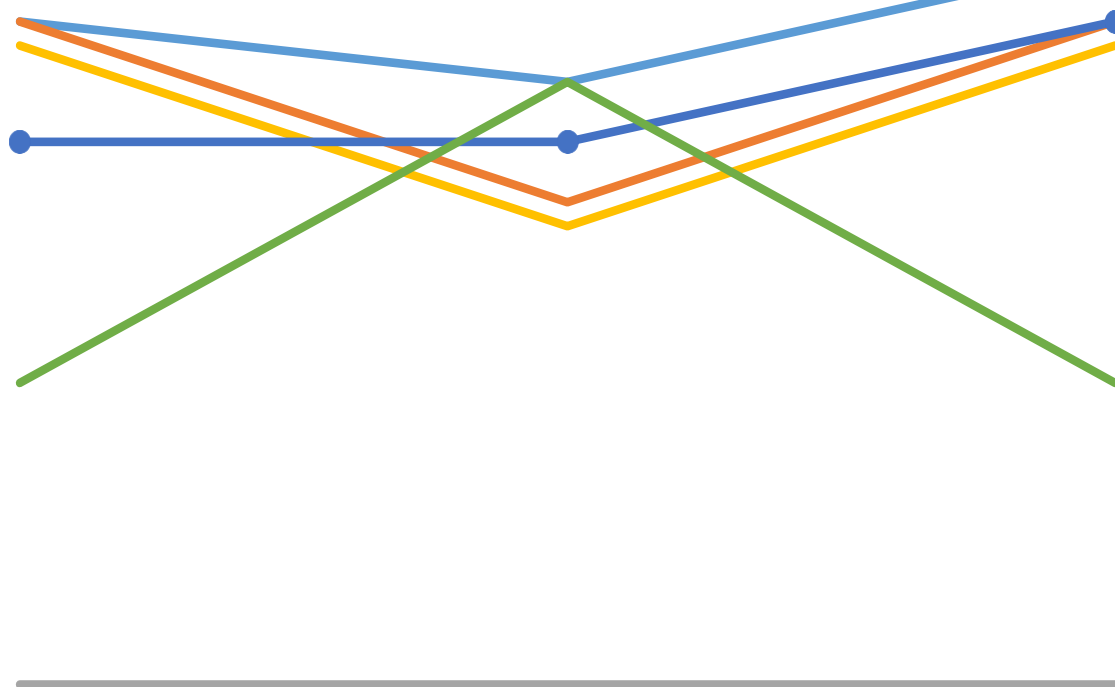
### COUPLE #3 SOLDIER

HIGH

MODERATE

LOW

PTSD    DEPRESSION/ANXIETY    ALCOHOL    ANXIETY    DYADIC    PARENTING



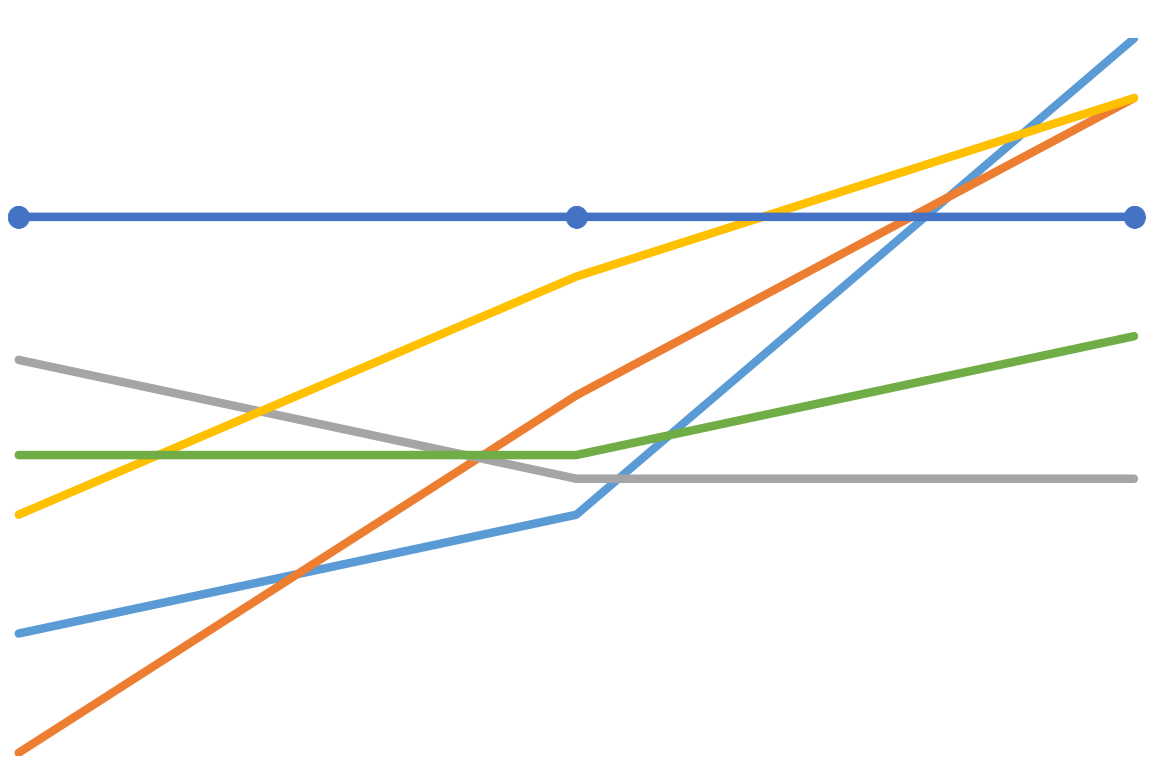
### COUPLE #3 SPOUSE

HIGH

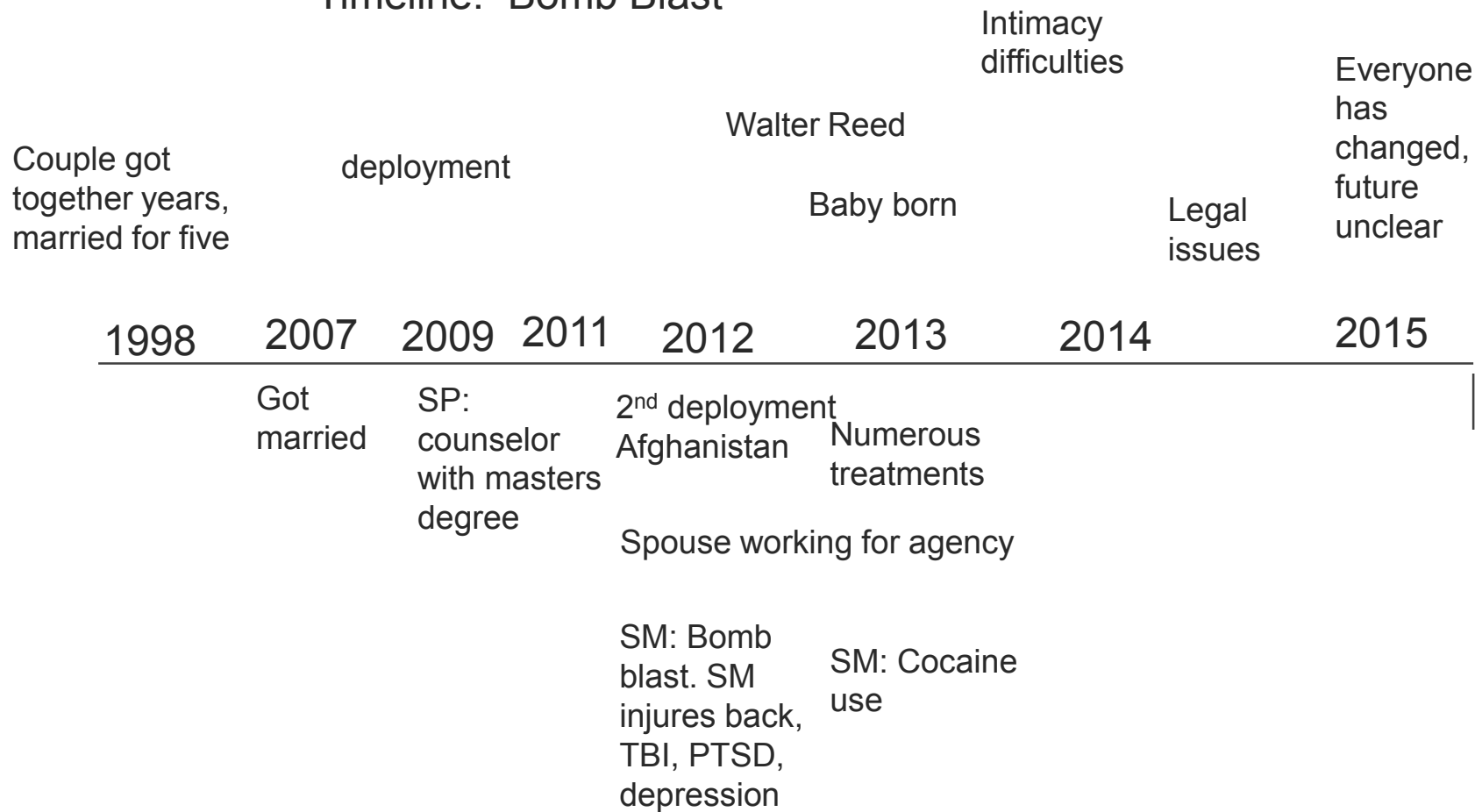
MODERATE

LOW

PTSD    DEPRESSION/ANXIETY    ALCOHOL    ANXIETY    DYADIC    PARENTING



## Timeline: Bomb Blast



# GROUP WORK

1. Get in groups of 5-6 people
2. Number off groups 1-3
3. Assign cases to each group

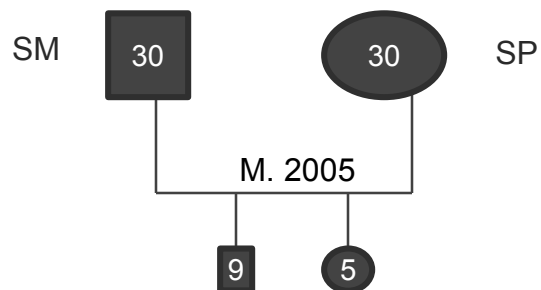
## Group discussion:

1. As a group, identify what the couple would need pre-deployment, post-deployment, and in the years after.
2. Choose a therapeutic model/approach for working with the case.
3. Why do you believe your approach will work with this family system?
4. What modifications, if any, will you need to make to your approach given that this is a military family?

## GROUP REPORT BACK

## COUPLE #1

### DIFFICULTIES AND RESILIENCE



SM (age 30 at interview 3) and Spouse (age 30) met in high school. They married in 2005. That same year, spouse became pregnant with their first child and SM experienced his first combat deployment to Iraq. They currently have 2 children, a son age 9 and a daughter age 5.

Couple describes the first deployment (2005, prior to study initiation) as the most stressful. SM said that in 2005, he was involved in “full-fledged combat” (his words). Spouse reported great support from her family of origin during the deployment. Upon return from that deployment, both reported multiple problems, including excessive drinking and anger issues for SM. Couple said they were on the brink of divorce, but through therapy and support they were able to rebuild their marriage. SM credits spouse for noticing that there was something wrong with him and pushing him to seek help; he said the fact that she knows him so well was helpful and that he trusted her.

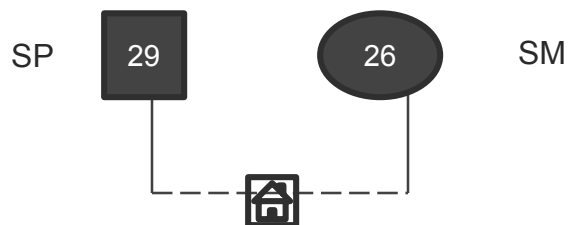
The second deployment (focus of study) occurred in 2012. Both SM and spouse credit their experience with the first deployment as helpful—knowing more about what to expect and what supports were available. They reported having much better and more consistent communication during the second deployment. SM said that duties during deployment were much different and that the whole experience was much less stressful (combat versus rebuilding and training). On the homefront, Spouse reported difficulty with son who was age 6.

Stresses cited included going from Active Duty during first deployment, to National Guard in second deployment to civilian employment. Couple said they were careful with their finances and worked hard to save money during the deployments. After second deployment, SM was working 2 part time jobs to support the family. SM said he noticed that was still quick to anger—flying off the handle over small issues. SP confronts SM and lays down ultimatum – get help or I am leaving. At time 3, he had secured fulltime union employment with a company and was able to spend more time with his family. Spouse was finishing college degree and training. SM said his sleeping was normal and that his angry outbursts were much less frequent.

## Timeline: Couple #1

2005	2007	2009	2011	2012	2013	2014	2015
Married Pregnant 1 <sup>st</sup> deployment (combat)	2 <sup>nd</sup> child			2 <sup>nd</sup> deployment Training Afghans		1 full-time job (SM) Union benefits Bought house (VA) Less anger SP: full time school	Sp full time school Close to graduation
					2 part-time jobs (SM) Little time at home Angry outbursts		

## COUPLE #2 TRAUMA & SEPARATION



Dad 59,  
Mom 50

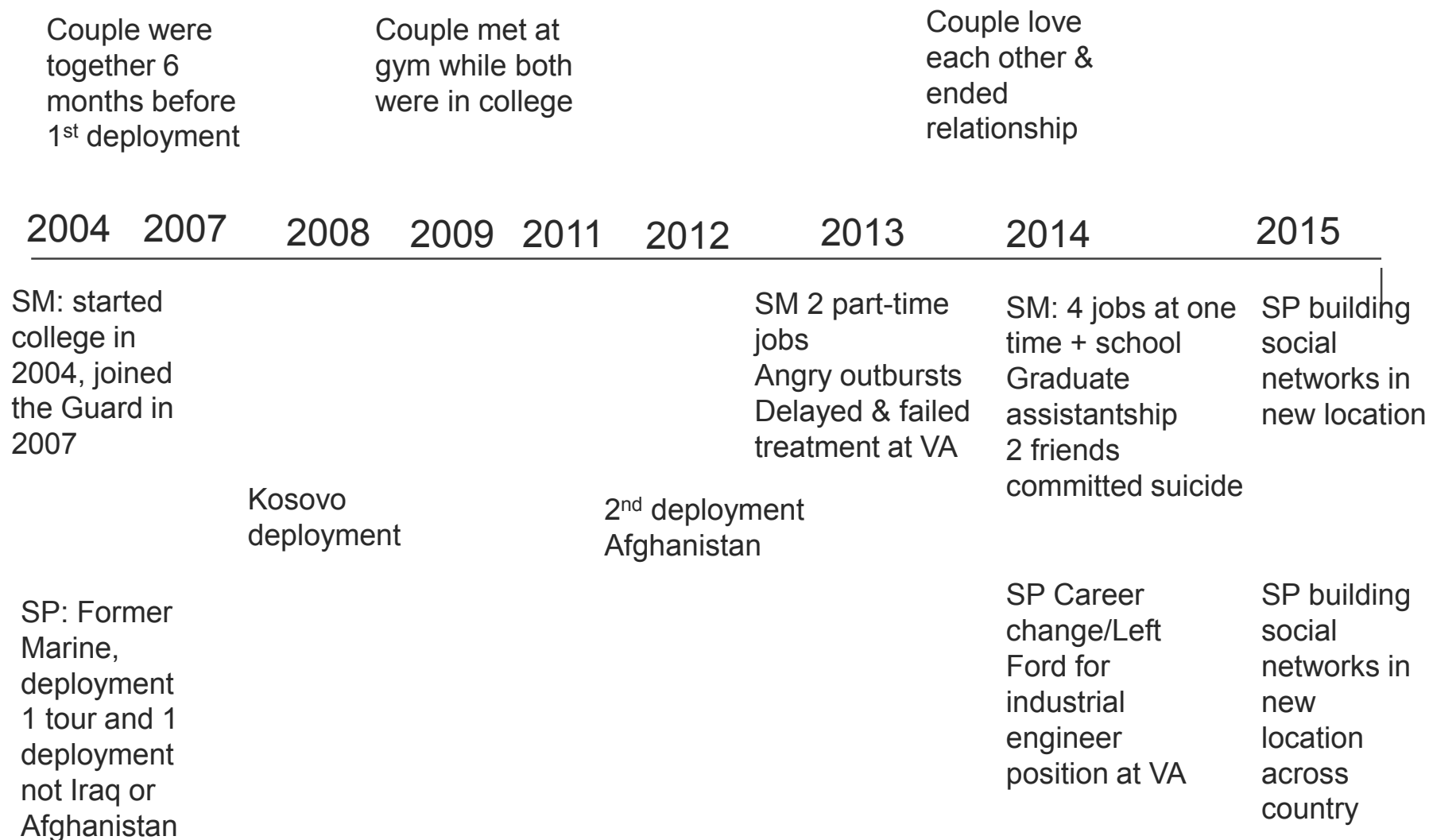
This couple were cohabitating and had been in a four year committed relationship at the time of the first interview. In this case the NG soldier is female and her significant other a former Marine who enlisted at 18 and had his own deployment experience prior to the couple relationship. The NG soldier volunteered for 2 deployments during their relationship.

The soldier describes her deployment stress in 3 phases:

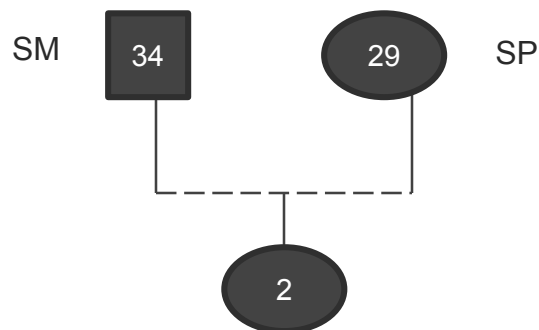
- 1) Gender discrimination
- 2) Suicide bombing with friends and colleagues killed in action
- 3) Leaving unfinished work in Afghanistan

Spouse was extremely supportive of SM while she battled mental health issues and reintegration adjustment. The couple separated shortly before 2<sup>nd</sup> interview. They had an amicable breakup and remain close. The spouse said soldier PTSD is a reason for their breakup. Though both individuals are resilient and continue to grow professionally, the soldier continued to struggle with the emotional after affects of war at the 3<sup>rd</sup> interview.

## Timeline: Female Soldier



## COUPLE #3 Trauma and Struggling



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still/often in crisis mode  
Child after deployment

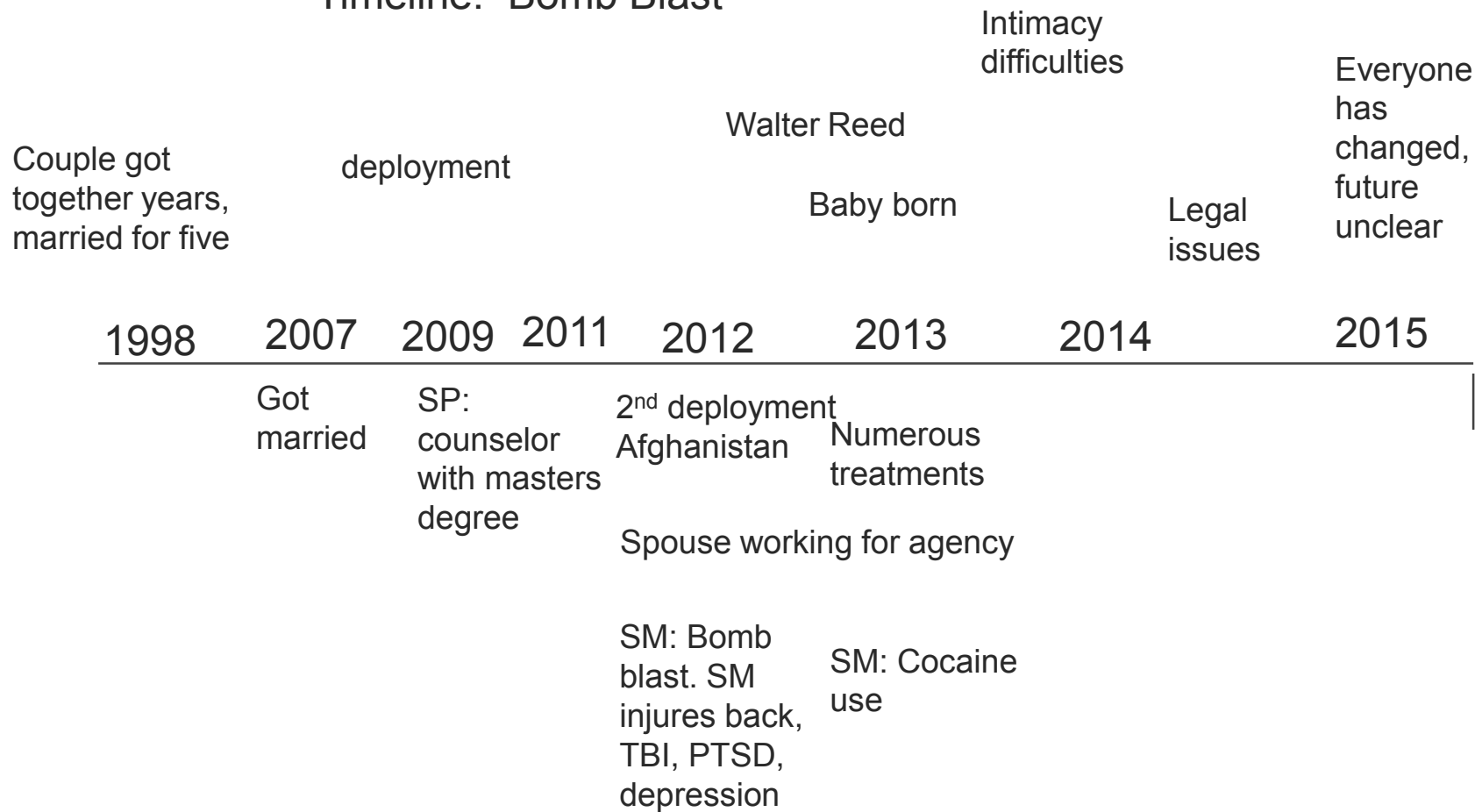
- This couple have been married for five years and together for 14 years.
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- After they get home, he has symptoms from PTSD/TBI including cognitive problems, irritability, sexual difficulties, difficulties sleeping, depression, volatile, lacking motivation, erratic moods, memory difficulties, cocaine abuse, anger management, and the like.
- He is on a number of medications to manage pain, sleep, and psychological symptoms.
- He is completely changed by he bomb blast. He comes home a different person who is highly dependent on his spouse. He was an independent person before the deployment. He has a long list of medical appointments to keep. He was a hunter, camper, hiker. He cannot do these things any more. He has a strong dislike for the military now.
- Her identity is completely altered by the bomb blast. She goes from having a career of her own to been a full time caretaker.
- They are dependent on benefits and donations for their wellbeing. Received a large amount of community support both financially and good wishes.
- They both have belief systems that give their lives meaning.

## Timeline: Bomb Blast



# CLINICAL INTERVENTION

## MAIN POINTS

There is no one theoretical model that works for these couples going through deployment.

- **Treatment should be integrative drawing from the best method needed at a particular moment**
- **Deployment is developmental. Couples need different things at different times**
  - Psychoeducation
  - Behavioral
  - Attributions
  - Emotion focused (especially at times of intense stress/vulnerability which will arise)
  - Communication
  - Trauma treatment
  - During deployment, don't talk about emotional/vulnerable wounds
  - Pre-deployment, do not open up emotional issues without the couple having time to process/ could do harm
  - Integrating individual treatment within the couple treatment/keeping the couple in mind during the individual treatment (injury, PTSD, sexual assault)
  - How to grow as an individual keeping in mind the injury, illness, impact on couple dyad and mutual influence of one partner on the other.

# KEY CHANGE EVENTS: OPPORTUNITIES FOR INTERVENTION

**Deployment issues**

**Injury (physical)**

**Health (physical)**

**Gender issues  
(system level)**

**Support for spouses**

**Meaningful  
employment**

**Posttraumatic stress**

**Intimacy**

**Anniversary of  
deployment event**

**Gender issues  
(individual level)**

**Developmental events**

**Stress management**

**Addictions**

# A SAFE AND ENDURING THERAPY SPACE

## Common factors

**Building a therapeutic alliance that is built on complete trust**

**Couple need help at many different points along the journey. Need a therapist who is there for the ride of developmental and life challenges**

Engagement in treatment: The client viewing treatment as meaningful; a sense of being involved in therapy and working together with the therapist, that therapeutic goals and tasks in therapy can be discussed and negotiated with the therapist, that taking the process seriously is important, that change is possible.

# KEY PREVENTION CONSIDERATIONS

- **Timing**
- **Anticipation of issues**
- **Early intervention as problems emerge**
- **Things go wrong – how to give couple what they need when they do.**
- **Preparing couples for the stress and the downs**

# QUESTIONS/COMMENTS

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## **A Comparative Case Study of Risk, Resiliency, and Coping Among Injured National Guard**

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### **KEYWORDS:**

National Guard, Injury, Veteran Healthcare, Family Adjustment

**PRESENTATIONS:** None

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**ACKNOWLEDGEMENTS:** None

**DISCLAIMER:** None

**ABSTRACT**

An injury during deployment disrupts family and life functioning. The purpose of the present study was to provide an in-depth examination of three injured National Guard soldiers showing how differential experiences of navigating multiple systems to obtain treatment for injury resulted in different adjustment trajectories for these soldiers and their families. A comparative case study examined three families where a soldier's injury was a central theme of family adjustment. Qualitative data were drawn from interviews conducted conjointly with both the soldier and spouse to provide an in-depth perspective of adjustment, meaning, and resource utilization patterns. In addition, survey data were collected at three time points in the deployment cycle (pre-deployment, 90 day post, and one year). These data were integrated into the case analysis, including mental health, marital relationship, treatment history, and characteristics of resilience. Study findings suggest that a delay in diagnosis, wait time for treatment, and the lack of comprehensive formal and financial support for a soldier following non-hostile injury lead to a pile-up of stressors that are detrimental to the soldier's physical and mental health, financial stability, and family well-being. Further study is needed to understand how these system level issues impede resilience among National Guard families.

## INTRODUCTION

The purpose of the present study was to provide an in-depth examination of three physically injured National Guard (NG) soldiers, and to describe how the navigation of injury treatment contributes to soldier and family adaptation following a deployment to Afghanistan. Data were drawn from interviews conducted conjointly with both service members and their spouses. Survey data collected prior to deployment and at two additional times within the first year of reintegration illustrate different adjustment trajectories.

A self-reported injury by the service member predicts higher levels of posttraumatic stress, depressive symptoms, and parenting stress 45-90 days post-deployment.<sup>1</sup> Among the combat injured, family disruption following injury was related to high child distress but the severity of the injury on its own was not.<sup>2</sup> For the family, what happens during the reintegration phase of deployment can determine whether stress reactions are mitigated or exacerbated.<sup>3</sup> Additional stressors,<sup>2,4</sup> the availability of formal and informal supports, and meaning making are important factors in the reintegration process.<sup>4</sup>

Injuries incurred during deployment -- combat or non-combat related -- can add additional stress to the already complicated process of reintegration. Combat related injuries may result in amputation, burns, severe soft tissue and orthopedic injury, and traumatic brain injury (TBI)<sup>5</sup> while non-combat related injuries tend to be fractures, inflammation/pain, and dislocation caused by sports/physical training, fall/jumps, and motor vehicle-related incidents.<sup>6</sup> There is a growing body of evidence that suggest an injury increases the risk that the service member will also develop PTSD.<sup>5,7-9</sup> Most of this research has focused on combat related injuries while far less is known about the adjustment trajectory of service members returning with non-hostile injuries.

Given the fluidity through which NG soldiers move, between M-day (one weekend per month), active duty, and veteran status, their access to health care benefits can be complex.<sup>7</sup> A “Line of Duty” (LOD) injury determination status states that those who incur or aggravate an injury, illness, or disease in the line of duty are entitled to treatment<sup>10</sup> at an approved military treatment facility and along with pay and allowances.<sup>11</sup> If not already reported, a non-combat injury can be reported at the demobilization when the soldiers complete a battery of health screenings and questionnaires. Without an official LOD, the burden falls upon the soldier to prove the injury was incurred during military service. Without this designation, receipt of benefits such as Veteran’s Administration (VA) healthcare, and disability compensation is also jeopardized. There are no known studies that examine the personal or family adjustment trajectory of both combat and non-hostile injured NG members’ in relation to navigation of systems during the reintegration process.

The present study employed a comparative case study methodology<sup>12</sup> to explore the impact of differential experiences of system navigation on the adjustment trajectory of injured NG soldiers and their families. This study fills a gap in the literature by using qualitative data to expand the meaning construct of the family stress model and explain the influences of health systems on family resiliency processes. The Resiliency Model of Family Stress, Adjustment and Adaptation<sup>4</sup> served as a guide for assessment and interview questions. This model assumes a relational perspective of family adjustment with recursive effects such that overall family adaptation (X) is dependent upon the interplay of deployment and injury severity (A), pile up of demands (AA), family resources including utilization of services (BB), and meaning or family perspective of their situation (CC) within the context of dealing with the injury.

## **METHODS**

A comparative case study methodology was employed using cross-case comparison and within case analysis.<sup>12</sup> This method allows for empirical inquiry and in depth investigation of multiple sources and variables which captures the complexity of real-life context of family and system interaction. Comparative case study intentionally selects a small number of cases that differ on outcome variable of interest. The small number of cases allow for a more in-depth probe of processes that may be related to the different outcomes. As employed in this study, the comparative case study approach allowed us to contribute to the limited literature specifically exploring the impact of deployment injury on family adaptation from the perspective of a service member and spouse. In this way, this method gives us the strongest means of drawing inference of cases for theory development.<sup>12</sup> The study was approved by all partnering institutional review boards governing the use of human subjects.

### ***Participants and procedures***

Data for the comparative case study were drawn from a larger ongoing mixed-method longitudinal study that followed a battalion of soldiers who deployed to Afghanistan. Soldiers and family who self-identified as resilient during their reintegration event could volunteer to participate in interviews in addition to completing survey data. Unique identification codes were used to match qualitative data with survey data. Because we were interested in family processes that predict resiliency, individuals with suicidal ideation and hazardous alcohol use were excluded from the interview pool. In-depth qualitative interviews were conducted with a target sample of 35 families representing demographics of the larger sample. Only couples in the qualitative interviews reporting an injury as a contributing factor to their reintegration process were eligible for inclusion in this comparative case analysis. We made every attempt to match the cases as closely as possible on variables that could also impact overall adjustment. Table 1

shows the comparison of cases with their cohort of injured (n=77) and non-injured (n=568) soldiers.

### ***Data Collection***

Surveys were collected approximately 90 days prior to deployment, at reintegration events 45-90 days after they returned home, and one year after reintegration. Surveys measured family adjustment using the Revised Dyadic Adjustment Scale<sup>13</sup> and the Parental Stress Scale.<sup>14</sup> To assess the psychological health of soldiers we used the Posttraumatic Stress Disorder Checklist,<sup>15</sup> the Patient Health Questionnaire,<sup>16</sup> and the Generalized Anxiety Disorder 7-item scale.<sup>17</sup> Pile-up of demands were assessed using a 21-item checklist for life events occurring in the prior year. In addition to the in-depth interview, appraisal of their situation was measured using the Perceived Stress Scale-4<sup>18</sup> and Satisfaction with Life Scale.<sup>19</sup>

The in-depth family interviews were conducted six-to-nine months post-deployment and averaged 90 minutes in length. Each interview was conducted by a two-person (male/female) team with one licensed therapist and an individual with military experience. In the semi-structured interviews, families responded to questions about family adjustment, supports that contributed significantly to their experience, and the family appraisal of their situation. Field notes of major themes and observations were created following the interviews which were taped, transcribed, and reviewed by the interviewer for accuracy.

### ***Data Analysis***

Qualitative data were organized using Atlas.ti software.<sup>20</sup> The coding team employed theoretical thematic analysis<sup>21</sup> to identify patterns or interactions related to the constructs in our theoretical model. Consistent with theoretical thematic analysis, factors from the Resiliency model of Family Stress, Adjustment and Adaptation (i.e. family adaptation (X), deployment and

injury severity (A), pile up of demands (AA), family resources (BB) and family meaning making (CC) were used to guide initial coding. To this end, transcripts were initially coded independently and then codes (e.g. ABCX) and their application were compared, discussed and consolidated into broader themes within each factor. Further the scored survey measures from pre, post and one year follow-up were charted, mapped, interpreted and incorporated into the analyses to explore the potential interaction between systems of support, family appraisal, pile-up of demands, individual, and family outcomes.

## **RESULTS**

Table 1 shows a comparison of outcomes for each case throughout the deployment cycle. A number of overall themes, concepts, and relationships emerged from the within-case analysis and cross-case comparisons. Factors contributing to a positive reintegration trajectory following service related injury included: prior deployment experience, timely medical and behavioral health treatment, financial stability in particular uninterrupted income through the community-based warrior transition unit (CBWTU), formal and informal supports from a community that understands their experiences, and personal grit of the spouse. In comparison, not having a LOD triggered a pile-up of demands including a delay in VA health care treatment and disability compensation that exacerbated their problems leading to poorer family adjustment. Key factors of the deployment and reintegration process were collected at four time point from multiple sources. The case comparisons of that data are illustrated in Figure 1 showing how injury intersects with other life-course events and how pathways to adjustment may be altered by system level barriers and supports. The trajectories are described in greater detail providing background information and quotes from the soldiers and spouses.

### ***Case 1: Mixed adjustment trajectory.***

Prior deployment experience: Reintegration from the first deployment was reported as difficult. According to the soldier, *“When I came home from Iraq I put her through hell. I was drinking and doing other stuff and staying out late... I promised her when I came back from Afghanistan that I wouldn’t do that to her.”* Both vowed to make the second deployment experience different (CC).

When soldier returned to Walter Reed for treatment, spouse was able to join him for the lengthy rehabilitation process. Supports (BB) were central to sustaining family. According to spouse, *“I was just very fortunate with my job and the family and my parents took our dogs and somebody else took care of our house and somebody mowed our lawn and coordinated all of those services that you don’t really think about and take for granted. They spoke positively about the support they received from non-profits that donate to the wounded warriors. Additionally, the commanding officer’s wife reached out to the spouse in support.*

The couple also talked about their frustrations in navigating the formal medical system: *“I don’t know exactly what we needed but I feel like a lot of the stuff we were left to our own devices and I think we are assertive people overall, but with the military everything is bureaucratic that you do one thing for something and then they send you somewhere else...we just kind of ended up giving up so they did offer programs, they did offer evening counseling sessions for couples...but we didn’t really bother with a lot of just because of our experiences so far weren’t very helpful...”*

Spouse credited her training as a mental health counselor in helping her cope. Both cited spirituality/religion as an important coping resource. Although the rehabilitation was described as difficult, the spouse was an advocate for her soldier, calming him and keeping track of what

needed to be done. According to soldier, “*She [spouse] was my angel...*” The spouse also said, “*I knew that my role in our relationship was to be the rock through this whole thing.*”

With respect to overall family adaptation (X), results seem mixed. From a relationship perspective, the couple assessments reflect high marital satisfaction and non-distressed adjustment post-deployment consistent with the in-depth interview. The spouse said, “*I think it (second deployment) definitely made our marriage stronger not weaker and we really found out some things about each other in the midst of it all.*” One year later, the soldier reports less marital satisfaction and more distress compared to the spouse. Though his symptom level of depression, anxiety and PTSD improved over time, the soldier continues to struggle: “*The thing I deal with the most is the TBI just because my memory, my irritation and my anger and what not...I have some anxiety pills...which help a lot.*” The spouse also said, “*He had no history of anxiety, depression or any other kind of mental health [issue] prior to this. I have known him for a long time and it was like a switch that was thrown because now he has anxiety.*”

***Case 2: Positive adjustment trajectory.***

Soldier said that he was injured (non-hostile) during his first deployment but didn’t report it because he was eager to return home to his family. He assumed he would be able to access treatment but ran into considerable difficulty: [Regarding the first deployment injury] “*...I am just going to let the VA take care of this when I get there. And as it turns out, the wheels of justice turn very slowly at the VA so in the year and a half that I was home between the deployments, I managed to get an MRI and some physical therapy. I never even got to talk to a surgeon.*” (A) Because of his previous experience, soldier completed an official LOD injury report, stating: “*I had made up my mind overseas that I was not coming off active duty orders until I was fixed—even if I had to stay...*”

Medical treatment (BB: formal support) extended his deployment for two months, bringing his total time away from family to 14 months. The spouse and kids had phone access and traveled to visit on weekends diminishing some informal support (BB—familial). The spouse admitted not utilizing formal supports (BB) because meetings and events were too far away for her to get to. She reported informal support (BB) from her family, most of whom live in the same neighborhood and have prior military service.

The couple noted the difficulty of separation, but they also shared how it helped ease the transition back into family life. A unit buddy with the soldier during the rehabilitation process was an important source of informal support (BB). According to soldier, *“I mean as sucky as that was not to be able to come home, it was probably really good as well because it gave me time to adjust from the daily life in Afghanistan to be more civilized. ...one of the guys I deployed with was there with me [in hospital] and we would go out and see movies and go out to dinner so it gave me that decompression time that I didn’t have the first go round.”* When asked about accessing military benefits after this deployment, soldier responded, *“They have been spot on with them...as far as benefits, they have been very good. I haven’t missed a paycheck so I am still on Title 10 order.”*

The couple seem to share an outlook on life and service that connects them (CC). In commenting on his future job prospects, soldier said, *“There has to be somewhere for somebody with my skills to do something that makes a difference and that is the big thing to me.... I don’t have to change the world but I want to do something that makes a difference.”* Spouse reflected, *“What is important to me is change so I don’t look at things so much as obstacles, I look at it as being willing to adapt to what is going on and accept that other things can be just as important... Look at what is important to you today...That is how I live every day.”*

Overall family adjustment seemed positive. The couple talked about having learned from the first deployment how to reintegrate more successfully. Spouse talked about being less timid in her communication, more direct and firm. According to soldier, *“I feel better now than I did before the first deployment...So for whatever reason, this deployment was really good for my marriage...”* Both the soldier and the spouse assessed on the dyadic adjustment scale show significant improvement from pre to post-deployment.

***Case 3: Poor adjustment trajectory.***

The soldier did not complete a LOD at demobilization but offered no explanation for why he did not do this. At the time of the interview the injury had not healed and he was on pain medication. Following deployment, the soldier went back to former employer but injury interfered with ability to continue in position. He took a part-time position for less pay and subsequently experienced a pile-up of demands including loss of healthcare insurance and other financial stress (AA).

In terms of resources (BB), the spouse noted that other formal supports like the Armory's Family Assistance Center were very helpful in providing rent money when the couple was struggling and their children were able to get healthcare through a government subsidized program (BB). The soldier said he was receiving disability benefits through his civilian employer while he waits for VA disability. His frustration is evident: *“...it is the VA itself that sucks. They take forever to do anything... We applied [to the VA for benefits] in December so we're on month four of the waitlist which is like 16-18 months...That is to find out if you have been denied or approved for it. And then if you are denied you can appeal and you put your appeal in and it takes another 16-18 months.”*

Spouse elaborated her concerns about the level of support from the VA: *“It would definitely help if the VA wasn’t so slow at doing things and they could actually get the records [of soldier’s service]...instead of just prescribing narcotics all the time... He is going to end up in a rehab facility for being addicted to them if you just keep prescribing more and more on top of one another...”*

When asked how soldier was coping, the spouse said, *“the VA not helping him is really getting to him. That is when his PTSD really kicks in and he gets so frustrated and so anxiety ridden over not being able to provide for his family that it is just irritating him and that doesn’t help at all.”* The family narrative is consistent with the increase in PTSD symptoms from early post-deployment to one year later. When asked how they were functioning as a couple, spouse said: *“We have our moments and we tend to argue, but I don’t know how to explain it. Especially now. The biggest thing is his PTSD. Now I see the changes—he doesn’t necessarily see the changes but I definitely do. His mother does... I think a lot of people don’t understand why he is the way he is now because they don’t know.”* The soldier also noted changes in his interactions with others. The couple’s assessments suggest that the spouse experienced a decline in life and relationship satisfaction earlier than the soldier and by the one year post-deployment survey the couple were going through a divorce.

## **DISCUSSION**

Over the course of the study, the couple representing a non-hostile injury (Case 2) receiving treatment and compensation through the CBWTU showed the most resilience across all domains including dyadic adjustment, parenting stress, and life satisfaction. This couple had the benefits that come with older age, higher income, rank, more years in their relationship, and older children. He also had the benefit of a previous service related injury where he learned the

value of a LOD for receiving care through the CBWTU that integrated primary care, mental health, and social services intended to reduce barriers.<sup>22</sup> Like 30% of veterans receiving VA medical care in the Sayer study,<sup>23</sup> Case 3 experienced marital conflict and anger control problems following deployment. Lower family income/resources, no prior deployment experience, young children and intersection with lifecourse events may be confounding issues and opportunities for targeted intervention. The ability to access healthcare and disability benefits in a timely manner seemed to be critical junctures in the reintegration process and the additive stressors further complicated family finances and marital strain leading to marital separation as well as increased symptoms of anxiety and PTSD. Both cases of a non-hostile injury shed light on the unique challenges NG families face navigating systems of care without a LOD. Though the Case 2 couple faced delay in treatment following the soldier's first deployment, the spouse's income could support the family and likely buffered some of the financial stress as well as access issues associated with injury treatment.

A deployment-related injury is an unexpected event in the life-course of a soldier, yet the detrimental psychological and financial affect seemed ameliorated by formal and informal supports. Though Case 1 experienced a combat injury of greater severity, the formal and informal supports seemed to buffer the effect on family outcomes and well-being. Case 2 had experienced CBWTU during reintegration from his most recent deployment and VA during reintegration from a previous deployment. His experiences were stark in contrast and illustrate a challenge for NG early in the reintegration cycle that is not faced by their active duty counterparts who have uninterrupted pay and access to healthcare at military treatment facility. Severity of the injury with extended treatment and chronic symptoms affects the trajectory of soldier and family well-being. In addition, a delay in diagnosis, wait time for treatment, lack of

comprehensive formal and financial support may be associated with a pile-up of demands and need further investigation. This comparative case study suggests that families with a greater pile-up of demands exhibit poorer health and family outcomes.

Of note in this comparative study is that each case is different. This is in contrast to programs and services offered to military personnel that may treat all individuals the same. Each case in our study had a married soldier who experienced a war time physical injury. Each soldier had a spouse as a part of the deployment. However, each family had a different trajectory post injury that was dissimilar. Some of these changes can be ascribed to individual characteristics of the soldier, others to military and civilian supports and resources. While others to preexisting marital dynamics, and the ability of the couple to work through the event together. What stands out among the case comparisons is how different each trajectory looks, and how maximization of supports and minimizations of frustrations and barriers to recovery can ameliorate the pile up of stressful events.

The in depth case comparison was limited to three families from a Midwest NG unit which limits the generalizations to a narrow sample of NG families contingent on region of the country and barriers to access health and social services within that region.<sup>12</sup> Additionally, we acknowledge that we were particularly interested in factors associated with navigation of injury. There may be other factors not captured in our study that also contribute to difference in adjustment. Despite these noted limitations, the comparative case analysis begins to provide insight into some of the reintegration challenges and complex interaction effects unique to NG families of injured soldiers. The deeper investigation of three cases within the constructs of the Resilience model illustrates the additive effects of multiple stressors. The comparative case

study may serve as a way to identify potential causal variables to focus on in future research and larger quantitative studies of injury trajectory.

## **CONCLUSION**

This study increases our understanding of risk, resilience and coping among NG families when a soldier is injured during deployment. Study findings regarding intersection of normative life events and trajectory of soldier and family well-being are consistent with other conceptual models.<sup>23</sup> This study builds on the qualitative study of New York veterans that found the systems of care that serves them is complicated and difficult to navigate.<sup>7</sup> This study sheds light on the family's perceptions of services and how a delay in diagnosis, wait time for treatment, lack of comprehensive formal and financial support following the soldier injury interacts with process of risk and resilience as families tackle subsequent pile-up of stressors. The additive effects of multiple stressors and barriers point toward poorer soldier and family adjustment within the first year of reintegration and greater life-course-disruption. Young soldiers, first-time deployers, and spouses may benefit from education regarding the necessity of LOD and remaining on active duty military status for non-hostile injuries. This study raises significant concern about an unknown number of veterans who do not meet the VA priority ranking to receive services and are now spiraling toward mental and financial instability as well as family disruption and crisis. Further study is needed to understand how system level issues, such as wait time for treatment of non-hostile injuries, may impede resilience. Immediate actions could do much to ameliorate risk and build resilience and coping strategies among injured veterans and their families.

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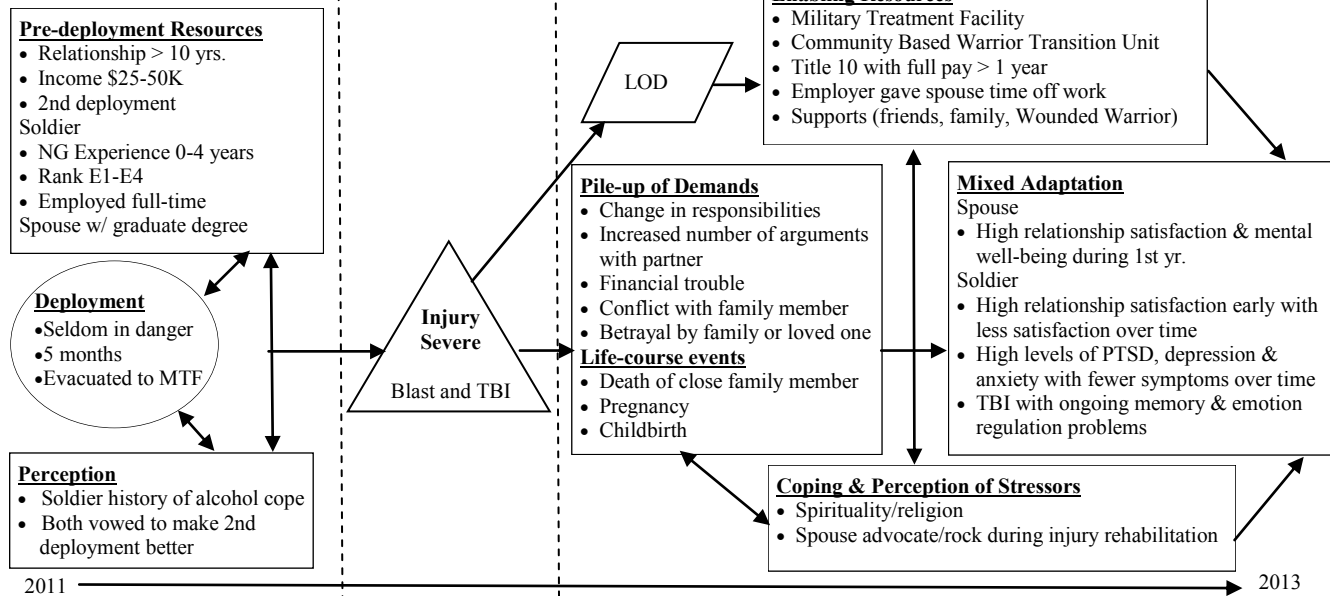
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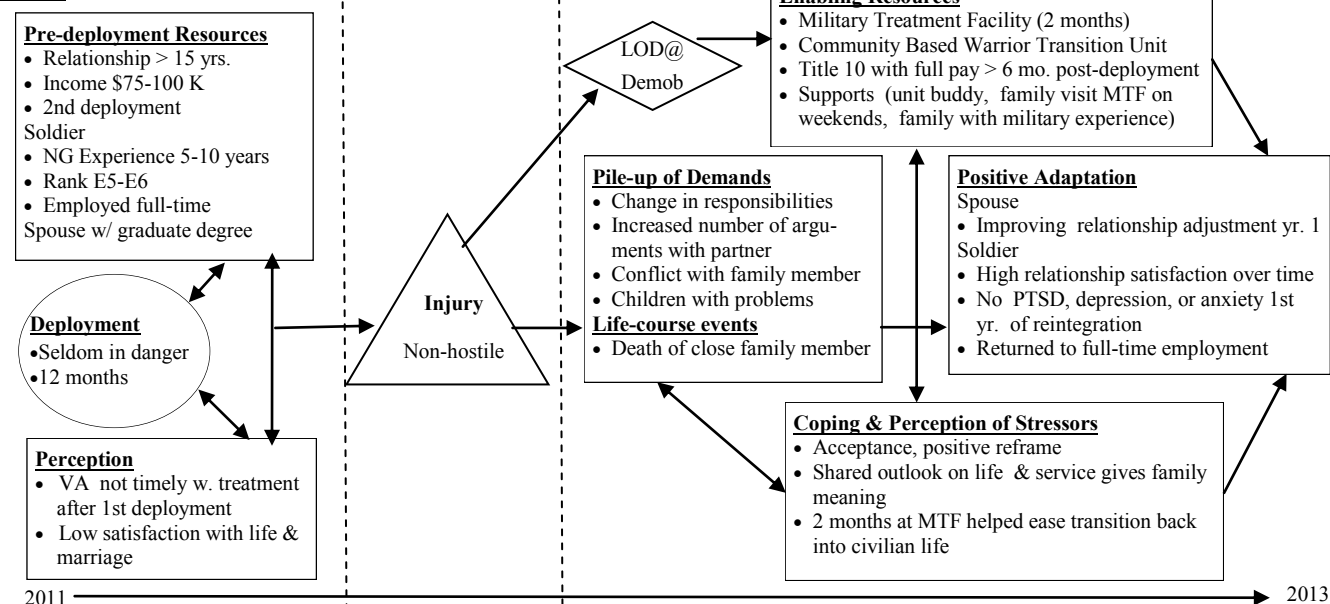
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FIGURE 1: Comparison of injury adjustment

## CASE 1



## CASE 2



## CASE 3

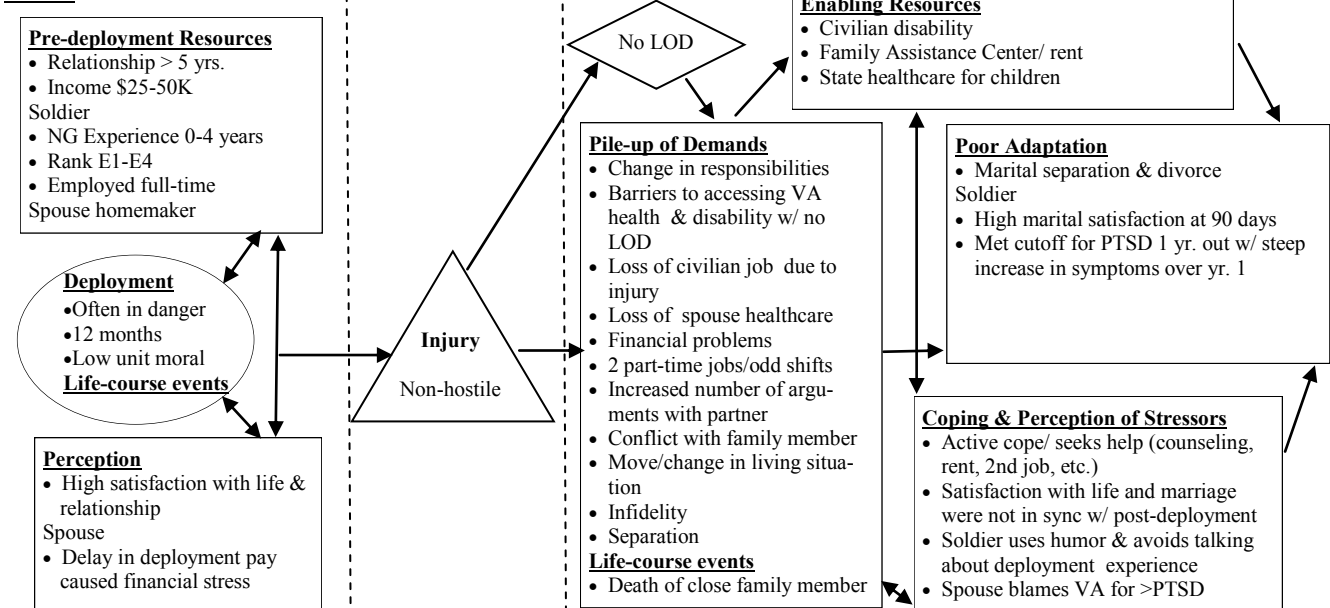


Table 1  
Cases Compared with Injured and Non-Injured Cohort at Post-deployment (T2)

	Case 1			Case 2			Case 3			Injured Cohort T2 n= 77	Non Injured Cohort T2 n= 568
<b>Family Type (demographics)</b>											
Gender (Male)	Male			Male			Male			95%	96%
Rank (E1-E4)	E1-E4			E5-E6			E1-E4			48%	50%
Years in NG (0-4)	0-4			5-10			0-4			39%	37%
Income (\$25-50 K)	\$25-50 K			\$75-100 K			\$25-50 K			51%	48%
Education (Some college)	Some college			Some college			Some college			37%	41%
Age (22-30)	31-40			41-50			22-30			52%	55%
Marital Status (Married or cohabitating)	Married			Married			Married			60%	67%
Years in current relationship	10-15			15-20			0-5			6.51 (6.7)	7.08 (6.1)
Number of children (1 or more child in home)	1			3			2			57%	55%
Age range of children	0-3			8-10			0-3				
<b>A-Stressors</b>											
Number of Deployments (2)	2			2			1			39%	27%
Deployment Injury type	Combat related			Non-hostile			Non-hostile			*	*
<b>Measurement Scores</b>											
	T1	T2	T3	T1	T2	T3	T1	T2	T3	M (SD)	M (SD)
PTSD (PCL <sup>a</sup> )	*	53	47	23	20	20	*	37	51	38.67 (16.9)	29.31 (13.5)
Depression (PHQ 9 <sup>b</sup> )	*	17	13	3	0	0	6	7	7	6.45 (5.6)	3.82 (4.6)
Anxiety (GAD 7 <sup>c</sup> )	*	19	11	3	1	0	1	13	6	5.87 (5.6)	3.39 (4.2)
<b>B-Family resources</b>											
Any MH intervention past year T2	yes			no			yes			31%	15%
Type MH (Medication past year)	Medication						Medication			14%	7%
Type MH (Individual therapy past year)	Individual									13%	7%
<b>C-Family Meaning/Schema</b>											
Life satisfaction (SWLS <sup>d</sup> )	*	23	24	23	25	24	23	26	8	21.51 (7.6)	24.66 (6.4)
Perceived stress (PSS 4 <sup>e</sup> )	*	8	6	5	0	0	8	5	*	6.61 (2.86)	5.01 (3.10)
<b>X-Family Adaptation</b>											
Dyadic adjustment (RDAS <sup>f</sup> )	*	52	40	29	43	50	38	60	*	49.78 (11.1)	51.83 (9.8)
Parental stress (PSS <sup>g</sup> )	*	31	41	45	39	35	*	42	34	38.23 (14.2)	34.83 (10.8)
Spouse Dyadic adjustment (RDAS <sup>f</sup> )	*	50	51	22	39	31	51	26	12	50.88 (9.15)	51.70 (8.87)
Spouse Parental stress (PSS <sup>g</sup> )	*	36	37	29	24	24	*	41	36	32.05 (9.75)	32.61 (9.14)

Notes: \* =Missing data; MH=Mental Health; T1= Time 1 survey completed prior to deployment; T2= Time 2 survey completed approximately 90 days following battalion demobilization, and T3=Time 3 survey completed approximately one year later; <sup>a</sup>PCL scores  $\geq 50$  is likely PTSD; <sup>b</sup>PHQ 9 scores of 5, 10, 15, and 20 represent cut points for mild, moderate, moderately severe and severe depression, respectively; <sup>c</sup>GAD 7 scores of 5, 10, and 15 represent cut points for mild,

moderate, and severe anxiety, respectively; <sup>d</sup>SWLS scores 26-30 = satisfied, 21-25 = slightly satisfied, 5-9 = extremely dissatisfied; <sup>e</sup>PSS4 higher scores indicate higher levels of perceived stress; <sup>f</sup>RDAS scores  $\leq 48$  indicate distressed relationship; <sup>g</sup>PSS higher scores indicate higher levels of parenting stress

# Relationship Problems and Military Related PTSD: The Case for Using Emotionally Focused Therapy for Couples

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**Abstract** In this paper, the authors argue that effective couple interventions are important for the military given the impact deployment-related posttraumatic stress disorder (PTSD) has on couple relationships. The authors review the literature on military relationships and how PTSD, in particular, is problematic for these relationships. The authors then review evidence based couple therapy interventions targeting military couples and argue that Emotionally Focused Therapy is an ideally suited means of working with these couples as they face PTSD.

**Keywords** Couple therapy · Marital therapy · Military couples · PTSD · Emotionally focused therapy

The United States military is large, made up of 3,616,568 people (Department of Defense 2013). These include 37.9 % Department of Defense active duty (1,370,329), 30.5 % ready reserve (1,102,419), 24.2 % Department of Defense civilian personnel (874,054), 5.9 % retired reserve (214,938), 1.1 % Coast Guard active duty (40,420), and 0.4 % standby reserve (14,408). About half (55.2 %) of Active Duty military members are married and 42 % have children. In the years ahead, members of the U.S. military are facing a new chapter. The war on terror has largely defined life in the military since 2001, and while the two main conflicts in Iraq and Afghanistan have ended, the emotional aftermath will continue for some time in the lives of those who served.

Deployments associated with the recent conflicts have been lengthy and have placed considerable stress on service members and their families. During deployments to war, service members were deployed for a lengthy period depending on their specific service branch, and these deployments usually lasted up to 12 months. After deployment ended, service members returned home and reintegrated with their families and communities. Active duty military returned home to a military installation where they picked up new military duties, while National Guard and Reserves returned to civilian employment in their local communities. Such reintegration may be particularly problematic when mental health concerns exist (Hoge et al. 2008; Schneiderman et al. 2008).

Strengthening mental health and family relationships remains a priority during the decreased operational tempo in deployments. Deployments are stressful for families. For all members of the military, considerable changes transpire during the course of lengthy deployments. Service members, spouses, and members of families change, and these changes occur in the midst of other normative life events, some of which are stressful. These changes make reconnection post deployment more challenging (Wadsworth

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2010; Pincus et al. 2001). The changes in the service member and his or her spouse over the period of deployment can put a great deal of strain on marriages and committed relationships. With repeated separations from loved ones to fulfill responsibilities in dangerous situations, prolonged war has taken a toll on service member's marriages, and in cases where a mental health condition exists such as Posttraumatic Stress Disorder (PTSD), relationship distress often is the result.

Research supports a strong association between interpersonal relationship problems and PTSD; problems which both negatively impact the other, often leaving service members caught in vicious cycles of deteriorating relationships and mental health (Allen et al. 2010; Erbes et al. 2012; Gewirtz et al. 2010; Lambert et al. 2012; Riggs et al. 1998). In turn, on top of negotiating a mental health concern like PTSD, successful military couples need to be particularly adept at managing numerous other transitions and changes in "personnel" within a family system.

In this paper, we argue that effective couple interventions are important for the military given the impact deployment has on couple relationships, that effective couple interventions can prevent negative family outcomes such as divorce or ongoing discord, and that these interventions can be used effectively alone, or in conjunction with other treatments, to prevent or treat PTSD in service members and spouses. Finally, we summarize important couple interventions for the military and argue that while excellent evidence based interventions for couples exist, Emotionally Focused Therapy is an understudied military couple intervention that is ideally suited to couples facing PTSD (Johnson 2002a).

### **The Need for Couple Interventions for Combat Veterans**

There are a number of reasons to consider interventions targeting military families. These families are under considerable stress during times of deployment or military transitions (MacDermid Wadsworth 2010; Pincus et al. 2001). Effective interventions can reduce this stress, prevent dissolution of these families, and have an impact on the mental health of service members, especially PTSD.

### **The Effects of PTSD/Poor Mental Health on Relationships**

The U.S. DOD Task Force on Mental Health report (2007) talks specifically about the effects of deployment on marriages in the military, and how deployment places sizeable strains on these relationships. Some of the common reported symptoms of the current wars, PTSD, depression,

and TBI, exacerbate relationship problems, which in turn influence mental health difficulties (Bay et al. 2012; Blow et al. 2013; Riggs et al. 1998; Tanielian and Jaycox 2008).

PTSD symptoms, if present, can have a damaging effect on relationships (Allen et al. 2010; Erbes et al. 2012; Gewirtz et al. 2010; Lambert et al. 2012; Riggs et al. 1998). Dekel and Solomon (2006) examined the marital adjustment, spousal aggression, and sexual satisfaction of prisoners of war (POWs) three decades after their release. They found that the marital problems of former POWs were related more to PTSD than to their captivity and that PTSD was related to decreased marital satisfaction, increased verbal aggression, and heightened sexual dissatisfaction. Cook et al. (2004) studied PTSD and current relationship functioning among World War II POWs. In their sample, over 30 % of those with PTSD reported relationship problems compared with only 11 % of those without PTSD. Ex-POWs with PTSD reported poorer adjustment and communication with their partners and more difficulties with intimacy. Emotional numbing was significantly associated with relationship difficulties independent of other symptom complexes and severity of PTSD. A study by Goff et al. (2007) studied 45 male Army soldiers who recently returned from a military deployment to Iraq or Afghanistan and their female spouses/partners. The results indicated that increased trauma symptoms—particularly sleep problems, dissociation, and severe sexual problems—in the soldiers, significantly predicted lower marital/relationship satisfaction for both soldiers and their female partners.

### **Higher Risk for Intimate Partner Violence**

Military couple relationships are at risk for higher relationship violence. Veteran and active duty couples experience violence in their relationships up to three times more often than samples of civilian couples (Marshall et al. 2005). Sherman et al. (2006) studied relationship issues in 179 couples seeking relationship therapy at a VA clinic. Veterans diagnosed with PTSD as well as veterans diagnosed with depression perpetrated more violence than did those with adjustment/Vcode diagnoses. Taft et al. (2007) studied PTSD, partner abuse, and anger among Vietnam Vets. In their sample ( $n = 60$ ), PTSD symptoms were associated with higher occurrences of partner abuse.

### **The Higher Incidence of Caregiver Burden**

In addition, when PTSD is a diagnosis in the veteran, spouses/significant others are at higher risks for caregiver burden. Studies show that caregiver burden is a valid concern for those supporting service members diagnosed with PTSD. Calhoun et al. (2002) studied caregiver burden in a sample of PTSD diagnosed Vietnam veterans. Partners

of veterans ( $n = 51$ ) diagnosed with PTSD experienced more caregiver burden and had poorer psychological adjustment than did partners of veterans without PTSD ( $n = 20$ ). In addition, Dekel et al. (2005) did qualitative interviews of nine wives of PTSD diagnosed veterans. Their findings reveal how the lives of these women largely revolved around their husbands' symptoms. The women in this study faced a constant struggle around maintaining their independence. When caregivers are distressed/burdened, not only may the relationship with the PTSD service member become strained, but other members of the family may also suffer.

### **The Benefits of Increasing Social Support for Veterans**

Effective couple interventions are needed to enhance social support within the family. Social support is a key consideration when it comes to managing PTSD symptoms (Keane et al. 2006). Yet for many service members, especially members of the National Guard and Reserves, social support decreases after deployment ends. As service members return to normal civilian life, others who shared similar lived experiences (i.e., their combat unit) no longer surround them in the same way. In addition, family stress can create a negative environment, which can diminish support from within the family. Appropriate social support is a buffer against the severity of mental health conditions. For example, social support following a traumatic event influences the emergence and development of PTSD symptoms (Guay et al. 2006). In one meta-analysis involving 77 studies, poor social support was found to be the strongest predictor of PTSD with an effect size of .40 (Brewin et al. 2000). A separate meta-analysis, involving 68 studies, found limited social support to be among the strongest predictive factors of PTSD with an effect size of .28 (Ozer et al. 2003). In their review of PTSD studies, Guay et al. (2006) conclude that social support is a protective factor when it comes to the development and maintenance of PTSD as well as to the severity of PTSD symptoms. They see social support as one of the most important moderators of the development of PTSD.

Several studies of social support have focused on military veterans exclusively. In one study (Barrett and Mizes 1988), veterans who received high levels of social support after their return home from deployment experienced fewer PTSD symptoms. In another study of World War II veterans, lower levels of social support were associated with increased PTSD symptoms (Jankowski et al. 2004). Schnurr et al. (2004) studied a large sample of Vietnam veterans and found that maintenance of PTSD was associated with lower social support at homecoming and lower current social support. Solomon et al. (1990) studied 284 Israeli

soldiers and concluded that perceived negative family relations and limited support from society was positively correlated with loneliness, which influenced mental health outcomes including PTSD.

It is not only the presence of social support that is important, but also its quality (Guay et al. 2006). Negative social support can intensify the development of PTSD. Negativity within a spousal relationship would constitute detrimental support. Lepore and Greenberg (2002) show that inadequate support from significant people hinders the individual's ability to gain control over negative emotions. In other words, negative interactions with significant individuals can serve to exacerbate the development and maintenance of PTSD (Guay et al. 2006). This is an important consideration for returning veterans whose spouses/significant others are often experiencing their own levels of distress (Gorman et al. 2011). When these relationships are troubled, significant distress is incurred by the service member and all members of the familial system. If the service member perceives an individual as unsupportive or unable to handle his or her difficulties, he or she may simply avoid distressing thoughts or emotions in the presence of these individuals, and this is likely to lead to more distress (see Gerlock et al. 2014 and Goff and Smith 2005 for theoretical discussions related to the systemic effects of trauma on relationships).

### **Disclosure of Trauma is a Relational Issue When Service Members Return from War**

The disclosure of traumatic events to significant others is an issue that many veterans face. Some veterans do not feel free to share their negative experiences with significant others for a variety of reasons. Some research suggests that the less a victim confides in significant others, the less he or she assimilates the traumatic event, and the more he or she is at risk for the development of PTSD symptoms (Guay et al. 2006). Guay et al. (2006) concluded that talking to significant others about the traumatic event appears to help the victim with both emotional and cognitive integration, and this process reduces PTSD symptoms. Disclosure, however, is a sensitive matter. When disclosure occurs and feedback is negative or critical, PTSD symptoms can be worsened (Tarrier et al. 1999). Unsafe conversations around disclosure could lead to the victim shutting down, and in future opportunities to talk about the traumatic event, he or she may choose to avoid further discomfort by being silent. In some cases of disclosure, the victim may be blamed or receive unhelpful advice, and these types of processes serve to prevent further disclosures. Further, some attempts by loved ones to help might be misguided. For example, when a significant other attempts to distract

the victim from negative thoughts or inhibit the disclosure of feelings, this may lead to the worsening of symptoms (Brewin et al. 2000; Guay et al. 2006). In short, negative responses to disclosure by family members/significant others or the lack of safety surrounding disclosure can have negative effects on PTSD (Guay et al. 2006).

Not only does social support influence PTSD development, but PTSD symptoms can affect the amount and quality of social support an individual receives. For example, PTSD symptoms such as feelings of detachment and restricted range of affect can shape the quality of the relationship with significant others. Roberts et al. (1982) studied war veterans and found that individuals who have PTSD tend to have more problems with intimacy and sociability. Carroll et al. (1985) found that veterans who have more problems with self-disclosure are more aggressive, and have lower levels of marital adjustment. In some cases, it takes considerable skill and strength on the part of a loved one to live with someone with PTSD symptoms, and these individuals may have difficulty in giving adequate support to their PTSD distressed loved one (Waysman et al. 1993; Wortman and Lehman 1985). In these cases, significant others may not know how to react to disclosure of a traumatic event or may have difficulties controlling their own emotional responses. As a result, they may experience distress when the victim reveals the details of an event (Guay et al. 2006) leading to negative behaviors that may include criticism, avoidance, and denial, which may influence the victim negatively and contribute to the development or maintenance of PTSD symptoms.

### Couple Treatments Targeting PTSD and Related Symptoms in the Military

PTSD is an increasing concern among military forces exposed to traumatic events while deployed. The United States Department of Veterans Affairs (The National Center for PTSD) estimates that between 10 and 18 % of service members deployed in Iraq and/or Afghanistan in Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF) developed PTSD (Litz and Schlenger 2009). Another population based study using the DSM-IV criteria found PTSD prevalence rates of 20–30 % for those returning from combat (Thomas et al. 2010). An even larger percentage have likely experienced pre-clinical levels of PTSD symptoms and will benefit from preventive services. The VA reports that in 2011, 476,515 veterans with a primary or secondary diagnosis of PTSD received treatment at treatment facilities connected to the VA (<http://www.va.gov/opa/issues/ptsd.asp>).

Most treatments of PTSD focus on the individual and his or her symptoms. Widely used PTSD treatments include

cognitive-behavioral therapy, eye movement desensitization and reprocessing, and group therapies (Foa et al. 2000). CBT, which includes cognitive and exposure therapies, is currently the most widely-used individually focused counseling for PTSD and is commonly used. Medications, usually selective serotonin reuptake inhibitors, are also prescribed to treat PTSD.

Couple treatment that simultaneously addresses the couple's relationship functioning and the veteran's PTSD symptoms is clearly warranted and PTSD-diagnosed veterans seem to espouse this belief as well. In a study investigating the interest of PTSD-diagnosed veterans in increased family involvement, Batten et al. (2009) found that 79 % expressed a desire for greater family involvement in their trauma treatment. Of those surveyed, the overwhelming majority (86 %) expressed that PTSD was a significant source of family stress. With scholars and veterans increasingly identifying social support as an essential element in trauma recovery (Guay et al. 2006; Keane et al. 2006), it is even more evident that a shift in the typical treatment orientation is needed.

Couple interventions for PTSD have strong promise to not only treat PTSD in service members, but also to treat many of the other relational and family issues related to coping with deployment and deployment-related PTSD. An effective couple treatment will be, for some service members, a substantial improvement over individually oriented treatment because of the effect on the immediate social context of the service member. Effective couple treatment may also prevent the onset of other problems (e.g., relationship dissolution, child disorders, substance abuse). Improving family life will significantly enhance the quality of social support for individuals living with PTSD. Further, improving social support could potentially reverse the vicious cycle, wherein PTSD damages the relationship leading to spiraling and reinforcing negative relational exchanges, which then worsen PTSD and related difficulties, further affecting the couple and family well-being.

### Current Treatments for Military Couples and PTSD

We could find only a few couple therapy studies focused on this population. The review of couple interventions for the military by Erbes et al. (2008) supports this dearth of studies and they conclude that couple therapy research for military populations and related diagnoses is in its infancy.

Monson et al (2004, 2011, 2012) conducted a series of studies using cognitive behavioral conjoint therapy (CBCT) to treat PTSD. This intervention led to improvements in clinician reported PTSD symptoms and relationship satisfaction. The CBCT intervention included 15 sessions divided into three treatment phases. These studies provide evidence that couple interventions have

potential for treating PTSD in military couples; however, results from these studies need to be replicated.

Erbes et al. (2008) offer a theoretical adaptation of integrative behavioral couple therapy (IBCT) to a military population, which they propose will reduce conflict and increase levels of intimacy. They argue that by exposing veterans to their emotions and the emotions of their partners, recovery from battle-related distress is possible. However, we could find no studies of IBCT with a veteran population, although IBCT is a credible intervention and these studies are warranted (Johnson 2002b).

Glynn et al. (1990) conducted a small sample study to determine if a family-based skills building intervention (BFT) could be utilized to augment exposure therapy treatment for veterans with combat-related PTSD. While they found that exposure therapy reduced PTSD symptoms, BFT added no additional benefit in reducing either positive or negative PTSD symptoms.

Ford et al. (1998), in a quasi-experimental design involving 101 service members, evaluated family systems therapy with a sample of veterans from Operation Desert Storm who were stationed outside of the active war zone. Couples were treated during the reintegration period, shortly after the veterans returned from deployment. In this study, the family intervention resulted in clinically significant reductions in stress and psychiatric symptoms, along with gains in family adjustment. This study speaks to the importance of early intervention implementation upon reintegration into family and civilian life for service members. In short, there are a growing number of couple therapy interventions targeting the military that have been studied and although much more research is needed, studies to date are promising. Even though many studies have shown high rates of marital, relationship, and family difficulties in military populations, much more research is needed to establish a range of evidence-based couple interventions for this population. In the most recent comprehensive review on the state of marriage and relationships, Fincham and Beach (2010) state that there is a critical pressing need for research on “marital interventions for returning veterans that are tailored to their needs, with a strong emphasis on mental health concerns, particularly symptoms of emotional avoidance...” (p. 638).

### **Emotionally Focused Therapy: An Evidence-Based Intervention Well Suited to Military Populations**

Emotionally focused therapy is a widely used and well-validated couple intervention. However, it has not been widely studied with military populations. We believe that this approach is ideal for intervening in the traumatic and stressful events experienced by military couples, especially regarding PTSD. Next, we will describe the EFT model, its

evidence, and outline why we believe EFT is a good fit for military couples struggling with relationship problems and PTSD.

#### *Emotionally Focused Therapy*

EFT is a short-term couple intervention based on an integration of family systems and experiential methods and is an evidence-based approach to treating relationship distress. EFT views intimate partnerships through the lens of attachment theory and encourages partners to seek one another for support and safety during times of stress. In EFT, emotion is a primary target of change and interventions aim to focus on, expand, and regulate the emotions of each partner so that partners can express their emotions to one another in more adaptive ways. In turn, partners' dysregulated emotions are alleviated; spouses learn to revise their dysfunctional strategies of engagement that led to disconnection by increasing empathy for one another, seeking comfort from one another during difficult times, and responding sensitively to one another's bids for contact. As a result, partners experience more positive cycles of interaction in which their attachment needs of comfort and support are met. As these new ways of relating are maintained, relationship health improves. Relationships become a key support or safe haven for partners to express and regulate emotions, offering a context that facilitates further improvement to individual functioning.

#### *Empirical Support for EFT*

In a large meta-analysis across a range of types of couple therapy, Shadish and Baldwin (2002) concluded that the average person receiving treatment for marital discord was better off at termination than 80 % of individuals in the no-treatment control groups. A meta-analysis of EFT studies conducted by Johnson et al. (1999) concluded that approximately 90 % of treated couples rated themselves more positively than controls; 70–73 % of couples recovered from discord at follow-up, and this improvement continued after therapy. EFT has been applied to diverse presenting problems and used for people with different sexual orientations, ages, countries of nationality, and cultures (Furrow et al. 2011). Findings support the use of EFT for treating depression (Denton et al. 2012; Dessaulles et al. 2003; Wittenborn et al. 2015), relationship distress in couples including those facing stressful life events (Cloutier et al. 2002; Dalton et al. 2013), trauma symptoms (MacIntosh and Johnson 2008), and relationship traumas called attachment injuries (Halchuk et al. 2010; Makinen and Johnson 2006). EFT is one of the few interventions for couples that has been found to sustain changes over time, an important consideration given that the effects of some

treatments dissipate following the termination of services (Halchuk et al. 2010; Johnson 2002b; Walker et al. 1996). Research on EFT has also indicated low dropout rates (Johnson et al. 1999) and has shown that even novice therapists can effectively apply the approach (Denton et al. 2000). Process research has outlined key change events in EFT, including the critical task of creating softening events, which enable couples to re-connect (Bradley and Furrow 2004; Furrow et al. 2012).

Johnson has written extensively about the potential of EFT as an effective treatment for those exposed to trauma as is the case in many military couples, and she has adapted EFT to treat trauma survivors (Johnson 2002a, 2004a; Johnson et al. 2001; Johnson and Williams Keeler 1998). She hypothesizes that trauma survivors may not have made the connection between their traumatic experiences and current difficulties in their interpersonal relationships. There are, to date, two studies of EFT targeting trauma survivors. First, MacIntosh and Johnson (2008) examined the efficacy of an average of 19 sessions of EFT with a small group of survivors of severe chronic childhood sexual abuse ( $N = 10$ ) and their partners. Half of the couples in this study reported clinically significant improvements in their relationship and significant improvement in trauma symptoms. Second, a randomized clinical trial examined the efficacy of EFT for women with a history of childhood abuse (Dalton et al. 2013). Twenty-four distressed couples in which the female partner had a severe history of childhood abuse were randomly assigned either to 22 sessions of EFT plus two additional individual sessions or a waitlist control group. Couples in the treatment group experienced a statistically and clinically significant reduction in relationship distress (i.e., 70 % of couples scored as non-distressed or “recovered” at the end of treatment), but there were no significant changes in trauma symptoms. Two additional studies assessed change in couples experiencing relationship traumas called attachment injuries (Halchuk et al. 2010; Makinen and Johnson 2006). These studies suggest that the resolution of attachment injuries is associated with factors such as the distressed partner being able to express deep hurts and losses and the other partner being able to remain emotionally engaged and actively responsive to these emotions using compassion and comfort.

Findings from another line of research indicate that proximity to loved ones can buffer the brain’s perception of threat (Coan et al. 2006). In groundbreaking research, Coan et al. (2006) asked happily married women to face the threat of shock while holding their partner’s hand, holding the hand of a stranger, and while alone. Using fMRI technology, their study indicated that women in the highest quality relationships who faced the threat of shock while holding their spouse’s hand showed the least threat-related brain activation. Those who faced the threat of shock alone

had the highest threat related activation in the brain. This same experiment was completed on women in distressed relationships who received an average of 23 EFT sessions (Johnson et al. 2013). Couples completed the same fMRI hand-holding paradigm as described above both before and after receiving treatment. Findings indicate that EFT mitigated the brain’s response to perceptions of threat and fear. While these studies were not of PTSD patients, evidence that contact with a spouse reduced threat responses align with findings supporting the benefits of social support for treating PTSD, and indicate promise in treating PTSD through targeting relationship quality.

### *EFT Process of Change*

A primary goal of EFT is to create safety within relationships with the intention that couples can share their experiences, talk about vulnerable emotions including hurts, fears, insecurities, and other painful feelings without fear of reprisal, resulting in a shared and deeper connection. This safe environment allows partners to share with and understand their loved one’s experiences, and build trust that the other is capable, willing, and emotionally available to offer comfort and support in all situations—from day-to-day frustrations to deep and vulnerable emotions such as those associated with war-related experiences. When a safe environment does not exist, individuals tend to internalize their emotions or share “harder” emotions such as anger, frustration, and irritability that damage trust and further separate the couple emotionally. In this regard, EFT creates safety and communication around difficult emotions for all parties, and this process seems ideal for a military population. As in other effective couple treatments, such as CBCT, safety is of utmost importance (Monson et al. 2012). EFT does not encourage individuals to avoid uncomfortable issues. Rather, EFT aims to facilitate safe and appropriate discussion of these issues, but only after first establishing and then continually offering a context of safety within a relationship to ensure that the process of talking about difficult topics does not create new experiences of pain. When the disclosure of sensitive content related to a service member’s experience is not advised, EFT would support service member’s to share their emotional struggles with their partners, without having to reveal the specifics of the events.

In EFT, change unfolds over a three stage process in which three major change events occur (Johnson 2004b). In stage one, de-escalation, the first key shift occurs as the therapist intervenes aiming to de-escalate the negative cycle of interactions among partners that maintains emotional distress. EFT is a non-pathologizing approach that externalizes the negative interactional cycle as the common enemy and target of change instead of focusing on the

functioning of a specific person. The second key change events of withdrawer re-engagement and pursuer softening occur in stage two, restructuring interactional positions. Withdrawer re-engagement occurs when the more withdrawn partner re-engages with his or her partner, risking to express his or her more vulnerable emotions and attachment needs. Once the withdrawn partner becomes more engaged and present for his or her partner, the more critical partner is encouraged to share his or her more vulnerable emotions and attachment needs that often underlie harsher, angry responses. Expressions of one's sadness or fear creates softening events which facilitate connection among partners. With the occurrence of these two change events, the attachment needs of both partners begin to be met; attempts to seek support from one's partner is encountered with a sensitive response, leading to more bonding interactions and a new perspective of one's relationship as a haven of safety and comfort. Repetition is thought to be key in reinforcing these new positive patterns of relating and the final stage of EFT focuses on consolidating these changes.

#### *Unique Suitability of EFT for Service Members Diagnosed with PTSD*

We view EFT as an ideal intervention for military personnel with PTSD for several reasons. The relationship between PTSD symptoms and relational distress is complex and seems to be reciprocal in nature. Within a relational context, veteran's posttraumatic symptoms are continually activated, exacerbated, and perpetuated by the interpersonal distress, emotional isolation, and lack of quality social support (Guay et al. 2006; Keane et al. 2006; Sneath and Rheem 2011). In turn, couples' attachment bonds are continually threatened as veterans' alternate between hyperarousal and emotional numbing behaviors, and this gradually diminishes couples' emotional intimacy and felt sense of safety within the relationship (Johnson 2002a). As Johnson and Rheem (2012) articulate, "The survivor and his or her partner become trapped in an escalating spiral of alienation, loss, anxiety, and hopelessness" (p. 338).

PTSD is, by its very nature, "a disorder of affect regulation" (Greenman and Johnson 2012, p. 562). Veterans suffering from PTSD experience difficulty regulating their emotional experiences and relating to others due to the residual effects of combat-related trauma. PTSD-diagnosed veterans coping with the "echoes of battle" frequently experience characteristic cycles of hyperarousal and emotional numbing, often leaving the veteran feeling isolated, confused, and fearful of connection with others (Johnson 2002a). The Diagnostic and Statistical Manual of Mental Disorders 5th edition (American Psychiatric Association

2013) now classifies PTSD as a "trauma and stressor-related disorder," and delineates four distinct diagnostic symptom clusters: intrusion/re-experiencing, avoidance, arousal, and negative alterations in cognitions and mood. These symptoms can have a tremendous and deleterious impact on the veteran and his/her intimate partnerships, as the service member's ability to enter and maintain intimate relationships is often compromised by his or her intrusive symptoms (Herman 1992).

Various scholars have examined this relationship closely, investigating the association between specific diagnostic clusters of PTSD and marital distress. A number of studies shed light on the complex relationship between the clusters and intimate relationships, and elucidate the ways in which particular clusters, namely the avoidance and hyperarousal clusters, seem to have the most harmful effect on couple relationships (Cook et al. 2004; Riggs et al. 1998; Solomon et al. 2008). This finding is supported by other research that found emotional numbing behaviors associated with the avoidance cluster to be highly correlated with degrees of relational distress (Riggs et al. 1998). In a study examining the relationships between PTSD symptom clusters and marital intimacy among Israeli war veterans, Solomon et al. (2008) found that self-disclosure mediated the relationship between PTSD avoidance symptoms and marital intimacy. Renshaw and Campbell (2011) found similar results in their study of service members and their partners, as emotional numbing/withdrawal cluster was found to significantly and negatively impact relationship functioning. This association, however, was moderated by partners' perception of the veterans' deployment experience, suggesting that increasing partner's understanding of the service member's traumatic experiences through appropriate and safe disclosure could be an important aspect of conjoint trauma treatment. Taken together, these findings lend support to an affect-based conceptualization and treatment orientation (Johnson 2002a), and suggest increasing emotional safety and expression within distressed and/or traumatized relationships is an important target for therapeutic intervention.

Given its systemic and affective focus, EFT can address, meaningfully and effectively, all four symptomatic clusters of PTSD within a relational context. Research suggests that each cluster impacts veterans' intimate relationships in different ways, with some clusters, such as the avoidance cluster, demonstrating a particularly significant association with marital distress (Cook et al. 2004; Riggs et al. 1998; Solomon et al. 2008). The avoidance cluster is especially detrimental to veterans and their intimate relationships as it often increases the social isolation of both partners and constricts the service member's feelings of safety around self-disclosure, thereby increasing the emotional distance between the couple (Sherman et al. 2005). EFT targets the

avoidance symptom cluster in a manner that explicitly addresses and works with the emotional experience of both partners as it unfolds in session.

EFT interventions also meaningfully address the fourth symptomatic cluster added into the DSM-5, negative alterations in cognition and mood. In this cluster, the veteran's working models of self and other have been distorted and/or worsened by their traumatic experience, whereby they come to view themselves as unworthy of love and support and at blame for the traumatic event, and hold persistent, negative beliefs about themselves and the world (e.g. "I am a bad person," "I am unlovable," "The world will never be safe again.") (DSM-5; American Psychiatric Association 2013). PTSD-diagnosed veterans also experience persistent negative emotions such as fear, anger, shame, or guilt, which often override any positive cues from their partner (Rheem et al. 2012). EFT interventions afford compelling experiential interventions that gradually alter the internal working model of self and other through structured enactments between partners to provide corrective emotional experiences. The combat veteran gradually comes to view himself or herself as worthy of love and support, and views his or her partner as a safe haven to which he or she could turn to in times of stress or uncertainty.

Similarly, EFT interventions also effectively target the re-experiencing or intrusion symptom cluster and the arousal cluster of PTSD. Both symptomatic clusters can lead to tension and stress between the couple, often leading to escalation, increased emotional distance, and avoidance behaviors (Sherman et al. 2005). EFT effectively addresses both simultaneously by increasing each partners felt sense of safety, and through assisting the couple to process events and underlying emotions in a safe, therapeutic context. Partners are increasingly able to turn toward one another for emotional support and safety during times of stress and fear, such as when the veteran experiences a traumatic flashback or suddenly becomes flooded. EFT allows the couple to face "the dragon of trauma" as a united front, better able to weather the storms of trauma and of life as an intimate team (Johnson 2002a, 2004a).

## Conclusion

In this paper, we reviewed couple therapy approaches to working with military couples, and especially those couples where the service member has a PTSD diagnosis. We reviewed evidence based approaches to working with military couples and we argued that in addition to these studied approaches, EFT is an evidence-based couple therapy approach that is well suited to working with military populations. We suggest the need for more studies to

evaluate the effectiveness of EFT with military-related trauma.

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Appendix G

# “And they lived happily ever after...Sometimes: Life after military reintegration for US National Guard Service members and spouses

Angela J. Huebner, Virginia Tech

Rachel Policay & An Thai, Virginia Tech

Adrian Blow, Michigan State University

Lisa Gorman & Danielle Guty, Michigan Public Health Institute

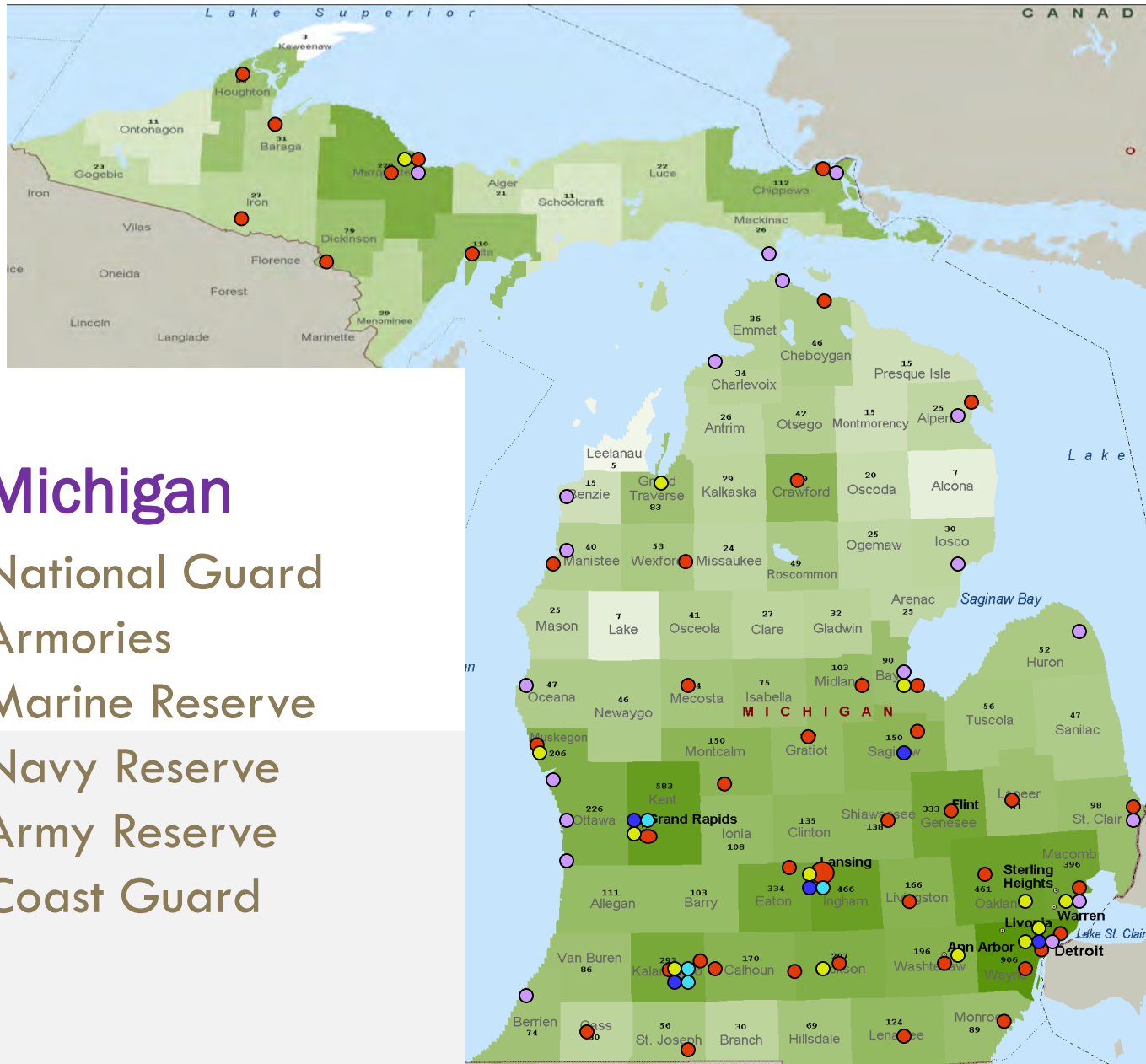
Michelle Kees, University of Michigan

# Background

- 2.2 million volunteer service members
  - High utilization of National Guard and Reserve Troops
- 55% of active military members are married
  - 43% of those have children (40% under age 5)
- About 1.5 million service members have spent time in Iraq
  - ~500,000 have served 2 tours
  - ~70,000 have served 3 tours
  - ~20,000 have been deployed 5+ times

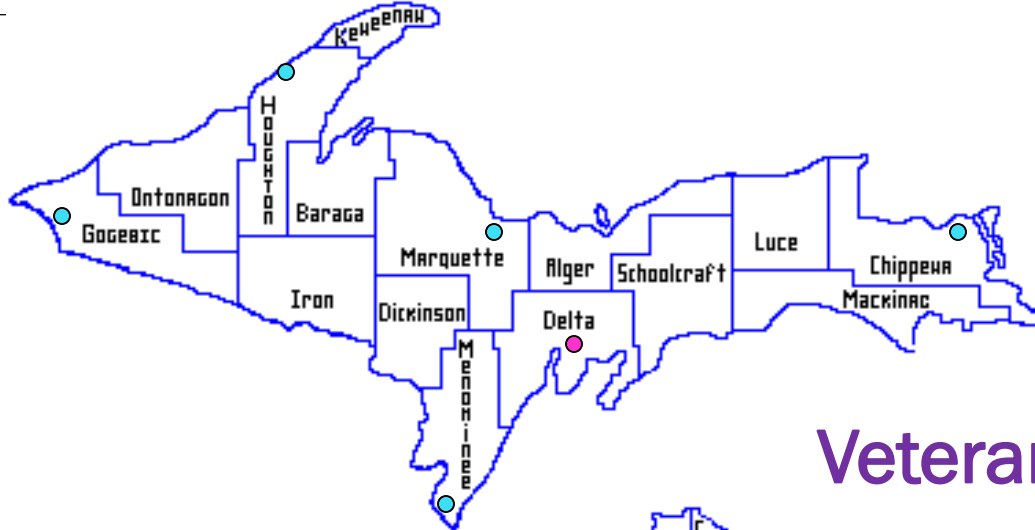
# National Guard Context

- limited availability of military supports for NG families
- Family stress associated with deployment and reintegration
- Post deployment employment
- Disproportionate reports of mental health issues
  - Within three months of their return, up to 42% of NG service members report mental health issues,
  - 2009, the reserve component (includes the NG) accounted for 42% of the 239 suicides within the military
  - Many do not seek assistance or access care
  - The reserve component also seems to be at greater risk for relationship conflict within three months after they return from deployment.



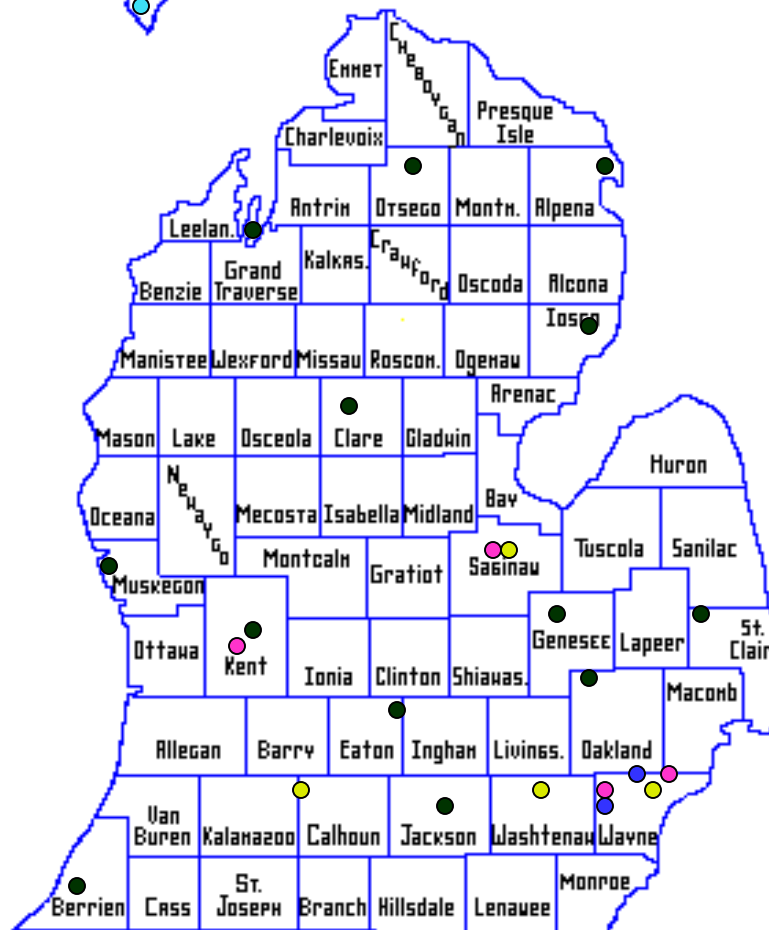
## Michigan

- National Guard Armories
- Marine Reserve
- Navy Reserve
- Army Reserve
- Coast Guard



## Veterans Affairs

- VA Medical Centers
- Outpatient Clinic
- Community Based Outpatient Clinic
- Vet Centers
- Veterans Benefits Administration

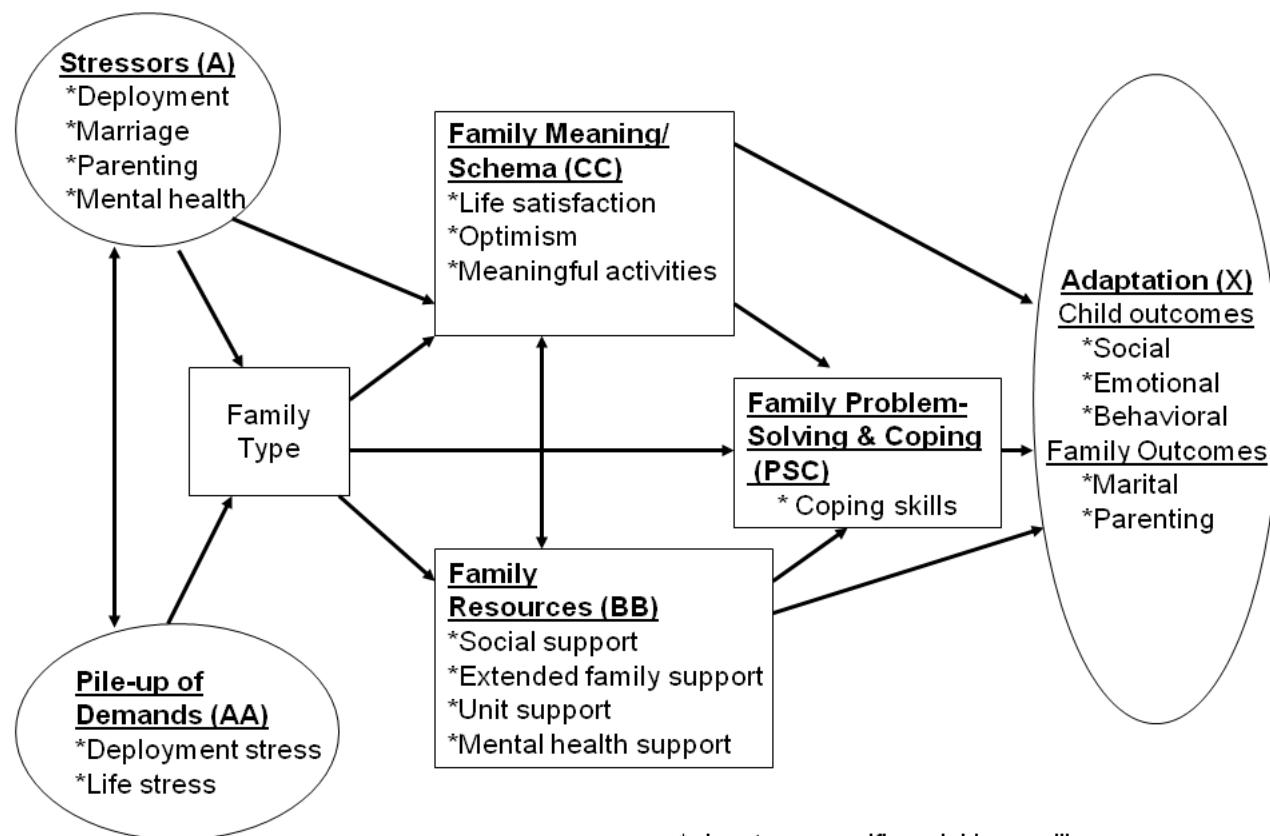


# Non-Deployed Spouse

- Higher rates of mental health issues than those with non-deployed spouse (Mansfield et al. 2010)
  - Diagnosed: Anxiety, depression, sleep disturbance, acute stress reaction
  - 1-11 months: 19% higher use of mental health services
  - 11+ months: 27% higher use of mental health services

# Family Resilience Model

Figure 1: Family Resilience Model For This Study



\* denotes a specific variable we will measure

# Interview Protocol Areas of Interest

- **A: Stressors**
- **AA: Pile Up**
- **BB: Family Resources**
- **CC: Family Meaning/Schema**
- **X: Adaptation**

# Data Analysis

- Thematic Analysis within ABCX framework
- Three Clusters at time 3:
  - Fragile
  - Neutral
  - Resilient
- Comparison of ABCX Factors over time
  - Stressors
  - Resources
  - Meaning Making and Coping

# Findings: Fragile Couples

- Younger and earlier in marriage at time of deployment
- Less stable context pre-deployment
- Divorced; separated or in distress as self-reported
- Job and financial insecurity post deployment
- Less access or knowledge of support resources; down played need for resources
- Less meaning making in terms of family/career/military service
- \*\*discrepant reports on adjustment from partners
- Sleep issues
- PTSD
- Excessive alcohol use

# Resilient Couples

- Different roads to resilience
  - Some stayed strong; some would have been classified as fragile at T2—(e.g. talked about divorce)—but turned it around
- Longer average marriage prior to deployment; slightly older
- Predeployment financial planning
- Access of resources—therapy, extended family, faith community; VA benefits, GI Bill
- Job security (with meaning/purpose) at T3 and financial security
- Good communication
- Meaning outside of military—family; cause

# PTSD

- Presence or absence related to status of resilient or fragile
- Resilient
  - Not present or present and treated
- Fragile
  - Present but not treated
  - Underplayed by SM—identified by partner
- SLEEP as issue for both
- FKAFOR30 KERCHE31—diagnosis and treatment; earned resilience

# Meaning making

- Shifted over time
- Future Focused—in terms of relationship
- Greater purpose/meaning in work outside of military
- Sense they made of military service experience

# RESILIENCE

- *Service Member: I don't think so I think we covered a lot of it. I guess what I would say is I always thought resilience was just being tough like just rolling with it and just being tough and not talking about your feelings and just letting stuff slide off of you. Before that is what I would have described as you are resilient and you are tough you just ignore everything and it actually is the opposite.*
- *Male Interviewer: Dealing with it head-on?*
- *Service Member: Yeah dealing with it head-on and just using everyone*

# Implications for Mental Health and Law

- Underscores Resilience as a process rather than a destination
- Special attention to National Guard Service members—some provision of ongoing monitoring over time
- Financial planning pre-deployment
  - Fixes in VA system
- Extended tracking periods or access to mental health well-past 90 day mark
- Intentional outreach in resources—both formal and informal supports; Fragile SM less likely to seek support
- Job support/placement



This study reports on coping strategies in military couples from a longitudinal study of *Risk, Resilience and Coping in National Guard Families*. We explored the coping of couples through this stressful time by comparing coping approaches of each member of the dyad to their mental health and family wellbeing.

## Purpose & Objectives

In the current study, we examine National Guard couples and the relationship between the coping of each individual in the relationship with their individual mental health and family health outcomes, by taking into account how the coping of each person affects the outcomes of their partner through the pre and post deployment cycle.

## Background

- Family resilience is an important concept that has become a focus of families deploying to war.
- Military families are under stress, especially during times of deployment and reintegration, and face multiple and varied stressors.
- National Guard members face even more stress due to the multiple additional stressors related to civilian life separate from the military.
- Resiliency is conceptualized as the ability to cope with a stressful situation.
- Coping includes “cognitive and behavioral efforts to master, reduce, or tolerate the internal and/or external demands that are created by the stressful transaction” (Folkman, 1984).
- In a study of the military (Boden, Bonn-Miller, Vujanovic, and Drescher 2012) avoidant coping was positively associated with PTSD symptom severity.
- Active coping was inversely associated with PTSD symptom severity.
- Few have studied coping by each member of a couple dyad and how this is related to positive and negative outcomes.
- Existing research with military service members shows a clear association between different types of coping and positive or negative outcomes.
- Avoidant coping is associated with lower mental health such as PTSD while active coping has the opposite effect.
- For spouses, problem focused coping or doing something active to cope was helpful in dealing with a deployment.

## Hypotheses

1

Active and avoidant coping pre-deployment will be associated with post-deployment effects on depression, anxiety, PTSD, dyadic distress, and parenting stress.

2

Active coping pre-deployment will be associated with significantly better **partner** outcomes whereas avoidant coping pre-deployment will be associated with significantly worse **partner** outcomes.

## Design

Longitudinal study design assessing National Guard soldiers and their spouses at two time points. Soldiers and spouses participated in the anonymous surveys and were linked across multiple time points by a personal code created by the subjects (Garvey et al., 2010). All study components received approval from the Institutional Review Boards of all investigators, as well as from the USAMRMC Office of Research Protections.

Pre-deployment  
Event T1 Survey

Soldiers N=647  
Spouses N= 299

Deployment  
12 month deployment

Post-deployment  
Event T2 Survey

Soldiers N= 602  
Spouses N=330

## Participants

Volunteers for this study included soldiers and spouses of a National Guard infantry battalion who were deployed to Afghanistan in 2012.

## Measures

- Coping assessed with Brief COPE (Carver, 1997)
- Dyadic Adjustment assessed with Revised Dyadic Adjustment Scale (Busby et al, 1995)
- Parenting Stress assessed Parental Stress Scale (Berry & Jones, 1995)
- Depression assessed with Patient Health Questionnaire PHQ-9 (Kroenke et al, 2001)
- Posttraumatic Stress assessed in reference to traumatic event with PTSD Checklist (Weathers et al, 1993)
- Anxiety assessed with GAD-7 Scale (Spitzer et al, 2006)

## Analysis

We conducted an exploratory factor analysis with all 28 items on the Brief COPE. We used eigenvalues and associated scree plots to determine the number of factors for this study conducting two analyses, one for service member and one for spouse. To identify the factors, we associated each item with a factor if it had a large factor loading (>.4) on the factor and a small loading (<.2) on other. The two factor model fit with 20 items including residual covariances between items on the same subscale from Brief COPE fit was ( $\Delta\chi^2 = 521, \Delta df = 10, p < .01, RMSEA = .058, CFI = .981, TLI = .978$ ). The spouse/significant other results were similar, yielding a model with the same factor structure that fit well ( $RMSEA = .061, CFI = .969, TLI = .963$ )

### Factor 1-Avoidant Coping

- Denial
- Substance
- Behavioral disengagement

### Factor 2 – Active Coping

- Active
- Emotional support
- Instrumental support
- Positive reframing
- Planning
- Acceptance

Data were analyzed across the two time points using MPLUS version 7 (Muthén & Muthén, 1998-2012). We used a maximum likelihood approach to missing data (Enders, 2010).

Regression of Service Member and Spouse/significant other Outcomes Post-Deployment Controlling for Pre-deployment

Variables	B	SE
<b>Service Member Mental Health</b>		
Anxiety		
SM Active	-0.036	0.063
SM Avoidant	0.285	0.078
Spouse Active	0.030	0.062
Spouse Avoidant	0.056	0.106
Depression		
SM Active	0.000	0.081
SM Avoidant	0.368	0.096
Spouse Active	-0.015	0.083
Spouse Avoidant	-0.238	0.115
PTSD		
SM Active	0.029	0.076
SM Avoidant	0.099	0.099
Spouse Active	-0.032	0.075
Spouse Avoidant	0.125	0.113
<b>Service Member Family Health</b>		
Dyadic Adjustment		
SM Active	-0.088	0.083
SM Avoidant	0.163	0.123
Spouse Active	-0.089	0.071
Spouse Avoidant	0.151	0.116
Parenting Stress		
SM Active	0.009	0.100
SM Avoidant	-0.141	0.113
Spouse Active	0.162	0.076

## Pre-deployment

Active Coping

- No significant adjustment outcomes
- For parenting, coping associated with small to moderate effects

Avoidant Coping

- Soldier avoidant**
  - Soldier higher effect size)
  - Soldier higher to large effect
- Spouse avoidant**
  - No significant
  - Associated with = -0.24, p = .0

## Conclusions &

- Multiple forms of coping may be associated with outcomes
- Avoidant types of coping (denial, substance use, disengagement) pre-deployment is associated with worse health outcomes post deployment
- Regarding parenting, different coping strategies may have a negative outcome when viewed from the spouse's perspective
- Couples need to stay away from avoidant coping during the deployment stress.

## Acknowledgements

Funding provided by the Office of the Assistant Secretary of Defense for Health Affairs through the Psychological Health/Traumatic Stress Research Award No. W81XWH-12-1-0418 (PI: Blow). Pre-deployment data collection was supported by the Department of Defense Research Award, the Berman Research Fund at the Department of Social Science and the Department of Human Health at Michigan State University.



This study examines military (National Guard) fathers and reports on three key factors related to military fathers—a) their mental health symptoms; b) the relationship of their symptoms to the wellbeing of their children; c) their relationships with their own parents.

## Purpose & Objectives

In the current study, we examine National Guard fathers and explore how service parent relationships ameliorate mental health symptoms and exacerbate behavioral problems in their children. Father engagement and involvement in families through an intense deployment is critical for family well-being. The paternal relationship is a bond that has been shown to affect the psychosocial adjustment and outcomes of children. Military service can present a special challenge for families due to the father often being removed from the family for an indefinite amount of time. The father's absence and reintegration can have a significant impact on family life, including challenges and adjustment associated with the reintegration into the family. This poster will report on three key factors related to military fathers—a) their mental health symptoms including PTSD, depression, anxiety, and alcohol use; b) the relationship of their symptoms to the well-being of their children; c) their relationship with their own parents and the association between the strength of these relationships and their own mental well-being. This study will report data from a large longitudinal study of men who endured a dangerous deployment to a war zone.

## Background

- About 42% of members of the military are parents. (<http://download.militaryonesource.mil/12038/MOS/Reports/2013-Demographics-Report.pdf>)
- Men comprise approximately 85% of the military force, resulting in a large number of fathers.
- Deployments, Temporary Duty Assignments, and other travels make father absence common in military families, with fathers becoming non-residential parents during deployment.
- Deployment is associated with elevated child behavioral outcomes and well-being. (Barker & Berry, 2009).
- Reintegration can have an ameliorating impact or exacerbating impact on behavioral outcomes and well-being. (Lester, 2011).
- National Guard fathers are under more strain than active duty fathers due to juggling the transitions from civilian status to military back to civilian challenges during deployment.
- The literature suggests that children do better when a father is actively engaged and not struggling with mental health (Palmer, 2008, Chandra, A et. al (2010).
- Nearly 2 million children live in military families. The literature suggests that deployment and reintegration are anxious, yet significant events that significantly impact military families and children. (Louie & Cromer, 2014, Malhomes, 2012).

## Hypotheses

1

National Guard fathers who have higher symptoms of depression, anxiety, PTSD, and alcohol misuse post-deployment will have children who score higher on behavioral difficulties in the view of both the soldier and his spouse

2

National Guard fathers who have a positive relationship with their own parents will have a) fewer mental health difficulties and b) children who experience fewer behavioral difficulties

## Design

Longitudinal study design assessing National Guard soldiers at two time points. Soldiers and spouses participated in anonymous surveys and were linked across multiple time points. All study components received approval from the Institutional Review Boards of all investigators, as well as from the USAMRMC Office of Research Protections. This study exclusively examines responses and relationships at the second time point.

Pre-deployment  
Event T1 Survey

Soldiers N=647  
Spouses N= 299

Deployment  
12 month deployment

Post-deployment  
Event T2 Survey

Soldiers N= 602  
Spouses N=330

## Participants

Volunteers for this study included soldiers and spouses of a National Guard infantry battalion who were deployed to Afghanistan in 2012.

## Measures

- Depression assessed with Patient Health Questionnaire PHQ-9 (Kroenke et al, 2001)
- Posttraumatic Stress assessed in reference to traumatic event with PTSD Checklist (Weathers et al, 1993)
- Anxiety assessed with GAD-7 Scale (Spitzer et al, 2006)
- Alcohol misuse assessed with the AUDIT
- Relationship with parents assessed with 2 items asking soldiers to rate their relationship with each parent on a 9 point scale, ranging from 1 (worst) to 9 (best).
- Child behavior difficulties assessed by each parent completing the SDQ

## Analysis

All statistical models were run in SPSS version 21 software. Mixed regression and linear regression were utilized in examining our study's hypotheses. Multi-level modeling framework was used to account for shared variance among children nested within National Guard fathers.

## Preliminary Results

Preliminary results showed that of our sample of 602 National Guard soldiers at reintegration, 280 indicated that they had children. Of those fathers, 32% were struggling with one or more mental health problems (depression, anxiety, PTSD, or harmful alcohol use or dependence). Additionally, 14% of these fathers responses suggested clinical levels of 2 or more mental health issues. As the reintegration period can be stressful for both soldiers and families, families with soldiers who are struggling with mental health issues may be at even higher risk for increased problems during this transitory period.

## Acknowledgments

Funding provided by the Office of the Assistant Secretary of Defense for Health Affairs through the Psychological Health/Traumatic Brain Injury Research Program under Award No. W81XWH-12-1-0418 (PI: Blow) and W81XWH-12-1-0419 (PI: Gorman). Pre-deployment data collection was supported by the Rachel Upjohn Clinical Scholars Award, the Berman Research Fund at the University of Michigan, and the College of Social Science and the Department of Human Development and Family Studies at Michigan State University.

## Hypothesis 1

Results from multi-level modeling shows support for mental health problems for service members and behavioral problems in their children. First the father's own mental health was examined and found to be significantly predicted by indicators. Table 1 shows unstandardized coefficients for each of the mental health variables indicated for each of the mental health outcomes. Other's perception of child behavioral problems was not a predictor of depression. However, as shown in table 2, the father's depression (PTSD, Anxiety, and Alcohol Use) were not significant predictors of member's partner's perception of child behavioral problems.

**Table 1. Final unstandardized coefficients for national guard member mental health outcomes predicting service member's perception of child behavioral problems**

Variable	Total Difficulties Score		Total Difficulties Score
	B	SE	b
Race <sup>a</sup>	1.017	1.111	.628
Income	-.340	.428	-.413
Child's Age	-.100	.087	-.102
Child's Gender <sup>b</sup>	.900	.771	1.050
Depression	.476**	.095	
PTSD			.130**
Anxiety			
Alcohol Use			

\*\*p<.01; \*p < .05, <sup>a</sup> White = 0; Other = 1, <sup>b</sup> Female = 1

**Table 2. Final unstandardized coefficients for national guard member mental health outcomes predicting service member's perception of child behavioral problems**

Variable	Total Difficulties Score		Total Difficulties Score
	b	SE	b
Race <sup>a</sup>	1.760	1.557	1.147
Income	-.696	.539	-.782
Child's Age	.119	.112	.129
Child's Gender <sup>b</sup>	.327	1.001	.329
Depression	.314*	.119	
PTSD			.026
Anxiety			
Alcohol Use			

\*p < .05; †p < .10, <sup>a</sup> White = 0; Other = 1, <sup>b</sup> Female = 1

## Hypothesis 2

A better relationship between the soldier and his own parents was a predictor of lower anxiety (b=-.303, p<.05), depression (b=-.303, p<.05), while it did not significantly predict the service member's perception of child behavioral problems. A better relationship between the service member and his own parents was a predictor of increased alcohol use (b=.308, p<.05), but not any other mental health outcome. Additionally, the service member's perception of child behavioral problems significantly predicted the service member's perception of child behavioral problems.

## Conclusions & Implications

- There were a number of fathers in the study who had children.
- These difficulties can exacerbate problems in their children.
- Fathers who have mental health concerns are more likely to have children with behavioral difficulties.
- A depressed father predicts more problems in their children, as do fathers with PTSD, anxiety, and alcohol use, by both service members and significantly more so by their partners.