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TITLE: Combat Stress and Substance Use Intervention

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CONTRACTING ORGANIZATION:

RTI International

Research Triangle Park, NC 27709

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14. ABSTRACT The objective of the study is to evaluate the effectiveness of two Web-based brief interventions (BIs) for reducing stress and substance use among post-deployment active duty and National Guard military personnel. The interventions are designed to (1) educate personnel about the use of substances as a poor coping mechanism for combat and operational stress reactions (COSRs) and (2) boost resilience to COSRs, thereby reducing the tendency to self-medicate through substance use. These data are vital to understanding additional steps the military might take in addressing issues of behavioral health, such as developing new, more broadly focused treatment interventions, and starting additional prevention approaches and programs. Volunteers will complete a brief Web assessment for alcohol use and current stress reactions. Participants are randomly assigned to one of three intervention conditions: Wait-list control, Stress BI, or Stress plus Substance Use BI. A Web-based intervention provides a private and convenient approach and should facilitate access to care by reducing the stigma and common barriers associated with seeking treatment.					
15. SUBJECT TERMS Combat stress, substance abuse, alcohol, brief intervention, military personnel					
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1. Introduction and Objectives

In today's environment, decision makers who want to determine whether to adopt new health care interventions require evidence that the interventions make sense fiscally as well as medically. The estimated societal costs for returning veterans with post-traumatic stress disorder (PTSD) or depression over the first 2 years after deployment are between \$4 billion and \$6.2 billion. The continued rise in health care costs could affect other Department of Defense (DoD) programs and could potentially affect areas related to military capability and readiness. Studies have examined the cost-effectiveness of brief interventions (BIs) in civilian settings with regard to many behaviors and the consequences of behavior and have found BIs to be cost-effective. The objective of the study is to evaluate the effectiveness of two Web-based BIs in reducing stress and substance use among post-deployment active duty and National Guard military personnel. One intervention will focus only on combat and operational stress reactions (COSRs), and the other will focus on COSRs plus substance use. The BIs will be compared to a wait list control group. The overriding objective of this research is to reduce stress reactions and substance abuse. These data are vital to understanding additional steps the military might take in addressing issues of behavioral health, such as developing new, more broadly focused treatment interventions, and starting additional prevention approaches and programs. In addition to providing outcome data, the research will provide information on the cost, cost-effectiveness, and cost-benefit of the interventions. The proposed intervention shifts the locus of care from treatment of illness to promotion of psychological health and resilience. The intervention uses an emerging approach (the Web) that is also based on active and effective programs that enhance combat effectiveness, organizational health, and overall well-being of warriors and families. Finally, in an era of financial accountability, it is important that studies document the resources needed to build and maintain interventions. Thus, the information from the cost study will be available to decision makers to appropriately budget for setting up and implementing the interventions.

2. Body

Activity 1. Develop Web-Based Assessment Materials (Months 1–3)

We have finalized all assessment materials, including the baseline and follow-up surveys and programmed the Web-based assessment instruments. We have also written text for all participant messaging through the Web-based system.

Activity 2. Prepare Recruitment and Marketing Materials (Months 1–3)

We have developed recruitment and marketing materials for the study, including a poster and tri-fold brochure. We have had the materials review by our points of contact (POCs) and made revisions based on their feedback.

Activity 3. Prepare Intervention Materials (Months 1–5)

The Web-based intervention application has been adapted to include military-specific content (e.g., graphics, feedback on military-specific drinking norms based on our previous research), a military-oriented interface, graphics of younger adults, and an interactive goal-setting component. The full intervention consists of modules for assessment, individualized feedback, intervention materials, and goal setting.

Activity 4. Obtain Study Approvals (Months 1–12)

We will prepare and submit Institutional Review Board (IRB) packages to RTI and DoD human subjects review committees. We have been delayed in submitting these materials until the Web site is operational so that IRB members can see the materials to which participants will be exposed.

Activity 5. Develop Web Site (Months 1–11)

We have developed a project Web site that includes the baseline and follow-up surveys; feedback documents; intervention materials; and information on the nature of the program, including sponsorship, purpose, time requirements, benefits of participation, frequently asked questions, and myths and facts. We have also developed a schematic of the study flow for the project, including event codes for each significant path along the model in order to track participants' progress as they go through the Web site.

Activity 6. Pilot Intervention (Months 11–13)

Although delayed because of not yet submitting IRB materials, we will conduct a pilot test of the intervention to ensure smooth operation of all systems. Testing individuals will be drawn from health care staff and other military personnel. Data from the pilot testing will not be maintained or used for any analyses.

3. Key Research Accomplishments

During Year 1, we accomplished the following:

- developed the Web-based study questionnaire;
- developed the follow-up survey;
- programmed and tested the survey;
- developed marketing materials;
- developed documents for frequently asked questions (FAQs) for both alcohol and stress;
- developed documents for myths and facts for both alcohol and stress;
- recruited three armories and one active duty installation to be in the study;
- developed feedback reports for alcohol and stress;
- developed brief interventions for alcohol and stress;
- set up the SUSTAIN Website;
- set up a toll-free study contact number;
- developed study flow documents;
- prepared all notifications for participants, including welcome message, ineligibility statements, group assignment statements, follow-up notifications, reminder e-mails, and holiday greetings;
- programmed the feedback reports; and
- began programming intervention modules.

4. Reportable Outcomes

There are no reportable outcomes at this time because this study has not yet received all approvals and data collection has not begun.

5. Conclusions

At this time, there are no conclusions that can be made because the main study has not been conducted.

6. References

Not applicable

Appendix A

Baseline and Follow-up Assessments

Spec Name		Value	
QuestionName	DEPLOY		
Wording	Did you return from deployment during the past 18 months?		
Item	Spec Name		Value
	ItemName	DEPLOY	
	Wording		
		Code	Label
	ResponseOption	0	No
	1	Yes	

QuestionName	Gender		
Wording	Are you male or female?		
Item	Spec Name		Value
	ItemName	Gender	
	Wording		
		Code	Label
	ResponseOption	0	Male
	1	Female	

QuestionName	Age		
Wording	How old were you on your last birthday?		
Item	Spec Name		Value
	ItemName	Age	
	Wording	years old	

QuestionName	AUDIT1		
Wording	How often do you have a drink containing alcohol?		
Item	Spec Name		Value
	ItemName	AUDIT1	
	Wording		
		Code	Label
		0	Never
	ResponseOption	1	Once a month or less
		2	Two to four times a month
		3	Two or three times a week
4		Four or more times a week	

QuestionName	AUDIT2		
Wording	How many drinks containing alcohol do you have on a typical day when you are drinking?		
Item	Spec Name		Value
	ItemName	AUDIT2	
	Wording		
		Code	Label
		0	I don't drink
	ResponseOption	1	1 or 2
		2	3 or 4
3		5 or 6	

4	7 to 9
5	10 or more

QuestionName AUDIT3

Wording How often do you have five or more drinks on one occasion?

Item	Spec Name		Value	
	ItemName	AUDIT3		
	Wording			
		Code	Label	
		0	Never	
	ResponseOption	1	Less than monthly	
		2	Monthly	
		3	Weekly	
		4	Daily or almost daily	

QuestionName AUDIT4

Wording How often during the past year have you found that you were not able to stop drinking once you had started?

Item	Spec Name		Value	
	ItemName	AUDIT4		
	Wording			
		Code	Label	
		0	Never	
	ResponseOption	1	Less than monthly	
		2	Monthly	
		3	Weekly	
		4	Daily or almost daily	

QuestionName AUDIT5

Wording How often during the past year have you failed to do what was normally expected of you because of drinking?

Item	Spec Name		Value	
	ItemName	AUDIT5		
	Wording			
		Code	Label	
		0	Never	
	ResponseOption	1	Less than monthly	
		2	Monthly	
		3	Weekly	
		4	Daily or almost daily	

QuestionName AUDIT6

Wording How often during the past year have you needed a first drink in the morning to get yourself going after a heavy drinking session?

Item	Spec Name		Value	
	ItemName	AUDIT6		
Wording				
		Code	Label	
		0	Never	
	ResponseOption	1	Less than monthly	
		2	Monthly	
		3	Weekly	

QuestionName AUDIT7

Wording How often during the past year have you had a feeling of guilt or remorse after drinking?

Item		Spec Name	Value
		ItemName	AUDIT7
		Wording	
		Code	Label
		0	Never
		1	Less than monthly
ResponseOption		2	Monthly
		3	Weekly
		4	Daily or almost daily

QuestionName AUDIT8

Wording How often during the past year have you been unable to remember what happened the night before because you had been drinking?

Item		Spec Name	Value
		ItemName	AUDIT8
		Wording	
		Code	Label
		0	Never
		1	Less than monthly
ResponseOption		2	Monthly
		3	Weekly
		4	Daily or almost daily

QuestionName AUDIT9

Wording Have you or someone else been injured as a result of your drinking?

Item		Spec Name	Value
		ItemName	AUDIT9
		Wording	
		Code	Label
		0	No
ResponseOption		2	Yes, but not in the past year
		4	Yes, during the past year

QuestionName AUDIT10

Wording Has a relative, friend, doctor, or other health worker been concerned about your drinking or suggested you cut down?

Item		Spec Name	Value
		ItemName	AUDIT10
		Wording	
		Code	Label
		0	No
ResponseOption		2	Yes, but not in the past year
		4	Yes, during the past year

QuestionName COSR

Wording During the past 30 days, how much did you experience any of the following? Please mark all that apply.

Item		Spec Name	Value
-------------	--	------------------	--------------

ItemName	COSR_1				
Wording	Problems concentrating				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_2				
Wording	Re-experiencing events or flashbacks (or intrusive thoughts)				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_3				
Wording	Troubling memories or nightmares (averaging at least once per week)				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_4				
Wording	Loss of trust (finding it increasingly difficult to trust others)				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_5				
Wording	Unusual or excessive anxiety, fear, worry or nervousness				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_6				
Wording	Depression, despair or unexplained sadness (frequently sad or moody)				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_7				
Wording	Feeling emotionally numb, or generally lacking interest in life				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> </table>	Code	Label	0	None
Code	Label				
0	None				
ResponseOption	1 A Little				
	2 Some				
	3 A Lot				
ItemName	COSR_8				
Wording	Frequent agitation and irritability				

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_9	
Wording	Strong anger or outbursts	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_10	
Wording	Guilt and shame about something I did, or a sense of failure in my life	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_11	
Wording	Feeling easily or frequently overwhelmed	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_12	
Wording	Feeling lack of control over many aspects of my life	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_13	
Wording	Feelings of isolation, or not wanting to be around others	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_14	
Wording	Withdrawing and avoiding others or crowds	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_15	
Wording	Restlessness or fidgeting	
	Code	Label
ResponseOption	0	None
	1	A Little

	2	Some
	3	A Lot
ItemName	COSR_16	
Wording	Can't sit still for long	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_17	
Wording	Being over-watchful or overly concerned about safety	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_18	
Wording	Problems sleeping	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_19	
Wording	Feeling exhausted much of the time	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot
ItemName	COSR_20	
Wording	Pounding heart	
	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

QuestionName Paygrade

Wording What is your current paygrade?

Item	Spec Name	Value
ItemName	Paygrade	
Wording		
	Code	Label
	1	E1-E3
	2	E4-E6
	3	E7-E9
ResponseOption	4	Officer Trainee
	5	W1-W5
	6	O1-O3
	7	O4-O6

QuestionName YearsServed

Wording How long have you served in the military? Please enter in years your total time served (round to the nearest whole year).

Item	Spec Name		Value	
	ItemName	YearsServed		
	Wording	Years Served		
	ResponseOption	ResponseOptionDetails		

QuestionName Service

Wording In which component of the Military do you currently serve?

Item	Spec Name		Value																																		
	ItemName	Service																																			
	Wording																																				
			<table><tr><th>Code</th><th>Label</th></tr><tr><td>1</td><td>Tennessee Army National Guard</td></tr><tr><td>2</td><td>Tennessee Air National Guard</td></tr><tr><td>3</td><td>Alabama Army National Guard</td></tr><tr><td>4</td><td>Alabama Air National Guard</td></tr><tr><td>5</td><td>Hawaii Army National Guard</td></tr><tr><td>6</td><td>Hawaii Air National Guard</td></tr><tr><td>7</td><td>Georgia Army National Guard</td></tr><tr><td>8</td><td>Georgia Air National Guard</td></tr><tr><td>15</td><td>Air National Guard</td></tr><tr><td>9</td><td>Active Duty Army</td></tr><tr><td>10</td><td>Active Duty Navy</td></tr><tr><td>11</td><td>Active Duty Marine Corps</td></tr><tr><td>14</td><td>Active Duty Air Force</td></tr><tr><td>12</td><td>VA (Separated within last 12 months)</td></tr><tr><td>13</td><td>Other</td></tr></table>	Code	Label	1	Tennessee Army National Guard	2	Tennessee Air National Guard	3	Alabama Army National Guard	4	Alabama Air National Guard	5	Hawaii Army National Guard	6	Hawaii Air National Guard	7	Georgia Army National Guard	8	Georgia Air National Guard	15	Air National Guard	9	Active Duty Army	10	Active Duty Navy	11	Active Duty Marine Corps	14	Active Duty Air Force	12	VA (Separated within last 12 months)	13	Other		
Code	Label																																				
1	Tennessee Army National Guard																																				
2	Tennessee Air National Guard																																				
3	Alabama Army National Guard																																				
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6	Hawaii Air National Guard																																				
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14	Active Duty Air Force																																				
12	VA (Separated within last 12 months)																																				
13	Other																																				
	ResponseOption																																				
	ItemName	Service_OTHER																																			
	Wording	(Specify)																																			
	ResponseOption	ResponseOptionDetails																																			

QuestionName ServiceComponent

Wording In which component of the Military do you currently serve?

Item	Spec Name		Value														
	ItemName	ServiceComponent															
	Wording																
			<table><tr><th>Code</th><th>Label</th></tr><tr><td>1</td><td>Active Duty</td></tr><tr><td>2</td><td>Army National Guard</td></tr><tr><td>3</td><td>Air National Guard</td></tr><tr><td>4</td><td>VA (Separated within last 12 months)</td></tr><tr><td>5</td><td>Other</td></tr></table>	Code	Label	1	Active Duty	2	Army National Guard	3	Air National Guard	4	VA (Separated within last 12 months)	5	Other		
Code	Label																
1	Active Duty																
2	Army National Guard																
3	Air National Guard																
4	VA (Separated within last 12 months)																
5	Other																
	ResponseOption																
	ItemName	ServiceComponent_OTHER															
	Wording	(Specify)															
	ResponseOption	ResponseOptionDetails															

QuestionName ServiceBranch

Wording In which branch are you on Active Duty?

Item	Spec Name		Value	

ItemName	ServiceBranch										
Wording											
	<table> <tr> <th>Code</th> <th>Label</th> </tr> <tr> <td>1</td> <td>Army</td> </tr> <tr> <td>2</td> <td>Navy</td> </tr> <tr> <td>3</td> <td>Marine Corps</td> </tr> <tr> <td>4</td> <td>Air Force</td> </tr> </table>	Code	Label	1	Army	2	Navy	3	Marine Corps	4	Air Force
Code	Label										
1	Army										
2	Navy										
3	Marine Corps										
4	Air Force										
ResponseOption											

QuestionName	ServiceState																				
Wording	In which state are you in the National Guard?																				
Item	<table> <tr> <th>Spec Name</th> <th>Value</th> </tr> <tr> <td>ItemName</td> <td>ServiceState</td> </tr> <tr> <td>Wording</td> <td></td> </tr> <tr> <td></td> <td> <table> <tr> <th>Code</th> <th>Label</th> </tr> <tr> <td>1</td> <td>Georgia</td> </tr> <tr> <td>2</td> <td>Hawaii</td> </tr> <tr> <td>3</td> <td>Tennessee</td> </tr> <tr> <td>4</td> <td>Other</td> </tr> </table> </td> </tr> <tr> <td>ResponseOption</td> <td></td> </tr> </table>	Spec Name	Value	ItemName	ServiceState	Wording			<table> <tr> <th>Code</th> <th>Label</th> </tr> <tr> <td>1</td> <td>Georgia</td> </tr> <tr> <td>2</td> <td>Hawaii</td> </tr> <tr> <td>3</td> <td>Tennessee</td> </tr> <tr> <td>4</td> <td>Other</td> </tr> </table>	Code	Label	1	Georgia	2	Hawaii	3	Tennessee	4	Other	ResponseOption	
Spec Name	Value																				
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Code	Label																				
1	Georgia																				
2	Hawaii																				
3	Tennessee																				
4	Other																				
ResponseOption																					

QuestionName	Birthday														
Wording	What is the month and day of your birth? Please enter the month (1-12) and day (1-31).														
Item	<table> <tr> <th>Spec Name</th> <th>Value</th> </tr> <tr> <td>ItemName</td> <td>Month</td> </tr> <tr> <td>Wording</td> <td>Month:</td> </tr> <tr> <td>ResponseOption</td> <td>ResponseOptionDetails</td> </tr> <tr> <td>ItemName</td> <td>Day</td> </tr> <tr> <td>Wording</td> <td>Day:</td> </tr> <tr> <td>ResponseOption</td> <td>ResponseOptionDetails</td> </tr> </table>	Spec Name	Value	ItemName	Month	Wording	Month:	ResponseOption	ResponseOptionDetails	ItemName	Day	Wording	Day:	ResponseOption	ResponseOptionDetails
Spec Name	Value														
ItemName	Month														
Wording	Month:														
ResponseOption	ResponseOptionDetails														
ItemName	Day														
Wording	Day:														
ResponseOption	ResponseOptionDetails														

QuestionName	Weight								
Wording	How much do you weigh?								
Item	<table> <tr> <th>Spec Name</th> <th>Value</th> </tr> <tr> <td>ItemName</td> <td>Weight</td> </tr> <tr> <td>Wording</td> <td> pounds</td> </tr> <tr> <td>ResponseOption</td> <td>ResponseOptionDetails</td> </tr> </table>	Spec Name	Value	ItemName	Weight	Wording	pounds	ResponseOption	ResponseOptionDetails
Spec Name	Value								
ItemName	Weight								
Wording	pounds								
ResponseOption	ResponseOptionDetails								

QuestionName	Height														
Wording	How tall are you?														
Item	<table> <tr> <th>Spec Name</th> <th>Value</th> </tr> <tr> <td>ItemName</td> <td>Height_Feet</td> </tr> <tr> <td>Wording</td> <td> feet</td> </tr> <tr> <td>ResponseOption</td> <td>ResponseOptionDetails</td> </tr> <tr> <td>ItemName</td> <td>Height_Inches</td> </tr> <tr> <td>Wording</td> <td> inches</td> </tr> <tr> <td>ResponseOption</td> <td>ResponseOptionDetails</td> </tr> </table>	Spec Name	Value	ItemName	Height_Feet	Wording	feet	ResponseOption	ResponseOptionDetails	ItemName	Height_Inches	Wording	inches	ResponseOption	ResponseOptionDetails
Spec Name	Value														
ItemName	Height_Feet														
Wording	feet														
ResponseOption	ResponseOptionDetails														
ItemName	Height_Inches														
Wording	inches														
ResponseOption	ResponseOptionDetails														

QuestionName	Race				
Wording	What racial group best describes you? (Check one or more races to indicate what you consider yourself to be.)				
Item	<table> <tr> <th>Spec Name</th> <th>Value</th> </tr> <tr> <td>ItemName</td> <td>Race_1</td> </tr> </table>	Spec Name	Value	ItemName	Race_1
Spec Name	Value				
ItemName	Race_1				

Wording White
ItemName Race_2
Wording Black or African American
ItemName Race_3
Wording American Indian or Alaska Native
ItemName Race_4
Wording Asian (e.g., Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese)
ItemName Race_5
Wording Native Hawaiian or other Pacific Islander (e.g., Samoan, Guamanian, Chamorro)

QuestionName Ethnicity

Wording Are you Spanish/Hispanic/Latino?

Item	Spec Name	Value
	ItemName Ethnicity_1	
Wording	No, not Spanish/Hispanic/Latino	
	ItemName Ethnicity_2	
Wording	Yes, Mexican/Mexican-American/Chicano	
	ItemName Ethnicity_3	
Wording	Yes, Puerto Rican	
	ItemName Ethnicity_4	
Wording	Yes, Cuban	
	ItemName Ethnicity_5	
Wording	Yes, other Spanish/Hispanic/Latino	

QuestionName Education

Wording What is your highest level of education now?

Item	Spec Name		Value
	ItemName	Education	
	Wording		
		Code	Label
		1	Didn't graduate from high school
		2	GED or ABE certificate
		3	High school diploma
		4	Trade or technical school graduate
		5	Some college but not a 2- or 4- year degree
	ResponseOption	6	2-year college degree (AA or equivalent)
		7	4-year college degree (BA, BS, or equivalent)
		8	Graduate or professional study but no graduate degree
		9	Graduate or professional degree

QuestionName Marital

Wording What is your marital status?

Item	Spec Name		Value				
	ItemName	Marital					
Wording							
	ResponseOption	<table><tr><th>Code</th><th>Label</th></tr><tr><td>1</td><td>Married</td></tr></table>	Code	Label	1	Married	
Code	Label						
1	Married						

2	Single, never married, and not living as married
3	Single, but living as married (living with fiancé(e), boyfriend, or girlfriend but not married)
4	Separated and not living as married
5	Divorced and not living as married
6	Widowed and not living as married

QuestionName Stressors

Wording During the past 30 days, how much stress did you experience from each of the following?

Item

Spec Name	Value
-----------	-------

ItemName Stressors1

Wording Job frustrations

	Code	Label
	0	None at All
	1	A Little
ResponseOption	2	Some
	3	A Lot
	-9	Does Not Apply

ItemName Stressors2

Wording Marital or relationship problems

	Code	Label
	0	None at All
	1	A Little
ResponseOption	2	Some
	3	A Lot
	-9	Does Not Apply

ItemName Stressors3

Wording Being deployed at sea, in the field, or to a remote location

	Code	Label
	0	None at All
	1	A Little
ResponseOption	2	Some
	3	A Lot
	-9	Does Not Apply

ItemName Stressors4

Wording Combat exposure

	Code	Label
	0	None at All
	1	A Little
ResponseOption	2	Some
	3	A Lot
	-9	Does Not Apply

ItemName Stressors5

Wording Having a permanent change of station (PCS)

	Code	Label
	0	None at All
	1	A Little
ResponseOption	2	Some
	3	A Lot
	-9	Does Not Apply

ItemName	Stressors6												
Wording	Problems in my relationships with the people I work with												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> <tr> <td>-9</td><td>Does Not Apply</td></tr> </table>	Code	Label	0	None at All	1	A Little	2	Some	3	A Lot	-9	Does Not Apply
Code	Label												
0	None at All												
1	A Little												
2	Some												
3	A Lot												
-9	Does Not Apply												
ResponseOption													
ItemName	Stressors7												
Wording	Problems in my relationship with my immediate supervisor(s)												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> <tr> <td>-9</td><td>Does Not Apply</td></tr> </table>	Code	Label	0	None at All	1	A Little	2	Some	3	A Lot	-9	Does Not Apply
Code	Label												
0	None at All												
1	A Little												
2	Some												
3	A Lot												
-9	Does Not Apply												
ResponseOption													
ItemName	Stressors8												
Wording	Concern about my performance rating												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> <tr> <td>-9</td><td>Does Not Apply</td></tr> </table>	Code	Label	0	None at All	1	A Little	2	Some	3	A Lot	-9	Does Not Apply
Code	Label												
0	None at All												
1	A Little												
2	Some												
3	A Lot												
-9	Does Not Apply												
ResponseOption													
ItemName	Stressors9												
Wording	Increases in my workload												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> <tr> <td>-9</td><td>Does Not Apply</td></tr> </table>	Code	Label	0	None at All	1	A Little	2	Some	3	A Lot	-9	Does Not Apply
Code	Label												
0	None at All												
1	A Little												
2	Some												
3	A Lot												
-9	Does Not Apply												
ResponseOption													
ItemName	Stressors10												
Wording	Decreases in my workload												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> <tr> <td>-9</td><td>Does Not Apply</td></tr> </table>	Code	Label	0	None at All	1	A Little	2	Some	3	A Lot	-9	Does Not Apply
Code	Label												
0	None at All												
1	A Little												
2	Some												
3	A Lot												
-9	Does Not Apply												
ResponseOption													
ItemName	Stressors11												
Wording	Conflicts between military and family responsibilities												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> <tr> <td>-9</td><td>Does Not Apply</td></tr> </table>	Code	Label	0	None at All	1	A Little	2	Some	3	A Lot	-9	Does Not Apply
Code	Label												
0	None at All												
1	A Little												
2	Some												
3	A Lot												
-9	Does Not Apply												
ResponseOption													
ItemName	Stressors12												
Wording	Working with civilian contractors												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None at All</td></tr> <tr> <td>1</td><td>A Little</td></tr> </table>	Code	Label	0	None at All	1	A Little						
Code	Label												
0	None at All												
1	A Little												
ResponseOption													

	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors13	
Wording	Separation from family	
	Code	Label
	0	None at All
ResponseOption	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors14	
Wording	Birth or adoption of a child	
	Code	Label
	0	None at All
ResponseOption	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors15	
Wording	Finding childcare/daycare	
	Code	Label
	0	None at All
ResponseOption	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors16	
Wording	Death in the family	
	Code	Label
	0	None at All
ResponseOption	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors17	
Wording	Being far from home	
	Code	Label
	0	None at All
ResponseOption	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors18	
Wording	Problems with money	
	Code	Label
	0	None at All
ResponseOption	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors19	
Wording	Problems with housing	

	Code	Label
ResponseOption	0	None at All
	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors20	
Wording	Health problems (self)	
	Code	Label
ResponseOption	0	None at All
	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors21	
Wording	Health problems (family)	
	Code	Label
ResponseOption	0	None at All
	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors22	
Wording	Behavior problems of my children	
	Code	Label
ResponseOption	0	None at All
	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors23	
Wording	Unexpected events/problems (for example, hurricane, flood, home robbery)	
	Code	Label
ResponseOption	0	None at All
	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply
ItemName	Stressors24	
Wording	Separation from other members of my unit	
	Code	Label
ResponseOption	0	None at All
	1	A Little
	2	Some
	3	A Lot
	-9	Does Not Apply

QuestionName COSR_21_35

Wording During the past 30 days, how much did you experience any of the following?

Item	Spec Name	Value
ItemName	COSR_21	

Wording	Confusion										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_22										
Wording	Having problems in making decisions or processing information										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_23										
Wording	Sudden mood swings (Little things set me off)										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_24										
Wording	Loss of confidence in myself										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_25										
Wording	Angry outbursts										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_26										
Wording	Crying										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_27										
Wording	Risky or careless behaviors, such as increased smoking, drug or alcohol use, and reckless driving										
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>None</td></tr> <tr> <td>1</td><td>A Little</td></tr> <tr> <td>2</td><td>Some</td></tr> <tr> <td>3</td><td>A Lot</td></tr> </table>	Code	Label	0	None	1	A Little	2	Some	3	A Lot
Code	Label										
0	None										
1	A Little										
2	Some										
3	A Lot										
ResponseOption											
ItemName	COSR_28										
Wording	Spacing out (staring into space, the "thousand-yard stare," missing what people are saying to me)										

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_29**
Wording Gaining more than 10 pounds

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_30**
Wording Cold sweats when worried or stressed

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_31**
Wording Trembling hands or feeling shaky in general

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_32**
Wording Problems with eating or digestion

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_33**
Wording Nausea, frequent urination or diarrhea

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_34**
Wording Headaches

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some
	3	A Lot

ItemName **COSR_35**
Wording Blurred vision, or changes in taste or smell

	Code	Label
	0	None
ResponseOption	1	A Little
	2	Some

QuestionName PCL

Wording Below is a list of problems and complaints that people sometimes have in response to stressful experiences. Please indicate how much you have been bothered by each problem in the past month.

Item

Spec Name		Value	
ItemName	PCL1		
Wording	Repeated, disturbing memories, thoughts, or images of a stressful military experience		
	Code	Label	
	1	Not at All	
ResponseOption	2	A Little Bit	
	3	Moderately	
	4	Quite a Bit	
	5	Extremely	
ItemName	PCL2		
Wording	Repeated, disturbing dreams of a stressful military experience		
	Code	Label	
	1	Not at All	
ResponseOption	2	A Little Bit	
	3	Moderately	
	4	Quite a Bit	
	5	Extremely	
ItemName	PCL3		
Wording	Suddenly acting or feeling as if a stressful military experience were happening again (as if you were reliving it)		
	Code	Label	
	1	Not at All	
ResponseOption	2	A Little Bit	
	3	Moderately	
	4	Quite a Bit	
	5	Extremely	
ItemName	PCL4		
Wording	Feeling very upset when something reminded you of a stressful military experience		
	Code	Label	
	1	Not at All	
ResponseOption	2	A Little Bit	
	3	Moderately	
	4	Quite a Bit	
	5	Extremely	
ItemName	PCL5		
Wording	Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you of a stressful military experience		
	Code	Label	
	1	Not at All	
ResponseOption	2	A Little Bit	
	3	Moderately	
	4	Quite a Bit	
	5	Extremely	
ItemName	PCL6		
Wording	Avoiding thinking about or talking about a stressful military		

	experience or avoiding having feelings related to it												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>1</td><td>Not at All</td></tr> <tr> <td>2</td><td>A Little Bit</td></tr> <tr> <td>3</td><td>Moderately</td></tr> <tr> <td>4</td><td>Quite a Bit</td></tr> <tr> <td>5</td><td>Extremely</td></tr> </table>	Code	Label	1	Not at All	2	A Little Bit	3	Moderately	4	Quite a Bit	5	Extremely
Code	Label												
1	Not at All												
2	A Little Bit												
3	Moderately												
4	Quite a Bit												
5	Extremely												
ResponseOption													
ItemName	PCL7												
Wording	Avoiding activities or situations because they reminded you of a stressful military experience												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>1</td><td>Not at All</td></tr> <tr> <td>2</td><td>A Little Bit</td></tr> <tr> <td>3</td><td>Moderately</td></tr> <tr> <td>4</td><td>Quite a Bit</td></tr> <tr> <td>5</td><td>Extremely</td></tr> </table>	Code	Label	1	Not at All	2	A Little Bit	3	Moderately	4	Quite a Bit	5	Extremely
Code	Label												
1	Not at All												
2	A Little Bit												
3	Moderately												
4	Quite a Bit												
5	Extremely												
ResponseOption													
ItemName	PCL8												
Wording	Trouble remembering important parts of a stressful military experience												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>1</td><td>Not at All</td></tr> <tr> <td>2</td><td>A Little Bit</td></tr> <tr> <td>3</td><td>Moderately</td></tr> <tr> <td>4</td><td>Quite a Bit</td></tr> <tr> <td>5</td><td>Extremely</td></tr> </table>	Code	Label	1	Not at All	2	A Little Bit	3	Moderately	4	Quite a Bit	5	Extremely
Code	Label												
1	Not at All												
2	A Little Bit												
3	Moderately												
4	Quite a Bit												
5	Extremely												
ResponseOption													
ItemName	PCL9												
Wording	Loss of interest in things that you used to enjoy												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>1</td><td>Not at All</td></tr> <tr> <td>2</td><td>A Little Bit</td></tr> <tr> <td>3</td><td>Moderately</td></tr> <tr> <td>4</td><td>Quite a Bit</td></tr> <tr> <td>5</td><td>Extremely</td></tr> </table>	Code	Label	1	Not at All	2	A Little Bit	3	Moderately	4	Quite a Bit	5	Extremely
Code	Label												
1	Not at All												
2	A Little Bit												
3	Moderately												
4	Quite a Bit												
5	Extremely												
ResponseOption													
ItemName	PCL10												
Wording	Feeling distant or cut off from other people												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>1</td><td>Not at All</td></tr> <tr> <td>2</td><td>A Little Bit</td></tr> <tr> <td>3</td><td>Moderately</td></tr> <tr> <td>4</td><td>Quite a Bit</td></tr> <tr> <td>5</td><td>Extremely</td></tr> </table>	Code	Label	1	Not at All	2	A Little Bit	3	Moderately	4	Quite a Bit	5	Extremely
Code	Label												
1	Not at All												
2	A Little Bit												
3	Moderately												
4	Quite a Bit												
5	Extremely												
ResponseOption													
ItemName	PCL11												
Wording	Feeling emotionally numb or being unable to have loving feelings for those close to you												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>1</td><td>Not at All</td></tr> <tr> <td>2</td><td>A Little Bit</td></tr> <tr> <td>3</td><td>Moderately</td></tr> <tr> <td>4</td><td>Quite a Bit</td></tr> <tr> <td>5</td><td>Extremely</td></tr> </table>	Code	Label	1	Not at All	2	A Little Bit	3	Moderately	4	Quite a Bit	5	Extremely
Code	Label												
1	Not at All												
2	A Little Bit												
3	Moderately												
4	Quite a Bit												
5	Extremely												
ResponseOption													
ItemName	PCL12												
Wording	Feeling as if your future will somehow be cut short												
ResponseOption	<table> <tr> <th>Code</th><th>Label</th></tr> </table>	Code	Label										
Code	Label												

	1	Not at All
	2	A Little Bit
	3	Moderately
	4	Quite a Bit
	5	Extremely
ItemName	PCL13	
Wording	Trouble falling or staying asleep	
	Code	Label
	1	Not at All
ResponseOption	2	A Little Bit
	3	Moderately
	4	Quite a Bit
	5	Extremely
ItemName	PCL14	
Wording	Feeling irritable or having angry outbursts	
	Code	Label
	1	Not at All
ResponseOption	2	A Little Bit
	3	Moderately
	4	Quite a Bit
	5	Extremely
ItemName	PCL15	
Wording	Having difficulty concentrating	
	Code	Label
	1	Not at All
ResponseOption	2	A Little Bit
	3	Moderately
	4	Quite a Bit
	5	Extremely
ItemName	PCL16	
Wording	Being "super alert," watchful, or on guard	
	Code	Label
	1	Not at All
ResponseOption	2	A Little Bit
	3	Moderately
	4	Quite a Bit
	5	Extremely
ItemName	PCL17	
Wording	Feeling jumpy or easily startled	
	Code	Label
	1	Not at All
ResponseOption	2	A Little Bit
	3	Moderately
	4	Quite a Bit
	5	Extremely

QuestionName **Deployment1**

Wording How many combat deployments (including peacekeeping missions) have you been on in your military career? A combat deployment is one where you received imminent danger pay (IDP) and/or combat zone tax exclusion benefits.

Item	Spec Name	Value
	ItemName	Deployment1
	Wording	

	Code	Label
	0	0
	1	1
ResponseOption	2	2
	3	3 or 4
	4	5 or 6
	5	7 or more

QuestionName Deployment2

Wording How long was your most recent combat deployment?

Item

Spec Name	Value
ItemName Deployment2	
Wording	

	Code	Label
	1	1 month
	2	2 months
	3	3 or 4 months
ResponseOption	4	5 or 6 months
	5	7 or 8 months
	6	9 or 10 months
	7	11 or 12 months
	8	13 to 15 months
	9	16 to 18 months

QuestionName Deployment4

Wording In what month and year did you return from your last combat deployment?

Item

Spec Name	Value
ItemName Deployment4_Month	
Wording Month 	
ItemName Deployment4_Year	
Wording Year	

QuestionName Deployment5

Wording During your last combat deployment, were you involved in combat?

Item

Spec Name	Value
ItemName Deployment5	
Wording	

	Code	Label
ResponseOption	0	No
	1	Yes

QuestionName Deployment6

Wording Were you ever on a combat deployment that was extended? That is, were you on deployment in which the length of time you were serving was longer than originally intended?

Item

Spec Name	Value
ItemName Deployment6	
Wording	

	Code	Label
ResponseOption	0	No
	1	Yes

QuestionName Deployment7

Wording Where were you when your most recent deployment was extended?

Item	Spec Name		Value
	ItemName	Deployment7	
Wording			
		Code	Label
ResponseOption	1		Iraq
	2		Afghanistan
	3		Other
	ItemName	Deployment7_other	
Wording	(Specify) 		

QuestionName CES

Wording Thinking about your most recent deployment, how many times did you have each of the following experiences?

Item	Spec Name		Value
	ItemName	CES1	
	Wording	I was sent outside the wire on combat patrols, convoys, or sorties.	
		Code	Label
		0	0
	ResponseOption	1	1 to 3
		2	4 to 12
		3	13 to 50
		4	51+
	ItemName	CES2	
	Wording	I or members of my unit received incoming fire from small arms, artillery, rockets, or mortars.	
		Code	Label
		0	0
	ResponseOption	1	1 to 3
		2	4 to 12
		3	13 to 50
		4	51+
	ItemName	CES3	
	Wording	I or members of my unit encountered mines, booby traps, or IEDs (improvised explosive devices).	
		Code	Label
		0	0
	ResponseOption	1	1 to 3
		2	4 to 12
		3	13 to 50
		4	51+
	ItemName	CES4	
	Wording	I worked with landmines or other unexploded ordnances.	
		Code	Label
		0	0
	ResponseOption	1	1 to 3
		2	4 to 12
		3	13 to 50
		4	51+
	ItemName	CES5	
	Wording	My unit fired on the enemy.	

	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES6	
Wording	I personally fired my weapon at the enemy.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES7	
Wording	I engaged in hand-to-hand combat.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES8	
Wording	I was responsible for the death or serious injury of an enemy.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES9	
Wording	I witnessed members of my unit or an ally unit being seriously wounded or killed.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES10	
Wording	My unit suffered casualties.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES11	
Wording	I saw dead bodies or human remains.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12

	3	13 to 50
	4	51+
ItemName	CES12	
Wording	I handled, uncovered, or removed dead bodies or human remains.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES13	
Wording	Someone I knew well was killed in combat.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES14	
Wording	I took care of injured or dying people.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES15	
Wording	I interacted with enemy prisoners of war.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES16	
Wording	I witnessed or engaged in acts of cruelty, excessive force, or acts violating rules of engagement.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES17	
Wording	I was wounded in combat.	
	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+
ItemName	CES18	

Wording I was part of an assault on entrenched or fortified positions.

	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+

ItemName CES19

Wording I was in a vehicle (for example, a truck, tank, APC, helicopter, plane, or boat) that was under fire.

	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+

ItemName CES20

Wording I took part in an invasion that involved naval and/or land forces.

	Code	Label
	0	0
ResponseOption	1	1 to 3
	2	4 to 12
	3	13 to 50
	4	51+

QuestionName Deployment8

Wording How many noncombat deployments (including peacekeeping missions) have you been on in your military career (i.e., deployment in which you did not receive IDP and/or combat zone tax exclusion benefits, Unit Deployed Program, afloat not related to a mission, on exercises or training, humanitarian/relief missions)?

Item	Spec Name	Value
ItemName	Deployment8	
Wording		
	Code	Label
	0	0
ResponseOption	1	1
	2	2
	3	3 or 4
	4	5 or 6
	5	7 or more

QuestionName Deployment9

Wording How long was your most recent non-combat deployment?

Item	Spec Name	Value
ItemName	Deployment9	
Wording		
	Code	Label
	1	1 month
ResponseOption	2	2 months
	3	3 or 4 months
	4	5 or 6 months
	5	7 or 8 months

6	9 or 10 months
7	11 or 12 months
8	13 to 15 months
9	16 to 18 months

QuestionName Deployment11

Wording In what month and year did you return from your last noncombat deployment?

Item	Spec Name	Value
	ItemName Deployment11_Month	
Wording	Month 	
	ItemName Deployment11_Year	
Wording	Year	

QuestionName DaysDx

Wording During the past 30 days, on how many days did you drink alcohol?

Item	Spec Name	Value
	ItemName DaysDx	
Wording		
	Code	Label
	6	28-30 days (about every day)
	5	20-27 days (5-6 days a week, on average)
ResponseOption 4		11-19 days (3-4 days a week, on average)
	3	4-10 days (1-2 days a week, on average)
	2	2-3 days
	1	One day in the past 30 days

QuestionName AvDx

Wording Think about the days when you drank alcohol in the past 30 days. How much alcohol did you usually drink on a typical day when you drank alcohol?

Item	Spec Name	Value
	ItemName AvDx	
Wording		
	Code	Label
	10	18 or more drinks
	9	15-17 drinks
	8	12-14 drinks
	7	9-11 drinks
ResponseOption 6		6-8 drinks
	5	5 drinks
	4	4 drinks
	3	3 drinks
	2	2 drinks
	1	1 drink

QuestionName OthDx

Wording How many drinks do you think others of your same age and gender have on a typical basis?

Item	Spec Name	Value
	ItemName OthDx	
Wording		

		Code	Label
		10	18 or more drinks
		9	15-17 drinks
		8	12-14 drinks
		7	9-11 drinks
ResponseOption	6	6-8 drinks	
	5	5 drinks	
	4	4 drinks	
	3	3 drinks	
	2	2 drinks	
	1	1 drink	

QuestionName	Binge																								
Wording	During the past 30 days, on how many days did you have 5 or more drinks on one occasion (4 or more if female)?																								
Item	<table><tr><td>Spec Name</td><td>Value</td></tr><tr><td>ItemName</td><td>Binge</td></tr><tr><td>Wording</td><td></td></tr><tr><td></td><td><table><tr><td>Code</td><td>Label</td></tr><tr><td>6</td><td>28-30 days (about every day)</td></tr><tr><td>5</td><td>20-27 days (5-6 days a week, on average)</td></tr><tr><td>4</td><td>11-19 days (3-4 days a week, on average)</td></tr><tr><td>3</td><td>4-10 days (1-2 days a week, on average)</td></tr><tr><td>2</td><td>2-3 days</td></tr><tr><td>1</td><td>One day in the past 30 days</td></tr><tr><td>0</td><td>Zero days</td></tr></table></td></tr></table>	Spec Name	Value	ItemName	Binge	Wording			<table><tr><td>Code</td><td>Label</td></tr><tr><td>6</td><td>28-30 days (about every day)</td></tr><tr><td>5</td><td>20-27 days (5-6 days a week, on average)</td></tr><tr><td>4</td><td>11-19 days (3-4 days a week, on average)</td></tr><tr><td>3</td><td>4-10 days (1-2 days a week, on average)</td></tr><tr><td>2</td><td>2-3 days</td></tr><tr><td>1</td><td>One day in the past 30 days</td></tr><tr><td>0</td><td>Zero days</td></tr></table>	Code	Label	6	28-30 days (about every day)	5	20-27 days (5-6 days a week, on average)	4	11-19 days (3-4 days a week, on average)	3	4-10 days (1-2 days a week, on average)	2	2-3 days	1	One day in the past 30 days	0	Zero days
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2	2-3 days																								
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0	Zero days																								

QuestionName	MaxDx						
Wording	During the past 30 days, what was the largest number of drinks you had on any occasion?						
Item	<table><tr><td>Spec Name</td><td>Value</td></tr><tr><td>ItemName</td><td>MaxDx</td></tr><tr><td>Wording</td><td> drinks</td></tr></table>	Spec Name	Value	ItemName	MaxDx	Wording	drinks
Spec Name	Value						
ItemName	MaxDx						
Wording	drinks						

QuestionName	DaysDrunk																				
Wording	During the past 30 days, how often did you drink enough alcohol to feel drunk?																				
Item	<table><tr><td>Spec Name</td><td>Value</td></tr><tr><td>ItemName</td><td>DaysDrunk</td></tr><tr><td>Wording</td><td></td></tr><tr><td></td><td><table><tr><td>Code</td><td>Label</td></tr><tr><td>4</td><td>Every day or nearly every day</td></tr><tr><td>3</td><td>3-4 times a week</td></tr><tr><td>2</td><td>1-2 times a week</td></tr><tr><td>1</td><td>1-3 times a month</td></tr><tr><td>0</td><td>Drank in the past 30 days but never enough to feel drunk</td></tr></table></td></tr></table>	Spec Name	Value	ItemName	DaysDrunk	Wording			<table><tr><td>Code</td><td>Label</td></tr><tr><td>4</td><td>Every day or nearly every day</td></tr><tr><td>3</td><td>3-4 times a week</td></tr><tr><td>2</td><td>1-2 times a week</td></tr><tr><td>1</td><td>1-3 times a month</td></tr><tr><td>0</td><td>Drank in the past 30 days but never enough to feel drunk</td></tr></table>	Code	Label	4	Every day or nearly every day	3	3-4 times a week	2	1-2 times a week	1	1-3 times a month	0	Drank in the past 30 days but never enough to feel drunk
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ItemName	DaysDrunk																				
Wording																					
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1	1-3 times a month																				
0	Drank in the past 30 days but never enough to feel drunk																				

QuestionName	AlcCon		
Wording	How many times have you had the following experiences during the past 30 days?		
Item	<table><tr><td>Spec Name</td><td>Value</td></tr></table>	Spec Name	Value
Spec Name	Value		

ItemName	AlcCon1				
Wording	Driven a car when you knew you had too much to drink to drive safely.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				
	2				
	2 Times				
	3				
	3 or More Times				
ItemName	AlcCon2				
Wording	Felt very sick to your stomach or thrown up after drinking.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				
	2				
	2 Times				
	3				
	3 or More Times				
ItemName	AlcCon3				
Wording	Showed up late for duty because of drinking, a hangover, or an illness caused by drinking.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				
	2				
	2 Times				
	3				
	3 or More Times				
ItemName	AlcCon4				
Wording	Gotten into physical fights when drinking.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				
	2				
	2 Times				
	3				
	3 or More Times				
ItemName	AlcCon5				
Wording	Experienced problems between you and your boyfriend/girlfriend (or fiancé(e) or spouse) or another near relative or friend, due to drinking.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				
	2				
	2 Times				
	3				
	3 or More Times				
ItemName	AlcCon6				
Wording	Neglected your obligations, your family, or your work for two or more days in a row because of drinking.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				
	2				
	2 Times				
	3				
	3 or More Times				
ItemName	AlcCon7				
Wording	Gotten into sexual situations that you later regretted because of drinking.				
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>0 Times</td></tr> </table>	Code	Label	0	0 Times
Code	Label				
0	0 Times				
ResponseOption	1				
	1 Time				

	2	2 Times
	3	3 or More Times
ItemName	AlcCon8	
Wording	Been arrested for drunken driving or other drunken behaviors.	
	Code	Label
	0	0 Times
ResponseOption	1	1 Time
	2	2 Times
	3	3 or More Times
ItemName	AlcCon9	
Wording	Awakened the morning after a good bit of drinking and found that you could not remember a part of the evening before.	
	Code	Label
	0	0 Times
ResponseOption	1	1 Time
	2	2 Times
	3	3 or More Times
ItemName	AlcCon10	
Wording	Found you needed larger amounts of alcohol to feel any effect, or that you could no longer get drunk on the amount that used to get you drunk.	
	Code	Label
	0	0 Times
ResponseOption	1	1 Time
	2	2 Times
	3	3 or More Times
ItemName	AlcCon11	
Wording	Had a headache (hangover) the morning after you had been drinking.	
	Code	Label
	0	0 Times
ResponseOption	1	1 Time
	2	2 Times
	3	3 or More Times

QuestionName **Motivation**

Wording Please read the following statements carefully. Each one describes a way that you might (or might not) feel about your drinking. For each statement, select an option to indicate how much you agree or disagree with it right now.

Item	Spec Name	Value
	ItemName	Motivation1
	Wording	My drinking is a problem sometimes.
		Code Label
		0 Totally Disagree
	ResponseOption	1 Partly Disagree
		2 Unsure
		3 Partly Agree
		4 Totally Agree
	ItemName	Motivation2
	Wording	There is no need for me to think about changing my drinking.
		Code Label
	ResponseOption	0 Totally Disagree

	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	Motivation3	
Wording	I am actually changing my drinking habits right now.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	Motivation4	
Wording	Drinking less alcohol would be pointless for me.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	Motivation5	
Wording	I have just recently changed my drinking habits.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	Motivation6	
Wording	Sometimes I think I should cut down on my drinking.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	Motivation7	
Wording	I don't drink too much.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	Motivation8	
Wording	I am at the stage where I should think about drinking less alcohol.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree

ItemName	Motivation9												
Wording	I am trying to drink less than I used to.												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>Totally Disagree</td></tr> <tr> <td>1</td><td>Partly Disagree</td></tr> <tr> <td>2</td><td>Unsure</td></tr> <tr> <td>3</td><td>Partly Agree</td></tr> <tr> <td>4</td><td>Totally Agree</td></tr> </table>	Code	Label	0	Totally Disagree	1	Partly Disagree	2	Unsure	3	Partly Agree	4	Totally Agree
Code	Label												
0	Totally Disagree												
1	Partly Disagree												
2	Unsure												
3	Partly Agree												
4	Totally Agree												
ResponseOption													
ItemName	Motivation10												
Wording	I enjoy my drinking, but sometimes I drink too much.												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>Totally Disagree</td></tr> <tr> <td>1</td><td>Partly Disagree</td></tr> <tr> <td>2</td><td>Unsure</td></tr> <tr> <td>3</td><td>Partly Agree</td></tr> <tr> <td>4</td><td>Totally Agree</td></tr> </table>	Code	Label	0	Totally Disagree	1	Partly Disagree	2	Unsure	3	Partly Agree	4	Totally Agree
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0	Totally Disagree												
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2	Unsure												
3	Partly Agree												
4	Totally Agree												
ResponseOption													
ItemName	Motivation11												
Wording	Anyone can talk about wanting to do something about drinking, but I am actually doing something about it.												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>Totally Disagree</td></tr> <tr> <td>1</td><td>Partly Disagree</td></tr> <tr> <td>2</td><td>Unsure</td></tr> <tr> <td>3</td><td>Partly Agree</td></tr> <tr> <td>4</td><td>Totally Agree</td></tr> </table>	Code	Label	0	Totally Disagree	1	Partly Disagree	2	Unsure	3	Partly Agree	4	Totally Agree
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0	Totally Disagree												
1	Partly Disagree												
2	Unsure												
3	Partly Agree												
4	Totally Agree												
ResponseOption													
ItemName	Motivation12												
Wording	It is a waste of time to think about drinking.												
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>Totally Disagree</td></tr> <tr> <td>1</td><td>Partly Disagree</td></tr> <tr> <td>2</td><td>Unsure</td></tr> <tr> <td>3</td><td>Partly Agree</td></tr> <tr> <td>4</td><td>Totally Agree</td></tr> </table>	Code	Label	0	Totally Disagree	1	Partly Disagree	2	Unsure	3	Partly Agree	4	Totally Agree
Code	Label												
0	Totally Disagree												
1	Partly Disagree												
2	Unsure												
3	Partly Agree												
4	Totally Agree												
ResponseOption													

QuestionName	Illicit																																								
Wording	During the past 30 days, on about how many days did you use each of the following drugs?																																								
Item	<table> <tr> <th>Spec Name</th><th>Value</th></tr> <tr> <td>ItemName</td><td>Illicit1</td></tr> <tr> <td>Wording</td><td>Marijuana or hashish (e.g., "pot," THC, "weed")</td></tr> <tr> <td></td><td> <table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>I Have Never Used</td></tr> <tr> <td>1</td><td>0 Days</td></tr> <tr> <td>2</td><td>1-3 Days</td></tr> <tr> <td>3</td><td>4-10 Days</td></tr> <tr> <td>4</td><td>11 or More Days</td></tr> </table> </td></tr> <tr> <td>ResponseOption</td><td></td></tr> <tr> <td>ItemName</td><td>Illicit2</td></tr> <tr> <td>Wording</td><td>LSD (e.g., "acid")</td></tr> <tr> <td></td><td> <table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>I Have Never Used</td></tr> <tr> <td>1</td><td>0 Days</td></tr> <tr> <td>2</td><td>1-3 Days</td></tr> <tr> <td>3</td><td>4-10 Days</td></tr> </table> </td></tr> <tr> <td>ResponseOption</td><td></td></tr> </table>	Spec Name	Value	ItemName	Illicit1	Wording	Marijuana or hashish (e.g., "pot," THC, "weed")		<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>I Have Never Used</td></tr> <tr> <td>1</td><td>0 Days</td></tr> <tr> <td>2</td><td>1-3 Days</td></tr> <tr> <td>3</td><td>4-10 Days</td></tr> <tr> <td>4</td><td>11 or More Days</td></tr> </table>	Code	Label	0	I Have Never Used	1	0 Days	2	1-3 Days	3	4-10 Days	4	11 or More Days	ResponseOption		ItemName	Illicit2	Wording	LSD (e.g., "acid")		<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>I Have Never Used</td></tr> <tr> <td>1</td><td>0 Days</td></tr> <tr> <td>2</td><td>1-3 Days</td></tr> <tr> <td>3</td><td>4-10 Days</td></tr> </table>	Code	Label	0	I Have Never Used	1	0 Days	2	1-3 Days	3	4-10 Days	ResponseOption	
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ResponseOption																																									

	4	11 or More Days
ItemName	Illicit3	
Wording	PCP (e.g., "angel dust")	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit4	
Wording	Cocaine (including crack)	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit5	
Wording	MDMA (e.g., "Ecstasy")	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit6	
Wording	Other hallucinogens	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit7	
Wording	Methamphetamine (e.g., "ice," "crystal meth," "speed," "crank")	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit8	
Wording	Heroin (e.g., "Smack")	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit9	
Wording	GHB/GBL (e.g., "Liquid X," "Gamma")	
ResponseOption	Code	Label

	0	I Have Never Used
	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	Illicit10	
Wording	Inhalants (e.g., aerosol sprays, gasoline, poppers, "whippets")	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days

QuestionName NonMed

Wording During the past 30 days, on about how many days did you use each of the following prescription drugs for non-medical reasons?

Item	Spec Name	Value
ItemName	NonMed1	
Wording	Amphetamines or other stimulants (e.g., diet pills)	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	NonMed2	
Wording	Tranquilizers (e.g., Xanax, Valium)	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	NonMed3	
Wording	Sedatives or barbiturates (e.g., Quaaludes, sleeping pills)	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	NonMed4	
Wording	Pain relievers (e.g., Vicodin, OxyContin, Darvon, Percocet, Morphine, other narcotics)	
	Code	Label
	0	I Have Never Used
ResponseOption	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days
ItemName	NonMed5	

Wording Anabolic steroids (e.g., Testosterone, Nandrolone, Deca Durabolin)

	Code	Label
ResponseOption	0	I Have Never Used
	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days

ItemName NonMed6

Wording Erectile dysfunction (ED) drugs (e.g., Viagra, Cialis)

	Code	Label
ResponseOption	0	I Have Never Used
	1	0 Days
	2	1-3 Days
	3	4-10 Days
	4	11 or More Days

QuestionName PPsych

Wording Have you been prescribed medication for depression, anxiety, or sleeping problems by a doctor or other health professional?

Item	Spec Name	Value
ResponseOption	ItemName PPsych	
	Wording	
ResponseOption		

QuestionName PPain

Wording Have you been prescribed medication to relieve pain or discomfort by a doctor or other health professional? (Mark all that apply.)

Item	Spec Name	Value
ResponseOption	ItemName PPain1	
	Wording	Yes, in the past 30 days
	ItemName PPain2	
	Wording	Yes, in the past 12 months
	ItemName PPain3	
ResponseOption	Wording	Yes, more than 12 months ago
	ItemName PPain4	
	Wording	No

QuestionName Resilience

Wording For each of the following statements, please mark the choice that is closest to how true you think it is for you. The questions ask about your opinion. There are no right or wrong answers.

Item	Spec Name	Value
ResponseOption	ItemName Resilience1	
	Wording	I am able to adapt when changes occur.
ResponseOption		

	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience2	
Wording	I have at least one close and secure relationship which helps me when I am stressed.	
	Code	Label
	0	Not True at All
ResponseOption	1	Rarely True
	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience3	
Wording	When there are no clear solutions to my problems, sometimes fate or God can help.	
	Code	Label
	0	Not True at All
ResponseOption	1	Rarely True
	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience4	
Wording	I can deal with whatever comes my way.	
	Code	Label
	0	Not True at All
ResponseOption	1	Rarely True
	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience5	
Wording	Past successes give me confidence in dealing with new challenges and difficulties.	
	Code	Label
	0	Not True at All
ResponseOption	1	Rarely True
	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience6	
Wording	I try to see the humorous side of things when I am faced with problems.	
	Code	Label
	0	Not True at All
ResponseOption	1	Rarely True
	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience7	
Wording	Having to cope with stress can make me stronger.	
	Code	Label
ResponseOption	0	Not True at All
	1	Rarely True
	2	Sometimes True

3 Often True
4 True Nearly All of the Time

ItemName Resilience8
Wording I tend to bounce back after illness, injury, or other hardships.

Code	Label
------	-------

0 Not True at All
1 Rarely True
2 Sometimes True
3 Often True
4 True Nearly All of the Time

ItemName Resilience9
Wording Good or bad, I believe that most things happen for a reason.

Code	Label
------	-------

0 Not True at All
1 Rarely True
2 Sometimes True
3 Often True
4 True Nearly All of the Time

ItemName Resilience10
Wording I give my best effort no matter what the outcome may be.

Code	Label
------	-------

0 Not True at All
1 Rarely True
2 Sometimes True
3 Often True
4 True Nearly All of the Time

ItemName Resilience11
Wording I believe I can achieve my goals, even if there are obstacles.

Code	Label
------	-------

0 Not True at All
1 Rarely True
2 Sometimes True
3 Often True
4 True Nearly All of the Time

ItemName Resilience12
Wording Even with things looking hopeless, I don't give up.

Code	Label
------	-------

0 Not True at All
1 Rarely True
2 Sometimes True
3 Often True
4 True Nearly All of the Time

ItemName Resilience13
Wording During times of stress/crisis, I know where to turn to for help.

Code	Label
------	-------

0 Not True at All
1 Rarely True
2 Sometimes True
3 Often True
4 True Nearly All of the Time

QuestionName Resilience2

Wording For each of the following statements, please mark the choice that is closest to how true you think it is

for you. The questions ask about your opinion. There are no right or wrong answers.

Item

Spec Name		Value
ItemName	Resilience14	
Wording	Under pressure, I stay focused and think clearly.	
	Code	Label
	0	Not True at All
	1	Rarely True
ResponseOption	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience15	
Wording	I prefer to take the lead in solving problems, rather than letting other make all the decisions.	
	Code	Label
	0	Not True at All
	1	Rarely True
ResponseOption	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience16	
Wording	I am not easily discouraged by failure.	
	Code	Label
	0	Not True at All
	1	Rarely True
ResponseOption	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience17	
Wording	I think of myself as a strong person when dealing with life's challenges and difficulties.	
	Code	Label
	0	Not True at All
	1	Rarely True
ResponseOption	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience18	
Wording	I can make unpopular or difficult decisions that affect other people, if it is necessary.	
	Code	Label
	0	Not True at All
	1	Rarely True
ResponseOption	2	Sometimes True
	3	Often True
	4	True Nearly All of the Time
ItemName	Resilience19	
Wording	I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	
	Code	Label
	0	Not True at All
ResponseOption	1	Rarely True
	2	Sometimes True
	3	Often True

	4	True Nearly All of the Time												
ItemName	Resilience20													
Wording	In dealing with life's problems, sometimes I have to act on a hunch, without knowing why.													
	<table><tr><th>Code</th><th>Label</th></tr><tr><td>0</td><td>Not True at All</td></tr><tr><td>1</td><td>Rarely True</td></tr><tr><td>2</td><td>Sometimes True</td></tr><tr><td>3</td><td>Often True</td></tr><tr><td>4</td><td>True Nearly All of the Time</td></tr></table>		Code	Label	0	Not True at All	1	Rarely True	2	Sometimes True	3	Often True	4	True Nearly All of the Time
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1	Rarely True													
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ResponseOption														
ItemName	Resilience21													
Wording	I have a strong sense of purpose in life.													
	<table><tr><th>Code</th><th>Label</th></tr><tr><td>0</td><td>Not True at All</td></tr><tr><td>1</td><td>Rarely True</td></tr><tr><td>2</td><td>Sometimes True</td></tr><tr><td>3</td><td>Often True</td></tr><tr><td>4</td><td>True Nearly All of the Time</td></tr></table>		Code	Label	0	Not True at All	1	Rarely True	2	Sometimes True	3	Often True	4	True Nearly All of the Time
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1	Rarely True													
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ResponseOption														
ItemName	Resilience22													
Wording	I feel in control of my life.													
	<table><tr><th>Code</th><th>Label</th></tr><tr><td>0</td><td>Not True at All</td></tr><tr><td>1</td><td>Rarely True</td></tr><tr><td>2</td><td>Sometimes True</td></tr><tr><td>3</td><td>Often True</td></tr><tr><td>4</td><td>True Nearly All of the Time</td></tr></table>		Code	Label	0	Not True at All	1	Rarely True	2	Sometimes True	3	Often True	4	True Nearly All of the Time
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1	Rarely True													
2	Sometimes True													
3	Often True													
4	True Nearly All of the Time													
ResponseOption														
ItemName	Resilience23													
Wording	I like challenges.													
	<table><tr><th>Code</th><th>Label</th></tr><tr><td>0</td><td>Not True at All</td></tr><tr><td>1</td><td>Rarely True</td></tr><tr><td>2</td><td>Sometimes True</td></tr><tr><td>3</td><td>Often True</td></tr><tr><td>4</td><td>True Nearly All of the Time</td></tr></table>		Code	Label	0	Not True at All	1	Rarely True	2	Sometimes True	3	Often True	4	True Nearly All of the Time
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1	Rarely True													
2	Sometimes True													
3	Often True													
4	True Nearly All of the Time													
ResponseOption														
ItemName	Resilience24													
Wording	I work to attain my goals, no matter what roadblocks I encounter along the way.													
	<table><tr><th>Code</th><th>Label</th></tr><tr><td>0</td><td>Not True at All</td></tr><tr><td>1</td><td>Rarely True</td></tr><tr><td>2</td><td>Sometimes True</td></tr><tr><td>3</td><td>Often True</td></tr><tr><td>4</td><td>True Nearly All of the Time</td></tr></table>		Code	Label	0	Not True at All	1	Rarely True	2	Sometimes True	3	Often True	4	True Nearly All of the Time
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1	Rarely True													
2	Sometimes True													
3	Often True													
4	True Nearly All of the Time													
ResponseOption														
ItemName	Resilience25													
Wording	I take pride in my achievements.													
	<table><tr><th>Code</th><th>Label</th></tr><tr><td>0</td><td>Not True at All</td></tr><tr><td>1</td><td>Rarely True</td></tr><tr><td>2</td><td>Sometimes True</td></tr><tr><td>3</td><td>Often True</td></tr><tr><td>4</td><td>True Nearly All of the Time</td></tr></table>		Code	Label	0	Not True at All	1	Rarely True	2	Sometimes True	3	Often True	4	True Nearly All of the Time
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1	Rarely True													
2	Sometimes True													
3	Often True													
4	True Nearly All of the Time													
ResponseOption														

Wording Please read the following statements carefully. Each one describes a perceived benefit that may arise from a difficult situation. For each statement, select an option to indicate how much you agree or disagree regarding your deployment experiences.

Being deployed:

Item	Spec Name		Value
	ItemName	BenefitFinding1	
	Wording	Taught me how to adjust to things I cannot change.	
		Code	Label
		0	Totally Disagree
	ResponseOption	1	Partly Disagree
		2	Unsure
		3	Partly Agree
		4	Totally Agree
	ItemName	BenefitFinding2	
	Wording	Helped me take things as they come.	
		Code	Label
		0	Totally Disagree
	ResponseOption	1	Partly Disagree
		2	Unsure
		3	Partly Agree
		4	Totally Agree
	ItemName	BenefitFinding3	
	Wording	Led me to be more accepting of things.	
		Code	Label
		0	Totally Disagree
	ResponseOption	1	Partly Disagree
		2	Unsure
		3	Partly Agree
		4	Totally Agree
	ItemName	BenefitFinding4	
	Wording	Showed me that all people need to be loved.	
		Code	Label
		0	Totally Disagree
	ResponseOption	1	Partly Disagree
		2	Unsure
		3	Partly Agree
		4	Totally Agree
	ItemName	BenefitFinding5	
	Wording	Made me more aware and concerned for the future of all human beings.	
		Code	Label
		0	Totally Disagree
	ResponseOption	1	Partly Disagree
		2	Unsure
		3	Partly Agree
		4	Totally Agree
	ItemName	BenefitFinding6	
	Wording	Taught me that everyone has a purpose in life.	
		Code	Label
	ResponseOption	0	Totally Disagree
		1	Partly Disagree
		2	Unsure

	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding7	
Wording	Made me realize the importance of planning for my family's future.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding8	
Wording	Contributed to my overall emotional and spiritual growth.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding9	
Wording	Led me to meet people who have become some of my best friends.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding10	
Wording	Helped me become more aware of the love and support available from other people.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding11	
Wording	Brought my family closer together.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding12	
Wording	Made me more sensitive to family issues.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree

ItemName	BenefitFinding13	
Wording	Led me to deal better with stress and problems.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding14	
Wording	Taught me to be patient.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding15	
Wording	Helped me become a stronger person, more able to cope effectively with future life challenges.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding16	
Wording	Helped me realize who my real friends are.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree
ItemName	BenefitFinding17	
Wording	Helped me become more focused on priorities, with a deeper sense of purpose of life.	
	Code	Label
	0	Totally Disagree
ResponseOption	1	Partly Disagree
	2	Unsure
	3	Partly Agree
	4	Totally Agree

QuestionName Q1

Wording In the past 90 days how many times have you been arrested by military police? Please do not include arrests by civilian police.

Item	Spec Name	Value
	ItemName Q1	
Wording	Number of arrests	

QuestionName Q1a

Wording Of those arrests by military police, how many were for a violent offense, such as getting in a fight?

Item	Spec Name	Value
ItemName	Q1a	
Wording	Violent arrests by military police	
QuestionName	Q1b	
Wording	Of those arrests by military police, how many were for driving under the influence (DUI)?	
Item	Spec Name	Value
ItemName	Q1b	
Wording	DUI arrests by military police	
QuestionName	Q1c	
Wording	Of those arrests by military police, how many were for a nonviolent offense other than DUI, such as theft?	
Item	Spec Name	Value
ItemName	Q1c	
Wording	Nonviolent arrests by military police	
QuestionName	Q2	
Wording	In the past 90 days how many times have you been arrested by civilian police? Please do not include arrests by military police.	
Item	Spec Name	Value
ItemName	Q2	
Wording	Number of arrests	
QuestionName	Q2a	
Wording	Of those arrests by civilian police, how many were for a violent offense, such as getting in a fight?	
Item	Spec Name	Value
ItemName	Q2a	
Wording	Violent arrests by civilian police	
QuestionName	Q2b	
Wording	Of those arrests by civilian police, how many were for driving under the influence (DUI)?	
Item	Spec Name	Value
ItemName	Q2b	
Wording	DUI arrests by civilian police	
QuestionName	Q2c	
Wording	Of those arrests by civilian police, how many were for a nonviolent offense other than DUI, such as theft?	
Item	Spec Name	Value
ItemName	Q2c	
Wording	Nonviolent arrests by civilian police	
QuestionName	Q3	
Wording	In the past 90 days how many nights did you spend in jail or incarcerated?	
Item	Spec Name	Value
ItemName	Q3	
Wording	Nights incarcerated	
QuestionName	Q4	
Wording	In the past 90 days how many automobile accidents have you had?	

Item	Spec Name		Value	
	ItemName Q4			
	Wording	Auto accidents		
QuestionName	Q5			
Wording	In the past 90 days how many nights did you spend in a hospital?			
Item	Spec Name		Value	
	ItemName Q5			
	Wording	Hospital nights		
QuestionName	Q6			
Wording	In the past 90 days how many visits did you make to the emergency room?			
Item	Spec Name		Value	
	ItemName Q6			
	Wording	ER visits		
QuestionName	Q7			
Wording	In the past 90 days how many visits did you make to health care professionals other than as part of an overnight stay in a hospital or a visit to the emergency room? These health care professionals might be in a clinic, health center, or doctor's office, for example.			
Item	Spec Name		Value	
	ItemName Q7			
	Wording	Visits		
QuestionName	Q8			
Wording	In the past 90 days, how many days did you take prescription medication?			
Item	Spec Name		Value	
	ItemName Q8			
	Wording	Days taken prescription medication		
QuestionName	Q8a			
Wording	In the past 90 days, how many different prescription medications did you take?			
Item	Spec Name		Value	
	ItemName Q8a			
	Wording	Number of prescription medications		
QuestionName	Q9			
Wording	In the past 90 days how many military workdays did you miss?			
Item	Spec Name		Value	
	ItemName Q9			
	Wording	Missed military work days		
QuestionName	Q10			
Wording	What is your current military status?			
Item	Spec Name		Value	
	ItemName Q10			
	Wording			
		Code	Label	
	ResponseOption	0	Active duty military	
		1	Active duty guard	
		2	Non-active duty guard	

QuestionName Q11

Wording What is your current work status outside of the military?

Item	Spec Name	Value
	ItemName Q11	
	Wording	
		Code Label
		0 Full time
	ResponseOption 1	Part Time
		2 Not employed outside of the military

QuestionName Q11a

Wording What is your annual non-military salary?

Please enter the amount in dollars and do not include the dollar sign or comma.
For example, if the salary is \$40,500, please enter 40500.

Item	Spec Name	Value
	ItemName Q11a	
	Wording Annual salary \$	

QuestionName Q11b

Wording In the past 90 days how many work days did you miss at your job outside of the military?

Item	Spec Name	Value
	ItemName Q11b	
	Wording Work days missed	

QuestionName Q11c

Wording What is your hourly wage at your job outside of the military?

Please enter the amount in dollars and cents and do not include the dollar sign.
For example, if the wage is \$15.85, please enter 15.85.

Item	Spec Name	Value
	ItemName Q11c	
	Wording Hourly wage \$	

QuestionName Q11d

Wording How many hours a week do you typically work at your job outside of the military?

Item	Spec Name	Value
	ItemName Q11d	
	Wording Hours worked	

QuestionName Q11e

Wording In the past 90 days, about how many hours did you miss at your job outside of the military?

Item	Spec Name	Value
	ItemName Q11e	
	Wording Work hours missed	

QuestionName Q12

Wording If you are currently not working at a job outside of the military, which of the following statements best describes your current situation? Please choose only one.

Item	Spec Name	Value
------	-----------	-------

ItemName Q12																																							
Wording																																							
	<table> <tr> <th>Code</th><th>Label</th></tr> <tr> <td>0</td><td>Unemployed or temporarily or permanently laid off and looking for work</td></tr> <tr> <td>1</td><td>Full-time homemaker</td></tr> <tr> <td>2</td><td>In school or training program</td></tr> <tr> <td>3</td><td>Disabled, unable to work</td></tr> <tr> <td>4</td><td>Other</td></tr> </table>	Code	Label	0	Unemployed or temporarily or permanently laid off and looking for work	1	Full-time homemaker	2	In school or training program	3	Disabled, unable to work	4	Other																										
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3	Disabled, unable to work																																						
4	Other																																						
ResponseOption																																							
QuestionName Q12a																																							
Wording	Please describe your current situation in 15 words or less																																						
Item	<table> <tr> <th>Spec Name</th><th>Value</th></tr> <tr> <td>ItemName Q12a</td><td></td></tr> <tr> <td>Wording</td><td></td></tr> </table>	Spec Name	Value	ItemName Q12a		Wording																																	
Spec Name	Value																																						
ItemName Q12a																																							
Wording																																							
QuestionName Q13																																							
Wording	In the past 13 weeks how many weeks were you employed at any job? Please include weeks spent on paid leave such a vacation or paid maternity leave.																																						
Item	<table> <tr> <th>Spec Name</th><th>Value</th></tr> <tr> <td>ItemName Q13a</td><td></td></tr> <tr> <td>Wording</td><td>Weeks worked</td></tr> </table>	Spec Name	Value	ItemName Q13a		Wording	Weeks worked																																
Spec Name	Value																																						
ItemName Q13a																																							
Wording	Weeks worked																																						
QuestionName Q14																																							
Wording	Do you have health insurance, and, if so, what is the source of that coverage? (Select all that apply)																																						
Item	<table> <tr> <th>Spec Name</th><th>Value</th></tr> <tr> <td>ItemName Q14_1</td><td></td></tr> <tr> <td>Wording</td><td>No health insurance</td></tr> <tr> <td>ResponseOption</td><td>ResponseOptionDetails</td></tr> <tr> <td>ItemName Q14_2</td><td></td></tr> <tr> <td>Wording</td><td>Private insurance (through a company, family member, or purchased)</td></tr> <tr> <td>ResponseOption</td><td>ResponseOptionDetails</td></tr> <tr> <td>ItemName Q14_3</td><td></td></tr> <tr> <td>Wording</td><td>TRICARE or other military source</td></tr> <tr> <td>ResponseOption</td><td>ResponseOptionDetails</td></tr> <tr> <td>ItemName Q14_4</td><td></td></tr> <tr> <td>Wording</td><td>VA</td></tr> <tr> <td>ResponseOption</td><td>ResponseOptionDetails</td></tr> <tr> <td>ItemName Q14_5</td><td></td></tr> <tr> <td>Wording</td><td>Public insurance (Medicare, Medicaid, etc.)</td></tr> <tr> <td>ResponseOption</td><td>ResponseOptionDetails</td></tr> <tr> <td>ItemName Q14_6</td><td></td></tr> <tr> <td>Wording</td><td>Other insurance</td></tr> <tr> <td>ResponseOption</td><td>ResponseOptionDetails</td></tr> </table>	Spec Name	Value	ItemName Q14_1		Wording	No health insurance	ResponseOption	ResponseOptionDetails	ItemName Q14_2		Wording	Private insurance (through a company, family member, or purchased)	ResponseOption	ResponseOptionDetails	ItemName Q14_3		Wording	TRICARE or other military source	ResponseOption	ResponseOptionDetails	ItemName Q14_4		Wording	VA	ResponseOption	ResponseOptionDetails	ItemName Q14_5		Wording	Public insurance (Medicare, Medicaid, etc.)	ResponseOption	ResponseOptionDetails	ItemName Q14_6		Wording	Other insurance	ResponseOption	ResponseOptionDetails
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Wording	Other insurance																																						
ResponseOption	ResponseOptionDetails																																						
QuestionName Q15a																																							
Wording	Please indicate which statement best describes your own health state today.																																						
	Mobility																																						
Item	<table> <tr> <th>Spec Name</th><th>Value</th></tr> </table>	Spec Name	Value																																				
Spec Name	Value																																						

ItemName Q15a
Wording

	Code	Label
ResponseOption	0	I have no problems in walking about
	1	I have some problems in walking about
	2	I am confined to bed

QuestionName Q15b

Wording Please indicate which statement best describes your own health state today.

Self care

Item	Spec Name	Value
ItemName Q15b		
Wording		
	Code	Label
ResponseOption	0	I have no problems with self-care
	1	I have some problems washing or dressing myself
	2	I am unable to wash or dress myself

QuestionName Q15c

Wording Please indicate which statement best describes your own health state today.

Usual activities (e.g., work, study, housework, family, or leisure activities)

Item	Spec Name	Value
ItemName Q15c		
Wording		
	Code	Label
ResponseOption	0	I have no problems with performing my usual activities
	1	I have some problems performing my usual activities
	2	I am unable to perform my usual activities

QuestionName Q15d

Wording Please indicate which statement best describes your own health state today.

Pain/discomfort

Item	Spec Name	Value
ItemName Q15d		
Wording		
	Code	Label
ResponseOption	0	I have no pain or discomfort
	1	I have moderate pain or discomfort
	2	I have extreme pain or discomfort

QuestionName Q15e

Wording Please indicate which statement best describes your own health state today.

Item	Anxiety/depression	
	Spec Name Value	
	ItemName	Q15e
	Wording	
	Code	Label
	0	I am not anxious or depressed
ResponseOption	1	I am moderately anxious or depressed
	2	I am extremely anxious or depressed

Appendix B

Text for Stress and Alcohol Feedback Reports

STRESS FEEDBACK

Is stress affecting your overall health? Do you need to reduce the amount of stress you feel? Stress can lead to decreased work or school performance, challenges in interpersonal relationships, and even physical health problems such as difficulty sleeping or eating. Some of the assessment questions you just answered can give you an idea of your risk level for problems when it comes to general stress and post-deployment stress and how they may impact your overall functioning. Your results from the stress questions are summarized on the following pages.

Post-deployment Stress

Based on your responses, you are currently experiencing a [LOW, MODERATE, HIGH] level of stress related to your deployment experiences.



17-29

LOW LEVEL OF POST-DEPLOYMENT STRESS

[Low] A person scoring in this range is experiencing low levels of post-deployment stress. Most people have some stress-related reactions during and after serving in a war zone that are likely to have some temporary effects on feelings, thinking, and behavior. This is normal and is, in fact, valuable: for example, increased alertness and decreased sleepiness are useful short-term responses to perceived danger.

Since your post-deployment stress level is low, you may have already learned ways to manage your stress. If you do begin to experience increased levels of stress or reminders about your experiences during deployment, there are several simple strategies you can use to bring your stress back down to a more manageable level. We will be showing you some of these strategies at the end of your feedback section.

[Alternate Rollover Text] LOW LEVEL OF POST-DEPLOYMENT STRESS

This is considered a low level of post-deployment stress. People at this level should be doing OK, and may find that their low-level stress has value. For example, increased alertness and decreased sleepiness can be useful short-term responses to danger.



30-43

MODERATE LEVEL OF POST-DEPLOYMENT STRESS

[Moderate] A person scoring in this range is probably having some problems that may be related to their deployment experiences. When in danger, it's natural to feel afraid – even if you don't identify the feeling as fear. This fear triggers many split-second changes in the body to prepare to defend against the danger or to avoid it. This “fight-or-flight” response is a healthy reaction meant to protect a person from harm.

But some people may feel stressed or anxious even when they're no longer in danger. They may feel tense or afraid, be agitated and jumpy, or feel on alert even when they are in no immediate danger; this tenseness may be accompanied by feelings of sadness or depression, guilt, shame, anger or irritability – even behavioral changes such as increased drinking, drug use, aggressive driving, or other negative health behaviors. If you have these symptoms, you may feel helpless. There are ways, though, that you can help yourself and we will be showing you some of these at the end of your feedback section.

[Alternate Rollover Text] MODERATE LEVEL OF POST-DEPLOYMENT STRESS

A person scoring in this range may be having symptoms related to their deployment experiences. When in danger, it's natural to feel afraid. This fear triggers many split-second changes in the body to prepare to defend against the danger or to avoid it in a “fight-or-flight” response. But people who feel stressed or anxious even when they're no longer in danger may be having some symptoms of PTSD.



44+

HIGH LEVEL OF POST-DEPLOYMENT STRESS

[High] A person scoring in this range may be having significant symptoms related to their deployment experiences. It is normal to have stress reactions after extreme stress and there are many different responses to crisis. Many people have intense feelings such as fear, guilt, or anger after a traumatic event but recover from the experience; others have more difficulty recovering — especially those who have had previous stressful experiences, who are faced with ongoing stress, or who lack support from friends and family — and will need additional help. If your reactions don't go away over time and they disrupt your life, you may be at risk for developing PTSD.

Symptoms of high levels of post-deployment stress often include:

- **Fear or anxiety:** In moments of danger, our bodies prepare to fight our enemy, flee the situation, or freeze in the hope that the danger will move past us. But those feelings of alertness may stay even after the danger has passed. You may feel tense or afraid, be agitated and jumpy, or feel on alert all or most of the time.
- **Sadness or depression:** Sadness after an event may come from a sense of loss---of a loved one, of trust in the world, faith, or a previous way of life. You may have crying spells; lose interest in things you used to enjoy; want to be alone all the time; or feel tired, empty, and numb more than you used to.
- **Guilt and shame:** You may feel guilty that you did not do more to prevent the event. You may feel ashamed because during the event you acted in ways that you would not otherwise have done. You may feel responsible for what happened, or feel guilty because others were injured or killed and you survived.

- **Anger and irritability:** Anger may result from feeling you have been unfairly treated. Anger can make you feel irritated and cause you to be easily set off. You may lash out at your spouse, partner, or friends; have less patience with your children; or overreact to small misunderstandings.
- **Behavior changes:** You may act in unhealthy ways. You may drink heavily, use drugs, or smoke too much; drive aggressively or recklessly; neglect your health and fitness; or avoid certain people or situations.

If you have these symptoms, you may feel helpless. There are ways, though, that you can help yourself. Once you have completely reviewed all of your feedback we will show you some of the strategies you can use to help yourself deal with post-deployment stress.

[Alternate Rollover Text] HIGH LEVEL OF POST-DEPLOYMENT STRESS

A person scoring in this range may have significant stress symptoms. Many people have intense feelings such as fear, guilt, or anger after a traumatic event but recover from the trauma; others have more difficulty recovering and will need additional help. If your reactions don't go away over time and they disrupt your life, you may be at risk for developing PTSD.

Stressors

You answered questions about stress and current stressors in your life. Stress is defined as a feeling of emotional or physical tension and is a normal part of life. In small quantities, stress is good - it can motivate you and help you be more productive. However, too much stress, or a strong response to stress, is harmful. It can set you up for physical or psychological illnesses like infection, heart disease, or depression. Persistent and unrelenting stress often leads to anxiety and unhealthy behaviors like overeating and abuse of alcohol or drugs.

Stress Level - Overall

[INSERT TEXT TO GO WITH SCORE RANGE]

[Low 0-20] Your overall results indicate that you are experiencing low levels of stress in your life, which means you may have already learned ways to reduce your stress. It is important to keep stress to a manageable level, where it does not interfere with regular functioning. Following this feedback, we will be providing you with ways that you may be able to manage your stress if you find it to be increasing in the future.

[Moderate 21-40] Your overall results indicate that you are experiencing moderate levels of stress and that you may need to learn about ways you can reduce your stress or its impact. Dealing with stress now when it is at a moderate level can help you avoid problems in the future. Following this feedback, we will be providing you with ways that you may be better able to manage your stress.

[High 41-72] Your overall results indicate that you are currently experiencing high levels of stress in your life. This level of stress puts you at risk for poor physical health, depression, and other problems such as sleep disruptions or increased anxiety. Following this feedback, we will be providing you with ways that may allow you to reduce your stress.

[page break]

Stress usually occurs when situations are considered difficult or unmanageable. Different people consider different situations to be stressful. Some common stressful situations along with information about your reported stress level are described below. Once you have had a chance to review your feedback we will go over some of the strategies you can use to help deal with various sources of stress.

Stress can take many forms. This page describes 4 areas where people commonly experience stress, and how much stress you reported in each of these areas.

Work Issues [Scores: 0-6 Low, 7-13 Moderate, 14-24 High] – *image of stressed worker*

Stress related to your work can include problems with supervisors and/or co-workers, increases or decreases in your workload, and other general frustrations on the job. Some work stress can be helpful if it leads to better performance; however, excessive stress can interfere with your productivity and impact your physical and emotional health. Your score shows that you are experiencing a [enter text – low, moderate, high – based on score] level of stress related to work.

Family Issues [Scores: 0-5 Low, 6-11 Moderate, 12-21 High] – *image of stressed family*

Family-related stress can arise from conflicts between work and family responsibilities, issues with children, and general marital or relationship problems. While family can be the best sources of support in people's lives, stress related to family issues can also have the opposite effect and lead to feelings of guilt and isolation. Based on your scores, you are experiencing a [enter text – low, moderate, high – based on score] level of family-related stress.

Deployment-related Issues [Scores: 0-4 Low, 5-8 Moderate, 9-15 High] – *image of stressed soldier – separated from family*

Deployment can present stressors at multiple stages: pre-, during, and post-deployment. Separation from family and friends, being far from home, and exposure to combat in unfamiliar environments can take an emotional as well as physical toll. These stressors may lead to low energy levels and feelings of sadness, anger, restlessness, tension, frustration, and irritability. Your score in this area suggests you are experiencing a [enter text – low, moderate, high – based on score] level of stress related to deployment issues.

Personal Issues [Scores: 0-3 Low, 4-6 Moderate, 7-12 High] – *image of stressed character with money or at a desk with bills*

Personal stress, including problems with money, legal issues, housing, health, and other unexpected life events can take a toll on a person's mental and physical health as well. Your score in this area suggests you are experiencing a [enter text – low, moderate, high – based on score] level of stress related to personal issues.

Combat and Operational Stress Reactions

Combat and Operational Stress Reactions (COSRs) are the negative stress reactions that people sometimes have because of the nature of their military jobs. These reactions can develop in a number of areas of your life.

Service members are at risk for stress reactions just like any other individuals, no matter how seasoned or experienced. These stress reactions can affect multiple areas of a person's functioning such as thinking, behavior, emotions, and physical reactions. We have summarized your information on the following pages.

Thought Processes – *image of thinker – or worried characters*

[Scores: 0-6 Low, 7-12 Moderate, 13-18 High]

Sometimes people have a difficult time making decisions or sorting out their thinking. They can also have problems with troubling memories. Your score in this area suggests you are having a [enter text – low, moderate, high – based on score] level of difficulty with thought processes.

Behavior Problems - *image of character in fast car*

[Scores: 0-9 Low, 10-18 Moderate, 19-27 High]

Behavioral problems can include engaging in risky behaviors like drinking, street racing, fighting, or using drugs, or it can mean that you feel restless and have trouble sitting still. People may also find it difficult to be around others and may withdraw. Your score shows that you may be having a [enter text – low, moderate, high – based on score] number of behavior problems.

Emotions – *image of sad character*

[Scores: 0-10 Low, 11-22 Moderate, 23-33 High]

Emotions have to do with feelings and moods. Sometimes people have a hard time controlling their anger or they may feel depressed. Others may feel a lack of control or may not want to be around others. Your score in this area indicates you may be having [enter text – {(low) – only a few; (moderate) – a moderate number of; (high) – significant} – based on score] problems in this area.

Physical Symptoms – *image of tired character*

[Scores: 0-9 Low, 10-18 Moderate, 19-27 High]

Physical symptoms can include difficulty sleeping or feeling tired most of the time. It may also mean you feel your heart racing or have trouble eating. Your score shows that you are having a (enter text – low, moderate, high – based on score) level of physical problems.

Personal Resources

In addition to any problems you might be having, the assessment also asked you about whether you can see any positive aspects of your experiences, including ways in which you may have grown because of them.

Resilience

Resilience is the process of adapting well in the face of trauma, tragedy, or other significant sources of stress - such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences.

Several additional factors are associated with resilience, including:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings

[Scoring: 0-30 Low, 31-50 Moderate, 51-100 High]

Your answers about resilience indicate that you (insert text based on level).

[Low] - may need to work on strategies to improve your resilience to gain more balance in your life. Doing so will help you deal with not only what's going on in your life now, but with stressful events that may happen in the future. In the next section we will be reviewing some of the ways you might increase your ability to bounce back from adversity.

[Moderate] - have a good ability to adjust to stress but may need some additional guidance to develop stronger skills. These skills will help you both now and in the future when significant stressful events happen in your life. In the next section we will be reviewing some of the ways you might increase your ability to bounce back from adversity.

[High] - have a very strong ability to deal with your problems and meet the demands of daily living. These skills will help you both now and in the future when significant stressful events happen in your life.

Benefit Finding

Benefit finding is the ability to see potential good that might come from a negative or painful experience. It includes accepting life's imperfections, becoming more aware of the role of other people in your life, and developing a sense of purpose in life.

After a trauma or other negative experience, some people report a new appreciation of their own strength and resilience. Other people may feel that their relationships are stronger and that they feel emotionally closer to others, especially family and friends. Some people say they appreciate the little things in life. Benefit finding is like the saying "When life gives you lemons, make lemonade."



[Scoring: 0-20 Low, 21-40 Moderate, 41-68 High]

Your scores suggest that you (insert text based on level).

[Low] - may need someone to talk to about your experiences and to help you see how you may be able to find some good in your experiences. Right now, you may have lemons and need someone to help you add sugar to make lemonade. We'll explore ways to enhance benefit finding in the next section.



[Moderate] - have the ability to see some good from your stressful or painful experiences but may need help to put things in perspective. Right now you may have lemons and be thinking about good things you could make with them, but may need someone to help you get started on your lemonade. We'll explore ways to enhance benefit finding in the next section.



[High] - have the ability to grow and change from your experiences and to feel close to others. When life hands you lemons, not only do you make lemonade, you share it with friends and family. How refreshing!



ALCOHOL FEEDBACK

[Introduction Text for AUDIT]

Is the way you drink or the amount you drink harming your health? Should you cut down on your drinking? Some of the questions you answered in the assessment can give you an idea of your risk level when it comes to drinking. Your results are summarized on the following pages.

0-4

LOW RISK DRINKING [ALTERNATE ROLL-OVER TEXT 0-4]

This is considered low risk drinking and it is important to keep to low risk drinking levels. However, keep in mind that the consumption of five or more drinks on any one occasion is regarded as heavy or binge drinking and carries an increased level of risk.

5-15

HAZARDOUS LEVEL OF ALCOHOL CONSUMPTION

People who score in this range are at high risk of experiencing alcohol-related harm. Some people in this range may already be experiencing significant harm from their drinking such as problems in their relationships or injuries related to drinking.

Your results according to the AUDIT questionnaire suggest that you are at an increased risk of harming your health because of drinking. Hazardous drinking is also known as “risky drinking.” This concept is similar to the idea of risky behavior. For example, smoking 20 cigarettes a day may not be accompanied by any present or actual harm, but we know it is hazardous.

If you are drinking in excess of 5 drinks per day for a male or more than 4 drinks a day for females, but not necessarily exceeding the weekly “sensible drinking” limit, you are also at increased risk of harm. Alcohol affects all parts and systems of the body and it plays a role in more than 60 different medical conditions including liver disease, cardiovascular disease, and certain forms of cancer.

If you are regularly drinking at a level that places you at increasing risk you might already have experienced problems like feeling tired or depressed, gaining extra weight, memory loss while drinking, sleeping poorly, and sexual difficulties.

If you are in this category, you are drinking hazardously. You may not be seeking treatment for an alcohol problem, even though you may realize that your drinking is putting you at risk. You therefore have a very important decision to make: whether to cut down on your drinking.

The main way to reduce your risk level is to reduce the number of drinks you consume per occasion. You may want to check out the tips section later for ideas on how to reduce your alcohol consumption.

HAZARDOUS LEVEL OF ALCOHOL CONSUMPTION [ALTERNATE ROLL-OVER TEXT 5-15]

A score in this range indicates consumption in excess of low risk guidelines. Individuals may benefit from speaking with their doctor or other health professional about their consumption and about ways to minimize their risk. Immediate goals might include decreasing the frequency of drinking, maintaining an alcohol free day every week, alternating water with drinks, drinking low-alcohol drinks, or keeping a drinking diary to see just how much you are drinking.

16-19

HARMFUL LEVEL OF ALCOHOL CONSUMPTION

A person scoring in this range will already be experiencing significant alcohol-related harm. The harmful drinking category applies to people drinking over medically recommended levels, probably at somewhat higher levels than in hazardous drinking. It suggests that you are at higher risk of harming your health because of drinking.

The problems that are being detected by you at this stage may be acute, such as an alcohol-related accident, acute pancreatitis or acute blood poisoning. You are also likely to have experienced feeling tired or depressed, gaining weight or having periods of memory loss when drinking. You may be sleeping poorly or having sexual difficulties. You may find it difficult to reduce or limit your drinking but there are useful strategies you can try and we will provide some of these tips later in this session.

If you are in this category, the amount you are drinking is likely to be causing you harm-- in fact, it might even be having bad effects on your body that you are not aware of. You have a difficult decision to make: should I cut down on my drinking?

HARMFUL LEVEL OF ALCOHOL CONSUMPTION [ALTERNATE ROLL-OVER TEXT 16-19]

A person scoring in this range is at a high-risk for alcohol-related problems or at a harmful drinking level. They may also be developing a dependence on alcohol. One should seriously consider seeking support to make changes in drinking.

20+

POSSIBLE ALCOHOL DEPENDENCE [ALTERNATE ROLL-OVER TEXT 20+]

A person scoring in this range is drinking at the highest risk levels. They are also likely to be dependent on alcohol. One should definitely consider seeking support to reduce drinking.

[Introduction Text for 4 Cs]

Your responses to the alcohol questions are summarized into four broad categories that we like to call the 4 Cs: Consumption, Costs, Calories, and Consequences. We hope you find this information useful in deciding whether you want to make any changes in your drinking. It's up to you to decide if you want to change.

[INSERT GRAPHIC OF THEIR WEEKLY DRINKING COMPARED TO NORM]

Consumption

[Below recommendation:]

Based on your responses, your total monthly consumption is $\langle \#DaysDx\# \times \#AvDx\# \rangle$ drinks. Your total weekly consumption is $\langle \#DaysDx\# \times \#AvDx\# / 4.3 \rangle$ drinks, which is below the recommended USDA average of 7 drinks for women and 14 drinks for men. Based on this information, you may benefit from continuing to limit your weekly intake of alcohol. Read on for more results and reasons why continuing to limit your drinking may be beneficial to you.

[Equal to recommendation:]

Based on your responses, your total monthly consumption is $\langle \#DaysDx\# \times \#AvDx\# \rangle$ drinks. Your total weekly consumption is $\langle \#DaysDx\# \times \#AvDx\# / 4.3 \rangle$ drinks, which is equal to the recommended USDA average of 7 drinks for women and 14 drinks for men. Based on this information, you may benefit from limiting your weekly intake of alcohol. Read on for more results and reasons why limiting your drinking may be beneficial to you.

[Above recommendation:]

Based on your responses, your total monthly consumption is $\langle \#DaysDx\# \times \#AvDx\# \rangle$ drinks. Your total weekly consumption is $\langle \#DaysDx\# \times \#AvDx\# / 4.3 \rangle$ drinks, which is above the recommended USDA average of 7 drinks for women and 14 drinks for men. Based on this information, you may benefit from cutting down your weekly intake of alcohol. Read on for more results and reasons why reducing your drinking may be beneficial to you.

The USDA recommends that women drink no more than 7 drinks per week and that men drink no more than 14 drinks per week. But that's not the full story – men should have no more than 3 drinks on any one day and women should have no more than 2 drinks on any one day.

Cost of Drinking

Drinking can be an expensive habit, and while you may not notice spending a dollar here and a dollar there on alcohol, the cost of alcoholic drinks can add up. This compounded cost can take away from your ability to put money toward other personal expenses or things you would like to save up for. Chances are, if you are supporting a habit like drinking alcohol, you are spending quite a chunk of change. If you do not believe it, check out the information below to see how much money per month/year you could potentially be spending on something else.

[INSERT CALCULATIONS FOR MONTHLY/YEARLY COSTS AND FOR WHAT COULD HAVE BEEN PURCHASED]

Calories from Drinking

Did you know that a glass of wine has the same calories as a slice of cake? How about a pint of beer – surprised to hear it's the caloric equivalent of a burger?

Wine, beer, spirits and all our favorite drinks are made by fermenting and distilling natural starch and sugar. Being high in sugar means alcohol contains lots of calories – 35 calories an ounce in fact, almost as many as pure fat!

Calories from alcohol are 'empty calories' – they have no nutritional value. Most alcoholic drinks contain traces of vitamins and minerals, but not usually in amounts that make any significant contribution to our diet.

It's not just the calories that are a problem for our waistlines, drinking alcohol reduces the amount of fat your body burns for energy. While we can store nutrients, protein, carbohydrates, and fat in our bodies, we can't store alcohol. So our systems want to get rid of it – and doing so takes priority. All of the other processes that should be taking place (including absorbing nutrients and burning fat) are interrupted.

[Insert calculations for calories and graphics for cheeseburgers and effort to burn calories.]

Based on your responses, you take in an additional xx calories per month from drinking alcohol. This is the same as eating xx cheeseburgers.

If you wanted to burn these calories, you would need to run for xx hours.

Consequences of Drinking

Alcohol use usually starts socially, but soon enough, it is not only your bank balance and physical fitness that may be affected by heavy drinking - excessive consumption of alcohol can cause more serious alcohol-related problems and can have significant physical, psychological, and social complications. Your health, personal relationships, and overall lifestyle may all benefit from a change in drinking behavior.

[Insert the applicable sentences for each consequence with a response greater than zero.]

Physical Health Issues

Your responses indicate that you may have experienced some physical health issues because of your drinking in the past 30 days.

- **FELT SICK OR THROWN UP** [AlcCon2] One of the many functions of the human brain is to let the body know quickly when it's time to rid itself of a toxin that shouldn't be there. The body recognizes when it has been exposed to a toxic level of alcohol, even if the person drinking cannot, and reacts by causing the person to throw up to safeguard from further damage, such as alcohol poisoning.
- **INCREASED TOLERANCE** [AlcCon10] Developing tolerance also may mean that the amount you usually drink has less and less of an effect. Becoming more tolerant can lead to damage to internal organs, like the liver.
- **HANGOVER** [AlcCon11] In addition to the physical symptoms like nausea and headache, a hangover may also cause psychological symptoms including increased feelings of depression and anxiety.

Impact on Family and/or Work Responsibilities

Your responses also show that your drinking behaviors in the past 30 days may have had an impact on your ability to uphold important family or work responsibilities.

- **LATE FOR WORK** [AlcCon3] Excessive alcohol consumption can get in the way someone's ability to keep up with regular responsibilities, causing them to show up late for work or not at all, potentially resulting in punishment or even discharge or being fired.
- **RELATIONSHIP PROBLEMS** [AlcCon5] A relationship, whether an intimate relationship, marriage, friendship, or parental relationship, can be affected by alcohol. Erratic behavior, lack of adequate daily performance, and being impaired from alcohol can affect any relationship negatively, leading to arguments and even loss of relationships altogether.
- **NEGLECTING RESPONSIBILITIES** [AlcCon6] Heavy drinking can get in the way of maintaining regular family responsibilities as well as productivity at work, potentially resulting in strained relationships at home and/or disciplinary action taken at work.

Risky Behavior/Lifestyle

Your responses indicated that your drinking behaviors in the past 30 days may have caused you to engage in risky behavior that could be harmful to the overall safety and well-being of you and others.

- **DRINKING AND DRIVING** [AlcCon1] Driving while under the influence of alcohol is dangerous, and drivers with alcohol in their bloodstream are at greatly increased risk of car accidents, highway injuries and vehicular deaths.
- **FIGHTING** [AlcCon4] Excessive drinking is a contributor to fights and to both interpersonal and sexual violence, which can result in harm to one or both parties involved.
- **SEXUAL RISK TAKING** [AlcCon7] Alcohol misuse is associated with risky sexual behavior, including unprotected intercourse and sexual coercion, resulting in increased risk of sexually transmitted infections and/or unplanned pregnancy.
- **ARREST** [AlcCon8] Heavy drinking can also impair mental and motor skills, causing drunk driving and/or other drunken behaviors that may result in trouble with the law and excessive costs to you or others.
- **BLACKOUTS** [AlcCon9] An episode of heavy drinking may be accompanied by forgetting all or part of what occurred during drinking, even if someone who is drunk hasn't passed out. This experience is called having a "blackout."

Intro Text for Strengths

Your Personal Strengths

The GOOD NEWS. Often, even when faced with problems or challenges, people have strengths they didn't know they had- or maybe they forgot they had. We want to remind you of your strengths and show you how they might be helpful if you decide to change your drinking. Let's take a look at what some of your strengths are, based on your answers to the assessment.

Resilience

Resilience is the ability to "bounce back" from challenges or painful experiences. People who are resilient adapt well in the face of adversity and are able to take away something positive from a negative experience. Several additional factors are associated with resilience, including the capacity to make realistic plans and take steps to

carry them out, a positive view of yourself and confidence in your strengths and abilities, skills in communication and problem solving, and the capacity to manage strong feelings.

[Scoring: 0-30 Low, 31-50 Moderate, 51-100 High]

Your Resilience score suggests that you (insert text based on level)

[Low] – have the basics but may need to work on strategies to improve your resilience in order to gain more balance in your life. Doing so may help you change your drinking, if you decide you would like to.

[Moderate] - have a good ability to bounce back from challenges but may need some additional guidance to develop stronger skills. These skills will help you both now and in the future when difficult situations arise that may contribute to your drinking.

[High] - have a very strong ability to deal with your problems and meet the demands of daily living. These skills will help you both now and in the future when challenges arise that may contribute to your desire to drink.

Benefit-Finding

Benefit-finding is the ability to see potential good that might be derived from a negative or painful experience. Succinctly, benefit-finding is like the saying “When life hands you lemons, make lemonade.” Let’s take a look at your benefit-finding skills, based on your answers to the assessment.

[Scoring: 0-20 Low, 21-40 Moderate, 41-68 High]

Your Benefit-Finding score suggests that you (insert text based on level)

[Low] – can sometimes see the bright side but may need someone to talk to about your experiences and to help you see where your own strengths are. If you would like to change your drinking habits, seeing the positive side of making changes may help you.

[Moderate] - have the ability to see some good from your stressful or painful experiences but may need to better understand the personal significance of them. If you would like to change your drinking habits, the ability to “find a silver lining” may help you make those changes.

[High] - have the ability to grow and change from your experiences and to feel close to others. Good for you! If you decide that you would like to change your drinking, this ability will help you achieve your goals!

Appendix C

Text for Stress and Alcohol Interventions

Stress Intervention, Section 1

By now you have had a chance to review some feedback about your overall stress level and some specific areas of your life that may be contributing to unhealthy amounts of stress. The next three sections of this program will help you understand more about the effects of stress and provide you with the tools to assess whether you want to reduce the stress in your life. If you decide you want to “de-stress,” we will help you learn techniques to make your stress more manageable so you can live more healthily. Click “Next” to start the program!

I. A Little Stress Goes a Long Way – The Basics

So, first off, what do we know about stress? Stress is any type of physical, emotional, or psychological strain you experience because an event (or number of events) has upset your personal balance and makes you feel frustrated or threatened.

There are two types of stress, and each type can occur across different lengths of time.

Types of stress:

- **Positive Stress** – fun and/or exciting stress, like preparing for a sports competition, starting a new job, or getting married
- **Negative Stress** - what we normally think of when we think of “stress” – the bad kind; this can include situations like road rage in response to traffic jams or anger when dealing with a computer virus

Time periods for stress:

- **Short-term** – day-to-day stress that may include events like rushing to meet a tight deadline for work or arguing with your spouse or partner
- **Long-term** – “never-ending” stress where a person is constantly dealing with the situation and can’t seem to “escape” it, such as things like dealing with financial problems or chronic health issues

Now, based on these categories, think about what stresses you the most. Keep these examples in mind as you work through this stress program.

A. What happens when you’re stressed?

We now know about stress and the different types, but regardless of what kind you’re facing, it’s a fact that stress happens to everyone. Because of this, our bodies are physically equipped to

automatically react when stressful situations arise. Click the arrows on the different areas of the body below to learn more about how our bodies react to stress.

[HAVE AN IMAGE OF A BODY AND HAVE ARROWS POINTING TO VARIOUS PARTS WITH ASSOCIATED POP-UP TEXT, AS OUTLINED BELOW. THE TEXT WILL POP-UP WHEN A GIVEN ARROW IS CLICKED.]

[Arrow to brain] – Stress hormones release

[Arrow to eyes] – Pupils dilate and eyesight sharpens

[Arrow to mouth and lungs] – Breathing quickens

[Arrow to patch of skin] – Pain perception decreases

[Arrow to heart] – Heart pounds faster and blood pressure rises

[Arrow to hands] – Palms get sweaty

[Arrow to arm and leg muscles] – Muscles tense up

Stress Responses – Life-savers!

Stress may sound like something you would always want to avoid, but actually, as we see above, not all types of stress are harmful or negative. Stress causes our bodies to react with what are called **stress responses**. These stress responses act as “fight-or-flight” defenses to keep us focused, energized, and alert so that we can deal with stressful situations quickly and safely. For example, stress responses come to the rescue by providing heightened alertness to hit the brakes quickly to avoid a traffic accident. Stress responses also help you stay focused to get through important nerve-wracking challenges like giving a presentation or being interviewed.

Effects of Stress – What’s Healthy?

Everyone has stress responses, but stress comes in all shapes, sizes, and magnitudes, so it can have different effects, depending on a person’s ability to cope with it. Unfortunately, sometimes stress becomes so overwhelming that it stops being helpful and starts causing major damage to your health, mood, productivity, relationships, and quality of life. Take a look at the diagrams below to see the ranges of stress effects, from those that are more common all the way to those that may require personal efforts to manage. Think about your own responses to recent stressful situations and see where you may fall on each continuum.

[HAVE A SERIES OF HORIZONTAL BARS WITH SHADING FADING FROM GREEN TO RED FOR EACH TEXT LINE BELOW. EACH BAR SHOULD HAVE “COMMON” WRITTEN OVER THE TOP OF THE LEFT SIDE AND “MAY REQUIRE MANAGEMENT” OVER THE TOP OF THE RIGHT SIDE. LINE UP TEXT BELOW EACH BAR AS INDICATED BELOW.]

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Unhappiness [Under Red Side:] Crying spells or feelings of depression

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Brief physical or emotional fatigue [Under Red Side:] Frequent colds, insomnia, or other ailments

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Heightened concentration or alertness [Under Red Side:] Problems concentrating or remembering

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Temporary cravings or lack of hunger [Under Red Side:] Chronic binge-eating or under-eating

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Feelings of frustration [Under Red Side:] Anger or irritability with frequent arguments

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Tension headaches or backaches [Under Red Side:] Constant migraines, unexplained aches or pains

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Nervousness [Under Red Side:] Feelings of anxiety or being constantly “tightly wound”

Common

May Require Management

[Insert bar diagram]

[Under Green Side:] Desire to take a temporary break from the stressor [Under Red Side:] Desire to smoke and/or drink to cope with feelings

B. Can you handle stress yourself, or do you need some help?

After reviewing the information on the last page, you now have some decisions to make about whether you can handle stress on your own, whether you want to consider ways to actively manage your stress to create healthy and successful outcomes, or whether you could use some professional help with managing stress. The stress is going to be there – it’s all in how you deal with it!

To start actively managing your own stress in healthy ways, the next two sections of this program will encourage you to do the following:

- Identify what might be making you “stress out” and how you respond to these stressors.
- Learn healthy, effective tips and techniques for coping with stress.
- Create an action plan with ways to try to reduce the impact of stressful situations on your health.

The following sections are great places to start, but in case your stress responses are more than you feel you can handle, we have provided more information for where you can turn if you feel that you are in urgent need of help.

When to Call Your Health Care Provider

Some stress responses may require a trip to the doctor because they cause problems in other aspects of your life, like your job or your personal relationships. The list below includes instances that may require seeing a health care provider:

- You have tried your own stress management without success, or you feel that your stress will not resolve itself without professional help.
- You find that you are unable to function properly at work or home.
- You have sudden feelings of intense panic.
- You have anxiety that is elicited by the memory of a traumatic event.

When to Call 911

Though it is very rare, extreme unmanaged stress responses can sometimes build on each other as time goes on and cause life-threatening situations. Below is a list of reactions that require immediate attention by calling 911:

- Thoughts of suicide or wanting to hurt someone else.
- Crushing feeling of chest pain, paired with shortness of breath, dizziness, and/or sweating. This may be a heart attack.
- Dizziness, rapid breathing, or racing heartbeat for the first time or worse than usual.

Additional Resources

We have also included a list of additional resources for stress management on the home page of this stress program. Be sure to check out those links to learn more about how to manage your stress.

Now click on “Next” to begin better understanding your stress and how to cope with it.

Stress Intervention, Section 2

Understanding Your Stress

So now that you have the basics, let's focus on specific areas that you reported as causing you the most stress. In the next two sections we will:

- show you the things you said are most stressful to you
- go over some common ways people cope with their stress
- find out some things you typically do to handle stress
- let you know how your ways of coping can help or hurt your overall well-being.

I. What stresses you the most?

First, let's go over the things you said stress you the most. A lot of times, there's one area of life that people have more stress in than others. We're going to look at your answers to the earlier questions and see if there's a specific area in your life that causes you more stress than others.

Based on those answers, most of your stress seems centered around **[AREA OF STRESS WITH MOST STRESSOR ITEMS=3; INSERT INTERVENTION TEXT FOR SPECIFIC AREA INDICATED. IF TIE, WILL PRESENT BOTH.]**

[WORK ISSUES]

work issues. Problems at work can include:

- Frequently having to move or deploy
- Having relationship problems with the people you work with
- Changes in your workload, either having more work or less work than usual

Problems at work are often related to communication problems, which can lead to stress and conflict. Conflicts aren't resolved through arguments, but through talking about the issue and coming to a resolution. When you face a problem or feel stressed at work, here are some things to keep in mind that may help you reduce that stress:

- Listen to what the other person is saying, and ask questions to really understand what they mean.
- Step back, take a deep breath, and try to see things through their eyes before you react.
- Look for one positive thing in the situation and focus on that thing to keep the conversation moving forward .

[FAMILY ISSUES]

family issues. Family-related problems can include:

- Conflicts between military and family responsibilities

- Having relationship problems with your spouse, significant other, and/or children
- Health problems of your family members

Problems with family members often arise from poor communication and can lead to feelings of resentment and frustration. It's important to be able to talk openly and honestly about the things each person is thinking, and to approach problems together instead of placing blame and letting negative sentiments grow. When you face conflict and stress with family members, or when you have conflicts related to family responsibilities, here are some things to keep in mind that may help you resolve problems and reduce stress:

- Have an honest conversation about what's causing the stress or frustration to get things out into the open and start to clear the air.
- Plan active steps to resolve the conflict – if the conflict is about the amount of time you spend with your family, plan specific family time once a week and an activity you can do together, such as a family meal at home or a family hike.
- Tell the other person how you feel – reminding yourself and others how much you care about them outside the immediate conflict can go a long way toward resolving the issue.

[DEPLOYMENT-RELATED ISSUES]

deployment-related issues. These can include:

- Being far away from family and friends for long periods of time
- Being separated from other members of your unit at home
- Being exposed to combat or other operational situations

Deployments can be a critical part of the important job that you do, and can create lots of unique stress that most other people can't understand. And that's probably true, since most of them won't ever go through a deployment. But there are things you can do before, during, and after deployment to manage your stress:

- Prepare for deployment by spending time with those who are most important to you, doing things that you enjoy and find relaxing.
- While you are gone, continue to do things that you find relaxing whenever you can, such as listening to music, writing in a journal, or catching up on some reading.
- Go easy on yourself when you get home from deployment as you readjust to being in your old environment and transition back into your non-deployed life. Remember, Rome wasn't built in a day – take time to ease back into activities and relationships.

[PERSONAL ISSUES]

personal issues, which can include:

- Having money, legal, or health problems
- Unexpected events such as home robbery, hurricane, or flood

Some life stressors may feel uncontrollable and overwhelming – like you just can’t catch a break. It’s true that some problems aren’t easily solved, but everything doesn’t have to be done all at once. Ever heard the phrase “pick your battles?” That’s what we mean here. Even small steps can lift your mood, increase your energy, and make you feel like you’re back in the driver’s seat. Try taking things one step at a time, and as you start to make some headway, you’ll soon notice a reduction in your stress levels. You can start to handle stress from personal issues by:

- Finding someone you trust (a friend, family member, neighbor, or clergy) who will listen to you - often, just talking to a friend or loved one is all that is needed to start to relieve stress and anxiety.
- Identifying one positive thing in the situation and focusing on that thing to start moving forward on a solution.
- Setting specific goals for resolving personal issues, and outlining small, actionable steps toward achieving those goals.

You can start to manage your stress by recognizing when things are stressful and paying attention to the things that seem to be causing the most stress. In this next section we’ll look at how you tend to deal with stress and if there are ways of coping that you may want to add or change to your current “coping toolbox.”

II. How do you cope?

Now that you’re aware of the things that stress you out the most, let’s focus on ways of coping with that stress. There are all sorts of ways that people manage their stress; some are conscious efforts to manage stress in a healthy, positive way, while others may actually be unhealthy and harmful.

Think about the things you do when you feel stressed out. From the list below, put a check beside the things you do most often when you feel stressed.

**[LIST COPING STRATEGIES BELOW WITH CHECK BOXES BESIDE EACH;
ALLOW SELECTION OF AS MANY OR FEW ITEMS AS RESPONDENT CHOOSES.
U = UNHEALTHY; H = HEALTHY]**

Talk to a friend or family member [H]

Light up a cigarette [U]

Have a drink [U]

Say a prayer [H]

Exercise or play sports [H]

Engage in a hobby [H]

Blame yourself [U]

Smoke marijuana or use other illegal drug [U]
Think of a plan to solve the problem [H]
Give up trying to deal with the problem [U]
Eat too much or too little [U]
Take out your stress on others (“lash out,” have angry outbursts, physical violence) [U]
Listen to music [H]
Write in a journal [H]
Take slow, deep breaths [H]

Now click on the link below to see how the healthy and unhealthy ways of coping stack up for you. **[USE USER’S SELECTIONS TO POPULATE A BALANCE SCALE. DISPLAY BALANCE SCALE LISTING HEALTHY STRATEGIES ENDORSED ON ONE SIDE AND UNHEALTHY STRATEGIES ENDORSED ON THE OTHER SIDE, WITH SCALE TIPPED TOWARD WHICHEVER SIDE HAS MORE ENDORSED.]**

[If the scale is weighed toward positive:]

Great! It looks like you’re already using mostly positive, healthy strategies to manage your stress. The next section will provide you with some tips and tools for managing how much stress comes into your life and ways to enhance the things you’re already doing.

[If the scale is weighed negative:]

It looks like you may not be using the most healthy ways of coping with your stress right now. Some unhealthy coping strategies, such as excessive alcohol and/or drug use, can have serious health and legal consequences – if you need immediate help with these types of behaviors, please contact Military OneSource toll-free at 1.800.342.9647 (counselors are available 24/7), or visit www.militaryonesource.mil.

The next section will give you some tips and tools for managing how much stress comes into your life and ways to deal with your stress in more positive, healthy ways.

[If the scale is relatively even:]

It looks like you’re using some healthy and some not-so-healthy ways of coping with your stress right now. The next section will give you some tips and tools for managing how much stress comes into your life and ways to deal with your stress in more positive, healthy ways.

Stress Intervention, Section 3

I. Tips and Tools for Reducing Stress

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

In this section you will learn about some helpful ways to deal with stress. We like to think of coping with stress as engaging in the 4 As – Avoid, Alter, Adapt, and Accept. You can earn an “A” in stress management by adopting some of the strategies below.



Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. However, you may be surprised by the number of stressors in your life that you can eliminate. Roll your cursor over the icons below to get more information about avoiding unnecessary stress.

- **Learn how to say “no.”** Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you're close to reaching those limits. Taking on more than you can handle is a surefire recipe for stress.
- **Avoid people who stress you out.** If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- **Take control of your environment.** If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going shopping is an unpleasant chore, do your shopping online.
- **Avoid hot-button topics.** If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.
- **Pare down your to-do list.** Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the “shoulds” and the “musts.” Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.



Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life. Roll your cursor over the items below for more information.

- **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build and the situation will likely remain the same.
- **Be willing to compromise.** When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.
- **Be more assertive.** Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you've got a work deadline and your chatty roommate just got home, say up front that you only have five minutes to talk.
- **Learn to manage your time better.** Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. But if you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.



[or]



Adapt to the stressor

If you can't change the stressor, change the way you think about it. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Roll your cursor over each item below to learn ways of adapting to stress.

- **Reframe problems.** Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- **Look at the big picture.** Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.
- **Adjust your standards.** Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough." Don't let "perfect" get in the way of "better"!

- **Focus on the positive.** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.
- **Adjust your attitude.** How you think can have a profound effect on your emotional and physical well-being. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts.



Accept the things you can't change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than fighting against a situation you can't change. Roll your cursor over the icons below to get more information about acceptance.

- **Don't try to control the uncontrollable.** Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you *can* control such as the way you choose to react to problems.
- **Share your feelings.** Talk to a trusted friend or make an appointment with a counselor. Expressing what you're going through can be very healthy, even if there's nothing you can do to alter the stressful situation.
- **Learn to forgive.** Accept the fact that we live in an imperfect world and that everyone makes mistakes. Let go of anger and resentments. Free yourself from negativity by forgiving – yourself as well as others – and moving on.

[WILL ADD A LINK TO THE HELPGUIDE HERE – AND HELPGUIDE STATEMENT INDICATING MATERIAL CAME FROM HELPGUIDE -- "©Helpguide.org. All rights reserved. Helpguide.org is an ad-free non-profit resource for supporting better mental health and lifestyle choices for adults and children."]

II. Learning How to Relax

Knowing how to relax is important for your ongoing health and well-being, as well as restoring the passion and joy in your life. Your health is your responsibility. Allowing life's stressors to impact your health negatively result in you feeling under par in everyday activities and could eventually lead to illness. Here are some ways to relax.



Deep breathing. Take a deep breath, as an immediate defense against stress. If you can get in the habit of realizing your stress level rising -- and then always taking a nice, deep breath every time you feel stress beginning to take hold -- you'll have won half the battle just by preventing it from taking over. Don't just sigh; that is too often a sign of quitting or shirking a task.

- Breathe in through your nose and out through your mouth.
- Inhale deeply, hold your breath for five seconds, then exhale slowly, counting to five. Do this ten times to relax your muscles and nerves.
- As you breathe out, visualize the stress and tension leaving your body through your breath.



Practice positive thinking. Positive thinking isn't about wishful thinking; it's about making the most of the situations that you find yourself in and avoiding any tendency to add negative overlays. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.



Use visualization techniques. While you might not feel calm and relaxed, imagining a calm and relaxed scene in your mind can do wonders to improve your outlook. Picture beaches, lying down resting, going for a hike, or whatever helps you calm down to help you stay relaxed.



Practice meditation. Remove all thoughts and emotions from your mind by concentrating on your breathing. Meditation helps you focus on your whole being as a form of relaxation, rather than just focusing on one area of your body as any other relaxation technique tends to do. It can take a while to master, but it is well worth the effort. Consider it a positive challenge!

ACTION PLAN

Learning how to reduce your stress means taking charge of your life. Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. You're worth the time and effort! If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come. It will be helpful for you to create an action plan in order to take positive steps to reduce your stress. Put a check mark in each box below for strategies that might work for you and that you are willing to try to use over the next month or so.

- Exercise - work out, run, walk, go for a bike ride
- Call a good friend
- Write in your journal
- Take a long shower or bath
- Savor a warm cup of decaf coffee or tea
- Play with a pet
- Work in your garden
- Get a massage
- Curl up with a good book
- Listen to music
- Watch a comedy
- Close your eyes and visualize a relaxing scene
- Light some candles
- Go to a movie
- Enroll in a class that interests you
- Practice deep breathing
- Play a video game
- Go to the park
- Play a musical instrument
- Spend time outside
- Meditate
- Learn a language

- Cook a meal for a friend
- Volunteer somewhere locally that interests you

[THE FINAL PAGE OF THE INTERVENTION WILL SHOW USER'S ACTION PLAN (THEIR CHECKED ITEMS) WITH THE POTENTIAL TO PRINT THE PAGE IF THEY WANT TO – THESE ARE THE ITEMS WE'LL ASSESS AT FOLLOW-UP]

Alcohol Intervention, Section 1

How Do I Measure Up?

Now that you have your feedback on your personal drinking level and behaviors, the question is do you need to cut down on your drinking? The next three sections will help you assess whether you should cut down and will provide you with tools and tips to do so.

The first step to making the decision to cut down on drinking is to make sure you know some facts about what are considered standard drinking behaviors and how you compare to them. This first section of the alcohol program will walk you through key general information about drinking and help you determine whether your own drinking behaviors may need a change.

I. What type of drinker are you?

What, if anything, do you do to plan ahead for a drinking outing so that you don't drink too much? Do you pace yourself when you drink? Do you like to play drinking games or get high while drinking alcohol? Your answers to these questions can help you understand whether you are more of a low-risk drinker or a high-risk drinker.

Below are some common behaviors of low- and high-risk drinkers. Review this information to see where you fall in the mix.

LOW RISK DRINKER

- Sips drinks
- Limits drinks to one per hour
- Eats before drinking
- Has money for a phone call or cab fare

HIGH RISK DRINKER

- Plays drinking games
- Drinks to get drunk
- Drinks and drives
- Mixes alcohol and drugs

Safe drinking guidelines have been developed to help you protect your health. Let's face it, no one really wants to be that drunk [insert "guy" or "girl" here based on gender] at the party who ends up passed out in the corner covered in vomit. Everyone is faced with some risk when consuming alcohol, but thinking before you drink can lead to an enjoyable and safe experience.

Do you know what the phrase "I'll just have one drink" actually means? Review the following information on standard drink quantities to determine whether you have a good idea of how much you're actually drinking in one sitting.

Standard Drinks:

Beer or Cooler



**~ 5% alcohol:
12 oz.**

Malt Liquor



**~ 7% alcohol:
8.5 oz.**

Table Wine



**~ 12% alcohol:
4 oz.**

80-proof Spirits gin, vodka, whisky, etc.



**~ 40% alcohol:
1.25 oz.**

Alcohol comes in all different types, colors and containers. Lots of people don't know what counts as one standard drink and don't realize how many standard drinks are in the containers in which these drinks are often sold. Don't be misled into thinking that one bottle/can/glass of alcoholic beverage is one drink. Here are some examples:

For BEER [show a glass or can of beer]

12 oz = 1 drink

16 oz = 1.3 drinks

40 oz = 3.3 drinks

For MALT LIQUOR [show bottle of malt liquor]

12 oz = 1.5 drinks

16 oz = 2 drinks

40 oz = 4.5 drinks

For WINE [show wine bottle]

4 oz = 1 drink

1 bottle = 5 drinks

For HARD LIQUOR [show picture]

A mixed drink = 1 or more depending on alcohol in the drink

Pint = 11 drinks

Fifth = 17 drinks

II. Staying Under the Limit

It doesn't take much to put you over the safe blood alcohol level (BAL) of 0.05%. Drinking up to the safe level means:

- Men of average size can drink up to two standard drinks in the first hour and no more than one standard drink per hour after.
- Women of average size should drink no more than one standard drink an hour.

III. Your Drinking Compared to the Average Person's

Deciding whether you should cut down on drinking may not always be an easy decision. In addition to defining your personal drinking behavior and whether you are typically a low- or high-risk drinker, sometimes it helps to know how your drinking behavior compares to others to get an idea of where you measure up.

What you drink on average: [INSERT GRAPHIC FOR NUMBER OF DRINKS - *Here we will simply insert the higher of AUDIT 2 or AvDx*]

What you think others drink on average: [INSERT GRAPHIC FOR NUMBER OF DRINKS - *Here we will insert the response from OthDx*]

What others actually drink on average: [INSERT GRAPHIC FOR NUMBER OF DRINKS - *Here we will insert: Males aged 18-39 = 3; males aged 40-65 = 2; females aged 18-34 = 2; females aged 35-65 = 1*]

Are you surprised by this result? If so, it is important to remember that most people think others drink more than they actually do. On average, most people don't drink to get drunk.

With that in mind, your drinking appears to be

[insert text:]

[IF LOWER:] somewhat lower than others your age – that's great!

[IF SAME NUMBER:] right on target with others your age – that's great!

[IF HIGHER BY 1-2 DRINKS:] somewhat higher than others your age - you may want to consider ways you can lower your risk of experiencing alcohol-related problems.

[IF HIGHER BY 3 OR MORE DRINKS:] significantly higher than others your age – lowering the number of drinks you have can lower your risk of experiencing alcohol-related problems.

IV. Determining Blood Alcohol Level

Another piece of the picture is being able to understand your drinking and what happens to you when your blood alcohol level (BAL) reaches a certain point. Click on the link below to go into

our virtual bar where you can enter the number and type of drink you might have in an evening, and then we'll tell you your likely blood alcohol level and what happens to your body and behaviors at that level.

[The descriptions by BAL range are below and will be included in the virtual bar:]

0.02-0.03 BAL

Some drinkers at this level begin to feel effects, such as lightheadedness, slight euphoria, and loss of shyness.

0.04-0.05 BAL

A drinker at this level may have feelings of well-being, relaxation, mild euphoria, or sensations of warmth. There may be some minor impairment of reasoning and memory and lowered inhibitions. People may become more talkative.

0.06-0.07 BAL

There may be slight impairment of balance, speech, vision, reaction time, memory, and hearing. Drinkers may lack judgment, be less able to make rational decisions and have lowered inhibitions.

0.08 BAL

This is the legal BAL limit for intoxication in every state. Drinkers at this level may slur their speech, have diminished sight and hearing abilities, and have impaired balance and motor skills. Drinkers at this level may talk louder, act bolder than usual, and exhibit no inhibitions.

0.09-0.125 BAL

Drinkers at this level may have significantly impaired motor coordination, balance, vision, hearing, reaction time. Emotions, good or bad, may become intensified, and mood swings may occur. Memory and judgment are impaired, and a drinker may begin to lose track of the number of drinks he or she has had.

0.13-0.15 BAL

Drinkers at this level have major motor impairment (standing, walking, and talking), loss of balance, blurred vision, and slurred speech. Judgment and perception are severely impaired. Vomiting may occur.

0.16-0.18 BAL

Anxiety and restlessness are very common. The drinker has the appearance of a "sloppy drunk" since there is increased difficulty talking, walking, and standing. There is a sharp increase in chances of physical injury to the drinker or others.

0.19-0.20 BAL

Drinkers at this level have decreased pain and sensation and may not be aware of injury because alcohol numbs pain. The drinker may feel dazed or disoriented and may need help to stand or walk. Gag reflex is impaired, so the risk of choking is higher.

0.25 BAL

All mental, physical and sensory functions are severely impaired. There is increased risk of serious injury from falls or other accidents and asphyxiation from choking on vomit.

0.30 BAL

A drinker at this level may have little comprehension of his or her surroundings. A drinker may pass out suddenly and be difficult to awaken. Drinking at this level or higher may cause possible death from alcohol poisoning or choking on vomit.

0.35 BAL

At this alcohol level, breathing may stop, and coma is possible. This is the level of surgical anesthesia.

0.40 BAL

Breathing and heartbeat are slowed to dangerous levels due to slowdown in nerve activity. Drinking at this alcohol level is likely to result in the onset of coma and possible death due to respiratory arrest.

Alcohol Intervention, Section 2

It's Up to You

This section will help you understand the reasons you drink. It will also give you some helpful information to find better ways of enjoying yourself without drinking. Finally, we will help you to think through what might be good or bad about changing your drinking.

I. Your Reasons for Drinking

People drink for different reasons. Sometimes, just identifying the reasons you drink can help you better understand your drinking and may help you with making a decision about whether to cut back. Put a checkmark beside each reason for drinking that is important to you.

To be more sociable [S]

To fit in with other people [S]

To not feel left out [S]

To be like someone you look up to, admire, or respect (real or fictional) [E]

Peer pressure [S]

To help with emotional pain [E]

To help with physical pain [E]

To feel more confident [E]

To relax or to relieve stress [E]

To cheer up or forget about problems [E]

To celebrate [S]

[SCORING (EMOTIONAL/SOCIAL): EACH ITEM ABOVE HAS EITHER AN “E” FOR “EMOTIONAL” OR AN “S” FOR “SOCIAL” AFTER IT; INSERT TEXT BELOW FOR WHICHEVER HAS MORE AFFIRMATIVE MARKS.]

Drinking alcohol can help people meet certain needs; in your case, those needs appear to be [FILL “mainly social” OR “mainly emotional” or “both social and emotional”] in nature.

[IF EMOTIONAL:]

It appears that you sometimes drink to deal with things that are going on inside you- to deal with stress, to cheer up, or to cover up pain.

[IF SOCIAL:]

It appears that you sometimes drink to deal with things that are happening around you- to be sociable with others, to celebrate, or to have more fun.

[IF BOTH:]

It appears that you sometimes drink to deal with things that are going on inside you, like dealing with stress or wanting to cheer up, and sometimes you drink to deal with things that are happening outside you, like wanting to be sociable with others or to have more fun.

II. Most Important Reasons/Solutions

OK, you've identified some of the reasons why you drink. What are your most important reasons? Knowing which reasons for drinking are most important to you can help you understand where to focus your efforts, if you decide you want to cut down.

[THIS PAGE WILL BE REPOPULATED WITH THE CHECKED ITEMS ON THE PREVIOUS PAGE. IF MORE THAN THREE REASONS WERE CHECKED: "PLEASE RANK YOUR MOST IMPORTANT THREE REASONS FOR DRINKING – PUT A "1" BESIDE YOUR MOST IMPORTANT REASON, "2" FOR YOUR NEXT MOST IMPORTANT REASON, AND "3" FOR YOUR THIRD MOST IMPORTANT REASON FOR DRINKING." IF THREE OR LESS THAN THREE: "THESE ARE YOUR MOST IMPORTANT REASONS FOR DRINKING." "CLICK ON EACH REASON FOR MORE INFORMATION AND SUGGESTIONS ABOUT HOW TO DEAL WITH EACH REASON."]

[WILL SHOW ALL ITEMS SELECTED IN SECTION A]

___ **REASON 1**

___ **REASON 2**

___ **REASON 3**

___ **REASON 4**

[THE FOLLOWING INFORMATION WILL POP UP WHEN CLICKED IF THE PARTICIPANT RANKED THE REASON 1, 2, OR 3:]

To be more sociable

Many times, people feel more sociable when they have had a few drinks - in fact, alcohol is sometimes referred to as a “social lubricant.” Maybe you drink to meet new people, or to bond socially with folks from work. If you want to cut back on your drinking, you could try one of the following:

- Spend time with smaller groups of people who you feel comfortable socializing with.
- Remind yourself before social situations that you have a reason to be there and have worthwhile things to say.
- Talk to a trusted friend to be social.

To fit in with other people

Alcohol is often used to make people feel like they “fit in” with those around them, particularly when those around them are drinking. It can be uncomfortable to be the only person in a group who isn’t drinking. But if you choose to cut back on your drinking, you may realize that the behavior of those around you isn’t as appealing as you thought it was. In addition, you can be the “hero” of the group and serve as a designated driver, ensuring that everybody gets home safely. To cut back your drinking, you could try the following:

- Fit in by being the “hero” of the group and serving as a designated driver, ensuring that everybody gets home safely.
- Look for a new group of friends who share something else in common aside from drinking.
- See if you really *want* to fit in with those around you. Look at their behavior- is it really appealing?
- Ditch the whole effort of trying to fit in, and, instead, do something to make yourself STAND OUT! Try a crazy outfit or play the “social butterfly” and try to get to know as many people as possible.

To not feel left out

Sometimes, it can feel lonely to be the only person not drinking- try to think about reasons why you feel like you have to be “part of the crowd.” Many people like being different from “the norm,” and if you do decide to cut back on or even quit drinking, you can serve as a designated driver! If you start to feel left out, you might consider trying on of these strategies:

- Don’t be afraid of being different – the “norm” is so boring.
- Leave the situation and call a friend who likes you for you.

- Remind yourself that most people don't drink to get drunk, so you don't need to try to "keep up" with that type of behavior.

To be like someone you look up to, admire, or respect (real or fictional)

People in our lives- whether they're people we know, celebrities, or others we might admire from afar- can influence us in ways we might not always recognize. Perhaps your parent always seemed cool and in-control while they were drinking, or your favorite actor or musician has their own liquor label. Keep in mind that you are your own person, and while wanting to be like those we respect is OK, being mindful of our own strengths, uniqueness, and value as a person can mean that we can incorporate what we admire about others into who we are. And, doing so can result in you recognizing you have great qualities that you don't see in the people you were comparing yourself to! To be more like someone you respect or admire, you could try the following:

- Identify other characteristics of the person that you would like to develop within yourself- a great sense of humor, better PT scores, more confidence, or a snazzy wardrobe, perhaps?
- Set goals based on your assessment of why you look up to someone (and as long as they don't involve drinking and aren't illegal).
- Be yourself! Give others a chance to know and like who you really are.

Peer pressure

When others say or do things that make you feel like you need to follow in their footsteps, that's peer pressure. Peer pressure can be a powerful reason for behaviors such as drinking and drug use, as well as for behaviors such as exercise and weight loss. When you find yourself faced with people encouraging you to drink (or to drink more than you want to), you could consider some of the following:

- Have a drink that's smaller or weaker than you might ordinarily have.
- Identify friends who will respect your wishes as opposed to trying to get you to be like them.
- Leave the situation altogether.

To help with emotional pain

Emotional pain affects everybody at some time in his or her life. Drinking alcohol actually makes emotional pain worse, by acting as a nervous system depressant in the brain. So, even if you think you are a happy drunk, that happiness you feel when drinking is short-lived and artificial- in the longer term, drinking alcohol to help with emotional

pain is a bad idea. Doing one of the following to deal with emotional difficulty can be helpful:

- Talk with a friend or someone you trust about your discomfort.
- Find a local counselor therapist to help you manage emotional difficulties and learn how to deal with them in the future.
- Exercise and get those endorphins flowing.

To help with physical pain

Physical pain is, unfortunately, a part of life. Maybe you exercised too hard and have sore hamstrings, or maybe you partied too hard and have a killer hangover headache. You may even have chronic pain as part of an injury. Drinking alcohol is not the best strategy for pain relief! Alcohol can also have dangerous interactions with pain medications. When you're in pain, give your brain and your body a rest and don't drink- try one of these instead:

- Get the pain checked out by a health professional and follow their instructions.
- Get some exercise, if you can- this will release natural painkillers in the brain called endorphins.
- Try deep-breathing or learn relaxation techniques to reduce tension that may be causing pain.

To feel more confident

Often, people drink to feel more confident. As you may know, alcohol can reduce inhibitions and make it easier for us to say or do things we ordinarily might not have the confidence or courage to do. Things like approaching an attractive person, speaking up about your thoughts or feelings, or joining a new sports league all take confidence. Being confident on your own is healthier than when it is a result of alcohol use. If you find yourself needing a confidence booster, wouldn't it be nice to have that boost all the time, instead of only when you're drinking? The points below may help you improve your confidence.

- Consider the following: What are the things you're truly good at, or that others look up to you for?
- Try not to be so critical of yourself – replace negative statements about yourself with the positive ones.
- Remind yourself of your positive qualities as much as possible and start embracing social situations that you would otherwise avoid – no one ever achieved anything by avoiding it. Practicing “taking chances” this way, even if it's only once in a while, will eventually build lasting confidence.

To relax or to relieve stress

Like with emotional pain, sometimes people drink to help relax or to relieve stress. Feeling a little uptight? A few drinks should help, right? Not necessarily! While in the short term you might feel more relaxed or less stressed, using alcohol to calm down, mask problems, or other similar reasons is known as “self-medicating.” And, self-medicating is one of the most common reasons heavy drinkers give for their drinking. If you need to relax or relieve stress, how about doing it in a more healthy, adaptive way?

- Get some exercise, which will release endorphins- natural calming painkillers in the brain.
- Try meditating or doing yoga. There are tons of resources on the Internet or in your local library to help you learn these proven methods of relaxation! (And no, they are not just for crunchy, granola types...)
- Take a hot shower or bath, and take 5 deep, easy breaths.

To cheer up or forget about problems

One of the reasons many people drink is cheer up or forget about problems. Work and relationship stress, money problems, and other challenges can make it tough to get through a day without feeling blue or overwhelmed (or both). But alcohol is not a way to cheer up...in fact, it's a nervous system depressant, which means it actually makes you feel *more* blue or weighed down by problems! Even if you *think* you're a “happy drunk,” when you drink, you're really fooling yourself. Your brain is in control of your happiness, and by drinking, you're telling your brain to calm down. To *actually* cheer up or more effectively deal with your problems, how about trying one of these little gems?

- Distract yourself by reading a good book or magazine or listening to some mood-lifting music.
- Take a nap – sometimes grumpiness from lack of sleep can be confused with being blue or depressed.
- Call a trusted friend and talk about whatever is bothering you in the first place.
- Go for a walk or do some form of exercise- research is clear that the chemicals released during exercise help improve your mood!

To celebrate

It's very common for people to drink when celebrating! Got a promotion? Taking a great vacation? Having an anniversary? Let's drink!!! Keep in mind, though, that alcohol works as a depressant in your brain, so even though you're trying to have fun and celebrate, the alcohol in your system is working against you. To *really* celebrate, check out the tips below:

- Be up front with others who are celebrating that you are planning to stay sober during the event.
- Have a glass of something non-alcoholic in your hand so people are less likely to offer you a drink.
- Participate in activities during the celebration that don't involve alcohol – these activities can include karaoke and dancing.
- Save money for a bigger reward or celebration by leaving the credit card behind and only taking enough cash with you to cover one drink, some food, and cab fare.

III. Pros and Cons of Cutting Down

When a person decides to cut down on drinking they can have mixed feelings. There may be good reasons to cut down, but there may also be negative aspects of cutting down. Read through the list of potential reasons for cutting down on drinking, and checkmark the boxes beside the ones that may apply to your drinking situation and why you may or may not want to cut back.

[A SCALE WILL BE SHOWN HERE, AND THE REASONS WILL BE STACKED ON ONE SIDE OR THE OTHER - "P" ON THE LEFT SIDE AND "N" ON THE RIGHT SIDE. P = POSITIVE; N = NEGATIVE]

I could *save money* [P]

I wouldn't do embarrassing things anymore that I sometimes do while drinking [P] [*no embarrassment*]

I wouldn't be able to make friends on my own [N] [*no friends*]

I could *avoid hangovers* [P]

I wouldn't have the confidence to meet people I'm attracted to [N] [*no confidence*]

I wouldn't have feelings of guilt over having drunk too much [P] [*no guilt*]

I *wouldn't fit in* any more with my friends or I might lose friends [N]

I might *lose weight* or improve my physical health [P]

I don't know how else I would unwind [N] [*couldn't unwind*]

I wouldn't get into unsafe sexual situations. [P] [*no unsafe sex*]

I would *sleep better* [P]

Cutting down would be *too difficult* [N]

Do *better at work or school* [P]

I would have *no way to relax and socialize* [N]

I won't have to worry about DWI or other legal risks any more [P] [*no DWI*]

My problems would increase [N] [*increase in problems*]

My job performance would improve leading to better evaluations and career advancement [P]

I would set a *good example for others* or for my children [P]

My stress would increase [N] [*more stress*]

My mood would improve [P] [*better mood*]

I *won't enjoy food* as much if I can't have a drink with it [N]

Now click on the link below to see how the positive and negative reasons for cutting back stack up for you. [*We will present them with scales showing how the positive and negative stack up – NOTE: the italicized text in the items is simply a way to shorten the text for stacked blocks – the italics should not show up on the page where we are presenting the checklist*]

[If the scale is weighed toward cutting down:]

Great! It looks like you're seriously considering things that you might do to cut down on your drinking. The next section will provide you with some tips and tools for cutting down.

[If the scale is pretty even or weighed against cutting down:]

It looks you may not be interested in making changes to your drinking right now, but in the future you might want to revisit this; the next section will give you some tips and tools for cutting down.

Alcohol Intervention, Section 3

Benefits, Tips, and Your Action Plan

In this brief time, you've learned about risky drinking, what's in a drink, what your own blood alcohol level is when you drink, your reasons for drinking, and some pros and cons of cutting down your alcohol use. In this last section, we'll show you the benefits of cutting down and some tips that may be helpful. We will also help you develop an action plan to achieve your goals

BENEFITS TO CUTTING BACK

There are a number of benefits to cutting back on your alcohol use. Keeping an eye on what you drink can have a positive effect on your overall health and well-being. It can help you:

[THESE WILL SHOW UP AS ICONS TO CLICK FOR INFORMATION]



1. **Watch your weight.** Alcohol is heavy on the calories. And with around 150 calories in an average bottle of beer, cutting down is a great way to stay in shape.



2. **Sleep soundly.** Drinking less means that you get more high-quality shuteye, and as a bonus you'll have fewer 2am toilet trips.



3. **Reduce stress.** Some people drink to relax. But drinking in excess can actually make you feel more stressed and can contribute to problems that can make stress harder to deal with.



[or]



4. **Avoid hangovers.** Keep to the guidelines and you can kiss goodbye to a sore head, dry mouth and that dreaded “what on Earth was I thinking last night?” hangover feeling.



5. **Stay healthy for longer.** Cutting down can be great news for your long-term health. Drinking less alcohol reduces the risks of alcohol-related cancers, diabetes and heart disease. It puts a lot less pressure on the liver too.

TEN TIPS TO HELP YOU CUT BACK

Here are some tips that you might find helpful as you work to reduce your drinking:



- **Tip 1. You decide how much you drink, not your friends**
Drinking is not a contest. You DON'T need to drink all the beers your friends give you. Not all men/women are born equal. Some hold their liquor better than others. If you start feeling bad, but your friends insist on keeping drinking, just STOP. Go drink some juice or water instead.



- **Tip 2. Make it last longer**
If you finish your beer in a minute, you'll be the one not drinking while the others do, and you'll feel compelled to get a new one. So, instead, make it last longer. Talk, take a sip, talk some more, eat some chips, talk some more. A cool tip is to mix beer and sprite –

one bottle of beer, one of sprite, mixed 50/50 in one glass. It obviously lasts twice as long, yet you drink the same amount of alcohol. Your friends won't even notice.



- **Tip 3. Avoid drinking and driving**

Arrange for all of your transportation needs well in advance of a party or drinking occasion. Select a reliable designated driver who agrees to stay sober throughout the party. Leave your car keys at home, or in the possession of the designated driver. Bring enough cash with you in case you need to call a cab for a ride home.



- **Tip 4. Find other ways to relax.**

If the first thing you do after a stressful day at work is head for the bar, break the routine. Read the paper or a book, watch a film, turn up the stereo – they'll all help take your mind off a day at work. Or do some exercise- just 15 minutes jogging or playing a sport can give you a natural high.



- **Tip 5. Keep track of how much you drink.** You can keep the bottle caps in your pocket or come up with some other creative way to keep count. This is particularly important if you have set a limit that you want to stick to but find it difficult to remember how much you drank. If you do this, be sure to take count throughout the night so you don't find out from your next-day hangover that you drank more than your limit.



- **Tip 6. Space your drinks.** By spacing your drinks your BAL will not increase quickly, and you will have more control over the situation. Try setting a time limit for each drink. For example, if you plan to drink 4 drinks over 2 hours, allow yourself a new drink every 30 minutes. Keep track of the time and do not allow yourself to get a new drink until the 30 minutes have passed.



- **Tip 7. Avoid drinking games.** Drinking games are a sure way to lose track of how much you are drinking and a sure way to increase the risk of a BAL that rises too quickly without warning. This can lead to nausea and vomiting, blacking out, passing out, and other nasty possibilities.



- **Tip 8. Learn drink refusal skills.** This can be harder than it sounds. For example, some people don't accept "no thanks" and will continue to pressure you to drink. Also, some people will not feel comfortable just saying "no thanks." Here are some other ways to say no: I have a commitment early tomorrow morning so I can't get hammered tonight; I am on medication that requires that I not drink; I am coming down with a cold; I just finished one, maybe in a little while; I haven't decided yet. Or, you can always accept it and just put it down somewhere without actually drinking it.



- **Tip 9. Take a break from alcohol.** Pick a day or two each week when you will not drink at all. Pay attention to how you feel physically and emotionally on these days. When you succeed and feel better, you may find it easier to cut down for good.



- **Tip 10. Find other things to do.** Often drinking seems like the only thing to do to relax and have fun on a weekend. Just as often, though, people don't think about alternatives – learn a skill, take a class, get involved in a team sport, take a tour – come up with some fun things you can do that don't involve drinking.

ACTION PLAN

Now you're ready to take action! Change can be difficult but your chances of success are better if you have a plan. Here are some specific actions that you can take to successfully cut down or stop drinking. You can pick as few or as many as you like. Please put a checkmark beside the ones that you are willing to try.

[WILL SET THIS UP AS A CHECKBOX AND THEN PROGRAM TO CAPTURE FOR ASSESSING AT FOLLOW-UP]

Pace my drinking, for example, drink no more than one drink per hour.
 Eat before and after drinking.
 Don't try to keep up with friends who are drinking heavily.
 Drink less on days that I drink.
 Drink water after having an alcoholic drink.
 Substitute other means of socializing.
 Keep track of how many drinks I am having.
 Avoid buying in large rounds.
 Don't drive when drinking.
 Talk to other people who used to drink about how they cut down or stopped.
 Make every other beer non-alcoholic.
 Talk to my friends or family about how they can support me.
 Drink more slowly – make each drink last longer.
 Pick a target day to cut down or to stop drinking.
 Keep track of what mood I'm in when I want to drink.
 Avoid drinking games.
 Think about my blood alcohol level when I drink.
 Plan ahead, set a limit and stick to it.
 If I drink in bars, leave my credit cards home and only bring a limited amount of cash with me.
 Avoid drinking when angry, sad, or otherwise upset.
 Commit to being the designated driver for friends and drink only water or soda.

Appendix D

Text for Frequently-Asked Questions

MAIN STUDY FAQ

What does the SUSTAIN study involve?

Participating in the SUSTAIN study will involve completing an online program and a series of questionnaires at several points throughout the study over the course of 6 months.

Who will know if I participate?

The entire process is confidential. Information about your SUSTAIN participation will not go to your command. Only RTI staff will know of your participation and they have signed an oath of confidentiality. In the end, the goal of the program is to help each participant be healthier, better prepared, and more resilient.

Am I required to participate?

Your participation is voluntary. However, the input provided by you and other service members is critical to the success of this study. We hope that SUSTAIN will be able to effectively relieve post-deployment stress and help you to be better prepared for future stress—regardless of where it occurs.

How long will the study take?

The first set of questions will take about 30 minutes. You will then be contacted three times: 1 month, 3 months, and 6 months later; each time we contact you it will take about 20 minutes of your time.

Are there any risks?

There are no physical risks to you by taking part in the study. However, because the program will ask you questions about your post-deployment experiences and resulting stress, you may find this emotionally uncomfortable at times.

What will I receive for participating?

You will receive a novel web-based program that is geared toward enhancing combat effectiveness, organizational health, and overall well-being of service members and families. You may discontinue participation in the study at any time without penalty or loss of benefits to which you are otherwise entitled.

Who is conducting the SUSTAIN study?

The SUSTAIN program is sponsored by the United States Army Medical Research and Materiel Command. RTI International (RTI) will be conducting this study. Headquartered in Research Triangle Park, NC, RTI is a leading independent, nonprofit institute that provides innovative scientific research and technical solutions for government, military, and business clients worldwide.

STRESS FAQ

What is stress?

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response.

How much stress is too much?

We all like excitement in our lives. Sometimes fun things can also cause us stress, and managing stress becomes challenging. Many of us, especially overachievers and 'adrenaline junkies', take on as much as possible, only to feel stressed and overwhelmed. Symptoms are different for everyone, but some common signs that you've had too much excitement and need to slow down include impatience or edginess, lack of enjoyment, sleep problems, or exhaustion.

What are the main causes of stress?

Many people experience stress on a daily basis, and many of the stressors are the same for everyone. Some people are, by nature or habit, more susceptible to stress, or more likely to be stressed by something that would more easily roll off someone else's back. However, according to research, the following are causes of stress to a good portion of the population: jobs and the workplace, financial problems, personal relationships, children, and being too busy.

What are the effects of stress?

How stress affects you depends on many things, such as your personality, what you have learned from your family about responding to stress, and how you think about and handle stress. Over time, stress can affect your immune system, your heart, your stomach, and your skin.

How does positive thinking impact your stress level?

Research shows that a positive frame of mind is very important. People who think positively enjoy better health, have stronger relationships, are more productive, and experience less stress. This is because optimists tend to take more risks, and blame external circumstances if they fail, maintaining a 'try again' mindset; this makes them more likely to succeed in the future, and less upset by failure in general.

How can you avoid stress?

Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower and effectively manage it.

Do women react to stress differently than men?

One recent survey found that women were more likely to experience physical symptoms of stress than men. But we don't have enough proof to say that this applies to all women. We do know that women often cope with stress in different ways than men. Women "tend and befriend," taking care of those closest to them, but also drawing support from friends and family. Men tend to have the "fight or flight" response. Some men cope by "escaping" into a relaxing activity or other distraction.

Does chronic stress cause high blood pressure?

Chronic stress does not cause high blood pressure. The exact causes of high blood pressure are unknown, but some contributing factors include being overweight, eating too much sodium (salt), lack of physical activity and drinking too much alcohol. Chronic stress can take a physical toll on you. It can weaken your immune system and cause uncomfortable physical symptoms like headache and stomach problems.

ALCOHOL FAQ

Why are women at greater risk than men for alcohol problems?

Even though fewer women than men have alcohol problems, research shows that women start to have alcohol-related problems at lower drinking levels than men do. One reason is that, on average, women weigh less than men. In addition, alcohol disperses in body water, and pound for pound, women have less water in their bodies than men do. So after a man and woman of the same weight drink the same amount of alcohol, the woman's blood alcohol concentration will tend to be higher, putting her at greater risk for harm.

What's "at-risk" or "heavy" drinking?

For healthy adults in general, drinking more than these single-day or weekly limits is considered "at-risk" or "heavy" drinking:

- Men – more than **3** drinks on any day or **14** drinks per week
- Women – more than **2** drinks on any day or **7** drinks per week

About 1 in 4 people who exceed these limits already has alcoholism or alcohol abuse, and the rest are at greater risk for developing these and other problems. Again, individual risks vary. People can have problems drinking less than these amounts, particularly if they drink too quickly.

What are the risks of heavy drinking?

You may have heard that regular light to moderate drinking can be good for the heart. With heavy or at-risk drinking, however, any potential benefits are outweighed by greater risks, including:

- **Injuries.** Drinking too much increases your chances of being injured or even killed. Alcohol is a factor, for example, in about 60% of fatal burn injuries, drownings, and homicides; 50% of severe trauma injuries and sexual assaults; and 40% of fatal motor vehicle crashes, suicides, and fatal falls.
- **Health problems.** Heavy drinkers have a greater risk of liver disease, heart disease, sleep disorders, depression, stroke, bleeding from the stomach, sexually transmitted infections from unsafe sex, and several types of cancer. They may have problems managing diabetes, high blood pressure, and other conditions.

Isn't drinking good for the heart?

For some drinkers, the answer can be "yes," depending on the amount. Regular light to moderate drinking can lower the risk for coronary heart disease, mainly among middle-aged and older adults (other factors also cut the risk, including a healthy diet and weight, exercise, and not smoking). Heavy drinking can actually increase blood pressure and damage the heart.

Why is being able to "hold your liquor" a concern?

For some people, it takes quite a few drinks to get a buzz or feel relaxed. Often they are unaware that being able to "hold your liquor" isn't protection from alcohol problems, but instead a reason for caution. They tend to drink more, socialize with people who drink a lot, and develop a tolerance to alcohol. As a result, they have an increased risk for developing alcoholism. The higher alcohol levels can also harm the liver, heart, and brain without the drinker noticing until it's too late. And all drinkers need to be aware that even moderate amounts of alcohol can significantly impair driving performance, even when they don't feel a buzz from drinking.

Appendix E
Text for Stress and Alcohol Myths & Facts

Stress: Myths and Facts

MYTH: Stress and anxiety are the same thing.

FACT: Stress is your response to a change in your environment, be it positive or negative. Your body reacts to change -- falling in love, starting a new job, or suffering an unexpected loss -- with physical, mental, and emotional responses. Anxiety is an emotion that's characterized by a feeling of apprehension, nervousness, or fear.

MYTH: The causes of stress are essentially the same for everyone.

FACT: Something that causes stress for you may not for someone else. Something that's a source of negative stress for one person -- such as a deadline -- might actually be a motivator for someone else.

MYTH: Chronic stress is not related to depression.

FACT: Chronic stress is long-term stress, such as that caused by traumatic events or miserable living conditions. Untreated chronic stress can contribute to major depressive disorder, a form of intense depression that lasts for long periods and can prevent someone from living a normal life. Chronic stress also can contribute to physical illnesses, including high blood pressure, heart disease, and obesity.

MYTH: Stress can cause ulcers.

FACT: Stress doesn't cause ulcers, but it can make them worse. Most ulcers are caused by a germ called *H. pylori*, which researchers think might be contracted through food or water.

MYTH: Stress is everywhere, so you can't do anything about it.

FACT: Not so. You can plan your life so that stress does not overwhelm you. Effective planning involves setting priorities and working on simple problems first, solving them, and then going on to more complex difficulties. When stress is mismanaged, it's difficult to prioritize. All your problems seem to be equal and stress seems to be everywhere.

MYTH: Only major symptoms of stress require attention.

FACT: This myth assumes that the "minor" symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are the early warnings that your life is getting out of hand and that you need to do a better job of managing stress.

Alcohol: Myths and Facts

MYTH: Everyone drinks.

FACT: Not true. In a given month, about 40% of people said they've drank alcohol. That means 60% did not drink alcohol! If you choose not to drink, you're definitely not alone.

MYTH: Alcohol gives you energy.

FACT: This statement is false. Alcohol is a depressant, and it can actually make you sleepy. It slows down your motor skills, which control the way you think, speak, move, and react.

MYTH: I can sober up quickly if I need to.

FACT: If you think that taking a shower, drinking 10 cups of coffee or eating a loaf of bread will help you sober up - think again. The only thing your body needs is time — depending on your weight, it takes about three hours to eliminate every two drinks you've had that night.

MYTH: Driving with someone who drank can be safe, because they drive extra carefully so they don't get pulled over.

FACT: Drinking and driving is extremely dangerous. A person might think they are in control, but alcohol slows down reaction time which makes driving a car one of the worst decisions you can make — even if you had only a little bit to drink.

MYTH: Everyone who gets drunk acts the same.

FACT: There are many factors that affect the body's reactions to alcohol, including weight, age, gender, body chemistry, genetics, amount of food and alcohol consumed — the list can go on. The way one person reacts can be vastly different from how another person reacts.

MYTH: Alcohol makes sex better.

FACT: Alcohol can make people feel less uncomfortable in a social situation. But the reality is that alcohol can actually keep guys from getting or keeping an erection, and it can lower girls' sex drives, too. More importantly, alcohol can affect your decision-making ability: You might put yourself in a risky situation; you might think you're ready to have sex when you're not or you might forget to use some form of protection, such as a condom — which can result in pregnancy and/or contracting a sexually transmitted disease.

MYTH: If I drink too much, the worst thing that can happen is I get my stomach pumped.

FACT: If alcohol is drunk excessively, it can lead to alcohol poisoning which can cause death. Also, drinking excessive alcohol can cause vomiting. When drunk and unconscious, a person may inhale fluids that have been vomited, resulting in death by asphyxiation.

MYTH: Alcohol isn't harmful to my body.

FACT: This statement is wrong. Large amounts of alcohol can take a toll on your body, causing problems like

sleep disruption, nausea and vomiting as well as a hangover. Heavy drinking can inhibit the firing of nerve cells that control breathing, a condition known as respiratory depression — a condition that can be fatal.

MYTH: My friends won't want to spend time with me if I don't drink.

FACT: Friends are your friends no matter what - and they won't give up your friendship over something as simple as drinking. Also, keep in mind that most people are usually too focused on themselves to care what others are — or aren't — doing. They will most likely respect your decision not to drink.

Appendix F

Web Portal Content

1.) All web portal pages before user can access private portal:

- [Public Home page](#)
- [Contact Us](#)
- [Main Study FAQ](#)

- [Consent Form to start screener](#)

Welcome to the SUSTAIN website, and thank you for your interest in the SUSTAIN program! The first step toward participation is to read a little more about the program and determine whether you want to provide consent to participate. The button below will take you to the consent form, so please read carefully and acknowledge whether you would like to participate by clicking either “Agree” or “Disagree.”

- [Consent “Agree” text \[page that collects contact information\]](#)

Thank you for reading the consent form and agreeing to participate! We will now collect some contact information from you and then direct you to complete a short set of questions to determine whether your stress situation will benefit from the program.

If your answers to the following questions indicate that you may benefit from the SUSTAIN program, we will ask you to create a password to go with your user ID, which we will generate from your contact information entered below. The user ID and password will allow you to access the full SUSTAIN program at any time. Please note that no persons other than those directly associated with this program will have access to your information. We will store your contact information separately from your question responses so the two cannot be connected.”

- First name
- Last name
- Email address
- Email address confirmation
- Phone

- [Consent “Disagree” text](#)

You have indicated that you do not consent to participate in the SUSTAIN program. If you have additional questions, please refer to the SUSTAIN website home page for FAQs about the study or feel free to contact us directly using the contact information, also located on the home page. Thank you for your time and interest!

- Screener Introduction text [if “Agree” to consent form]

Thank you for consenting and for providing your contact information!

We have designed this SUSTAIN program to be helpful for individuals who may be experiencing some sort of stress in their lives, so please proceed to the following brief survey to see if you might benefit from participating.

- Thanks for Participation text [Negative Screen score – AUDIT score too low, or AUDIT 1 or AUDIT 2 = 0]

Thank you for your interest in the SUSTAIN program. This program is designed for military personnel who are currently experiencing moderate stress reactions including alcohol use. Based on your responses to the screener questions, you do not seem to have any significant problems in these areas, and thus, you may not benefit from the program. If you feel that you need additional help, we recommend that you contact your healthcare provider. Again, thank you for your interest.

- Substance Abuse Referral text [Negative Screen score - AUDIT score > 20]

Thank you for your interest in the SUSTAIN program. This program is designed for military personnel who are currently experiencing moderate stress reactions including alcohol use. Your responses to the screener questions indicate that you may be using alcohol at levels that may be problematic. For this reason, unfortunately, you are not eligible to participate since the SUSTAIN program is not designed to aid in overcoming alcohol dependence. We want to make sure you get the right kind of help, so we recommend you contact your healthcare provider to get help with your alcohol use. Below are additional websites for further information and assistance:

Military OneSource

www.MilitaryOneSource.com

- A 24-hour call center staffed with master’s-level consultants familiar with the military lifestyle. They answer questions and provide resources and referrals on everyday issues such as dealing with stress, reunion and reintegration after combat duty, and finding services in the local and military communities.
- Specialty consultants have focused training in their consultation areas.
- Face-to-face counseling sessions in the user’s community designed to address short-term, non-medical needs. Examples include concerns related to parenting, relationships, stress, deployment, and reunion and reintegration after deployment. Counseling sessions are also available online or by phone

- The Military OneSource website which provides information to service members and their families in multiple formats, including audios, articles, checklists, organizers, booklets, DVDs, podcasts, and webinars
- Personalized health coaching by phone

National Institute on Alcohol Abuse and Alcoholism

www.niaaa.nih.gov

For information on the causes, consequences, prevention, and treatment of alcohol-related problems from the lead U.S. research agency on alcohol and health: 301-443-3860.

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

For information about substance abuse prevention and treatment services:

- 24-hour Help Hotline: 1-800-662-HELP (4357)

- “Thank you/continue” text [for Positive screen]

Thank you for completing the first step of the SUSTAIN program! Based on the information that you’ve given us, it seems like the SUSTAIN program may be a good fit for you. We will now ask you to create and confirm a password to be used with your log-in user ID. These credentials will then be sent to the email address you provided on the previous page. You can use this information to access the SUSTAIN website at any time. Please create a password and re-enter to confirm it below:

- Password
- Password confirmation

The next step will be for you to complete an assessment that will provide us with more information about your background and current stress situation. This assessment will take approximately 30 minutes to complete. Please be sure you are in a private location to answer the questions, as they may be sensitive in nature. Your answers to the assessment will help the SUSTAIN program determine your specific needs and tailor the helpful information you will receive throughout. After completing the assessment, you will be directed to the stress reduction program which will teach you stress basics and help you determine how to reduce stress in your life.

2.) All web portal pages after user can access private portal:

- Respondent main page (page users will see each time they login) – to be customized based on randomization group
- Customized user content based on randomization group
- Completion of baseline thank you page/“what to do next” text [*contains link back to main page*]

[Three different messages, one for each randomization group:]

Stress: Thank you for completing the survey! To receive feedback on your assessment and learn how you can reduce your stress, please click here:

Stress + Alcohol: Thank you for completing the survey! To receive feedback on your assessment and learn how you can reduce your stress and alcohol use, please click here:

Wait List: Thank you for completing the survey! You will be sent an email reminder to complete a follow-up assessment in 1 month. You will also be asked to complete a follow-up assessment at 3 and 6 months. To return to the homepage please click here:

3.) Content for Emails:

- Credential email to respondents
Thank you for participating in the SUSTAIN study! This email contains your login and password for accessing the SUSTAIN survey, feedback, and intervention components. You may return to the SUSTAIN website [SUSTAIN.rti.org] at any time to review your information from the study.
- Email notification to log in to portal to complete follow-up survey(s)

One month ago you participated in a research study for SUSTAIN.

We want to thank you for your participation!

At the baseline survey, you agreed to let us contact you about the next phase of this research. This email is to invite you to participate in a web-based follow-up survey. If you agree to participate, please complete the survey by following the web link at the bottom of this email message.

The survey questionnaire will take about 20 minutes to complete. Your answers for this questionnaire will be kept private. No personally identifying information will be included on the questionnaire. The results of this survey will be reported as group averages only.

Your login information (ID and Password) can be found below. You should write these down in case you need to logoff during the survey. If someone comes into the room while you are taking the survey and you wish to keep your responses from being seen, there will be a "Logout" button on each screen that will allow you to exit the survey temporarily. If you hit this button the survey will close and terminate the session. You can return to the system and log back in to continue the survey where you left off.

ID:

Password:

If you have any questions about this research, contact one of the main study personnel, Dr. Janice M. Brown, Dr. Laura Strange, or Mr. Russ Peeler, at 1-800-647-9655, (a toll-free number). If you have any questions about your rights as a research participant, you may contact RTI's Office of Research Protections at 1-866-214-2043 (toll free).

Thank you!!

To Begin the survey, please click here:

[The email above is for the 1-month follow-up. The emails for both 3- and 6-month follow-up will be changed ONLY in the first sentence to say:]

Several months ago you participated in a research study for SUSTAIN.

- Holiday emails [with relevant images in each – birthday hat, turkey, hearts, etc...]

Happy Birthday from the SUSTAIN team!!

Happy Thanksgiving from the SUSTAIN team!

Happy Valentine's Day from everyone at the SUSTAIN team!

Don't forget to set your clocks ahead by one hour – a friendly reminder from the SUSTAIN team!

Don't forget to set your clocks back by one hour – a friendly reminder from the SUSTAIN team!

Happy Holidays from everyone at the SUSTAIN team!

Joining you in celebrating our country's independence. Happy 4th of July from the SUSTAIN team!

Remembering the sacrifices of all our veterans on this Memorial Day. The SUSTAIN team.

Saluting our past and present military members – thank you for your service! Happy Veteran’s Day from the SUSTAIN team.

A big “THANK YOU” to all of our service members on this Armed Forces Day – from the SUSTAIN team!

Happy Birthday to the National Guard – from the SUSTAIN team!! [*December 13th*]

- Notifications for follow-ups

[*FIRST follow-up reminder – at four days post first message*]

A few days ago we sent you an email concerning a follow-up assessment for the SUSTAIN study. Your information is critical for helping us understand how deployment may impact future functioning. Please take a few moments to complete this survey.

The survey questionnaire will take about 20 minutes to complete. Your answers for this questionnaire will be kept private. No personally identifying information will be included on the questionnaire. The results of this survey will be reported as group averages only.

Your login information (ID and Password) can be found below. You should write these down in case you need to logoff during the survey. If someone comes into the room while you are taking the survey and you wish to keep your responses from being seen, there will be a "Logout" button on each screen that will allow you to exit the survey temporarily. If you hit this button the survey will close and terminate the session. You can return to the system and log back in to continue the survey where you left off.

ID:

Password:

If you have any questions about this research, contact one of the main study personnel, Dr. Janice M. Brown, Dr. Laura Strange, or Mr. Russ Peeler, at 1-800-647-9655, (a toll-free number). If you have any questions about your rights as a research participant, you may contact RTI’s Office of Research Protections at 1-866-214-2043 (toll free).

Thank you!!

To Begin the survey, please click here:

[*SECOND follow-up reminder – at seven days post first message*]

We understand that people get busy and it may be difficult to find the time to complete your follow-up survey. Your information is important to us and will lead to a better

understanding of how military members respond to the intervention we developed. You may be part of an important group that tests future programs to reduce COSRs. If you are having difficulty accessing the survey, please call the toll free number, 1-800-647-9655, and someone will assist you. Please take a few moments to complete this survey.

The survey questionnaire will take about 20 minutes to complete. Your answers for this questionnaire will be kept private. No personally identifying information will be included on the questionnaire. The results of this survey will be reported as group averages only.

Your login information (ID and Password) can be found below. You should write these down in case you need to logoff during the survey. If someone comes into the room while you are taking the survey and you wish to keep your responses from being seen, there will be a "Logout" button on each screen that will allow you to exit the survey temporarily. If you hit this button the survey will close and terminate the session. You can return to the system and log back in to continue the survey where you left off.

ID:

Password:

If you have any questions about this research, contact one of the main study personnel, Dr. Janice M. Brown, Dr. Laura Strange, or Mr. Russ Peeler, at 1-800-647-9655, (a toll-free number). If you have any questions about your rights as a research participant, you may contact RTI's Office of Research Protections at 1-866-214-2043 (toll free).

Thank you!!

To Begin the survey, please click here:

Content for Feedback Reports (Insert Stress and Alcohol FB pages):

Content for Interventions (Insert Stress and Alcohol Intervention pages):