



--	--	--	--	--	--

Consent Form

- **What is the study about?**

You are being asked to be a volunteer in a research study called "The Millennium Cohort Study" conducted by the US Department of Defense (DoD). This study will follow the long-term health of military personnel during and after their military service. The purpose is to assess the health outcomes of military deployment, military occupations, and general military service. You have been scientifically selected to represent your service branch, gender, service type, military occupation, and age group from among the over two million military personnel serving as of October 2009 in the regular Active Duty, Reserve, and National Guard forces. ***It is very important that you participate because no one else can provide the data your country and fellow service men and women need from you.***

- **What will participation involve?**

You are being asked to do the following:

Complete the attached survey today. You are also being asked to complete 4 follow-up surveys over 12 years, with one survey to complete every three years. Filling out the survey will take about 30 minutes each time you complete it. The surveys contain questions on a broad range of health topics, including medical conditions, health behaviors, and exposures that may affect your health. We will connect your survey data with other data, medical records, or biomarkers collected and maintained by the Department of Defense, or federal and state agencies, on your military service, deployments, and medical care. Additionally, you may be asked to participate in other sub-studies and if you so choose may involve a variety of tests including neurocognitive testing and blood samples.

You will be contacted semi-annually to verify your contact information. In addition, there is a 3% random chance that you will be contacted by telephone for focus group testing. You are one of approximately 200,000 volunteers who are being asked to participate in this very important study.

- **What risks are involved in the study?**

The data collection procedures are not expected to involve any risk or discomfort to you. The only risks to you are those associated with the inappropriate disclosure of data you provide. However, this research group has collected similar information from hundreds of studies over many years without any cases of inappropriate disclosure.

- **How will your data be protected against those risks?**

All surveys will be kept in locked files. When your data are entered into computer files for analysis, your answers will be identified only by a special study identification number known to you and research team members. This number is located on the barcode of your study envelope and survey. Your social security number and any other personal identification information will be removed from your survey and data file upon return to the researchers. Even if someone outside the research team broke into the files, it would be impossible for them to identify your data. To minimize the risk of anyone breaking into the data files, those files will be maintained on DoD computers protected by all the measures required by DoD computer security regulations. All members of the research team with access to data files will be trained in DoD computer security procedures specifically designed to protect sensitive data. Reports of the study findings will contain only group data, so that no individual study participant can be identified. Similar procedures have been used to protect data in previous studies conducted within this research center.

According to the DoD Policy "Interim Regulations to Improve Privacy Protections for DoD Medical Records" dated October 31, 2000, the information you provide is for research purposes only and may not be disclosed except for specifically authorized purposes or with the consent of the individual about whom the information pertains. Uses and disclosures of this information shall comply with provisions of the Privacy Act and implementing regulations.

continued on page 2...

THIS COPY IS FOR YOUR PERSONAL RECORDS. PLEASE REMEMBER TO SIGN AND DATE THE CONSENT FORM ATTACHED TO YOUR QUESTIONNAIRE BOOKLET.

continued from page 1.....

- **How is your information protected if you complete the survey using the Internet web site option?**

All information collected through the Internet survey option is done by using Secure Sockets Layer (SSL) data transmission lines. SSL encrypts, or scrambles, all questionnaire data sent over the Internet. Information will only be understandable when it reaches the investigator database. The same methods of protection listed above will then be followed to further protect your information.

- **What are the benefits of participating in the study?**

While your participation in this study may not directly benefit you, **your participation will help define health care policy for future generations of military personnel and guide prevention and treatment programs for years to come.**

- **Will you be provided medical care based on your responses?**

No. This is a population-based study and data collected will not be used to make decisions about treatment that any individual should receive. If you feel that you might need medical care or counseling you should make contact with the appropriate health care personnel.

- **Do you have to participate?**

No, you do not! Your participation must be completely voluntary. If you decide to participate, you can stop at any time you wish or skip any question you choose. If you choose not to participate or to discontinue your participation, you will not lose any benefit to which you are otherwise entitled. You may change your mind and revoke your permission to further collect or use your health information at any time. If you revoke your permission, no new health information about you will be gathered after that date. However, unless specified otherwise, information that has already been gathered may still be used for analyses. To end participation, contact the principal investigator at MilCohortInfo@med.navy.mil or (888) 942-5222.

Your participation may also be ended by the investigators. While this is not anticipated, available funding or other logistical considerations could conceivably result in the study not running its full course.

- **Who can provide additional information if you need it?**

Questions about the research (science) aspects of this study should be directed to the principal investigator of the Millennium Cohort Study at MilCohortInfo@med.navy.mil or (888) 942-5222. You may also refer to the web site at www.MillenniumCohort.org for more information. Questions about the ethical aspects of this study, your rights as a volunteer, or any problem related to the protection of research volunteers should be directed to Christopher G. Blood, JD, MA, Chairperson, Institutional Review Board, Naval Health Research Center, at NHRC-IRB@med.navy.mil or (619) 553-8386.

- **Where can you find your records if you wish to review them?**

The principal investigator will be responsible for storing the consent form and other research records related to this study. The records will be stored at the DoD Center for Deployment Health Research, Naval Health Research Center, 140 Sylvester Road, San Diego, CA 92106-3521. You can review your surveys until the study ends by contacting the principal investigator at MilCohortInfo@med.navy.mil or (888) 942-5222.

Voluntary Consent

I consent to participate in the study described above. My consent is completely voluntary and is based solely on the information provided in this consent form.

Volunteer's signature

Date (mm/dd/yy)

Volunteer's printed name (first, middle initial, last)

7. What is your **current** marital status?
Choose the single best answer.

- Single, never married
- Now married
- Separated
- Divorced
- Widowed

8. What is the **highest level** of education that you have **completed**?
Choose the single best answer.

- Less than high school completion/diploma
- High school degree/GED/or equivalent
- Some college, no degree
- Associate's degree
- Bachelor's degree
- Master's, doctorate, or professional degree

9. Are you a twin? (or triplet or one of a multiple birth set)

- No
- Yes
- Do not know

10. How tall are you? For example, a person who is 5'8" tall would write 5 feet 08 inches.

feet inches

11. What is your **current** weight? pounds

12. How much did you weigh a **year ago**? ... pounds

If you are **FEMALE**, please continue to question 13
If you are **MALE**, please skip to question 14 on page 5

13. **FOR WOMEN ONLY:**

a. Have you had at least one menstrual period in the **past 12 months**? No Yes

b. If **NO**: what is the reason that you have not had a menstrual period in the **past 12 months**?
Mark all that apply.

- pregnancy and/or breast feeding
- hysterectomy
- contraception or hormone therapy
- other please specify
- menopause
- unknown

	No	Yes	Does not apply
c. During the week before your period starts, do you have a serious problem with your mood - like depression, anxiety, irritability, anger, or mood swings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. If YES : do these problems go away by the end of your period?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Have you given birth within the last 3 years ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Have you had a miscarriage within the last 3 years ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. During the last 3 years , have you tried and been unable to become pregnant?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Has your doctor or other health professional **ever** told you that you have any of the following conditions?

			If YES , in what year were you first diagnosed?	Mark here if you were ever hospitalized for the condition
a. Hypertension (high blood pressure)	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
b. Coronary heart disease	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
c. Heart attack	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
d. Angina (chest pain)	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
e. Any other heart condition	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
please specify <input type="text"/>				
f. Sinusitis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
g. Chronic bronchitis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
h. Emphysema	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
i. Asthma	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
j. Kidney failure requiring dialysis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
k. Bladder infection	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
l. Pancreatitis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
m. Diabetes or sugar diabetes	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
n. Gallstones	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
o. Hepatitis B	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
p. Hepatitis C	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
q. Any other hepatitis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
r. Cirrhosis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
s. Fibromyalgia	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
t. Rheumatoid arthritis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized
u. Lupus	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="radio"/> Hospitalized

Question 14 continued on page 6...

Question 14 continued...

Has your doctor or other health professional **ever** told you that you have any of the following conditions?

If **YES**, in what year were you **first** diagnosed?

Mark here if you were **ever** hospitalized for the condition

v. Multiple sclerosis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
w. Crohn's disease	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
x. Stomach, duodenal, or peptic ulcer	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
y. Ulcerative colitis or proctitis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
z. Significant hearing loss	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
aa. Significant vision loss even with glasses or contact lenses ...	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
bb. Migraine headaches	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
cc. Stroke	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
dd. Neuropathy-caused reduced sensation in hands or feet	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
ee. Seizures	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
ff. Sleep apnea	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
gg. Anemia	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
hh. Thyroid condition other than cancer	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
ii. Cancer	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
please specify <input type="text"/>				
jj. Chronic fatigue syndrome	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
kk. Depression	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
ll. Schizophrenia or psychosis	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
mm. Manic-depressive disorder	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
nn. Posttraumatic stress disorder	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
oo. Other	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="radio"/> Hospitalized
please specify <input type="text"/>				

15. During the **last 12 months**, have you had persistent or recurring problems with any of the following?

- | | | | | | |
|---------------------------------------|--------------------------|---------------------------|-------------------------------------|--------------------------|---------------------------|
| a. Severe headache | <input type="radio"/> No | <input type="radio"/> Yes | k. Night sweats | <input type="radio"/> No | <input type="radio"/> Yes |
| b. Diarrhea | <input type="radio"/> No | <input type="radio"/> Yes | l. Chest pain | <input type="radio"/> No | <input type="radio"/> Yes |
| c. Rash or skin ulcer | <input type="radio"/> No | <input type="radio"/> Yes | m. Unusual muscle pains | <input type="radio"/> No | <input type="radio"/> Yes |
| d. Sore throat | <input type="radio"/> No | <input type="radio"/> Yes | n. Shortness of breath | <input type="radio"/> No | <input type="radio"/> Yes |
| e. Frequent bladder infections | <input type="radio"/> No | <input type="radio"/> Yes | o. Trouble sleeping | <input type="radio"/> No | <input type="radio"/> Yes |
| f. Cough | <input type="radio"/> No | <input type="radio"/> Yes | p. Unusual fatigue | <input type="radio"/> No | <input type="radio"/> Yes |
| g. Fever | <input type="radio"/> No | <input type="radio"/> Yes | q. Forgetfulness | <input type="radio"/> No | <input type="radio"/> Yes |
| h. Sudden unexplained hair loss | <input type="radio"/> No | <input type="radio"/> Yes | r. Confusion | <input type="radio"/> No | <input type="radio"/> Yes |
| i. Earlobe pain | <input type="radio"/> No | <input type="radio"/> Yes | s. Other | <input type="radio"/> No | <input type="radio"/> Yes |
| j. Sleepy all the time | <input type="radio"/> No | <input type="radio"/> Yes | please specify <input type="text"/> | | |

16. Over the **past 12 months**, approximately how many days were you hospitalized because of illness or injury? (exclude hospitalization for pregnancy and childbirth)

- None 1 day 2-5 days 6-10 days 11-15 days 16-20 days 21 days or more

17. Over the **past 12 months**, approximately how many days were you unable to work or perform your usual activities because of illness or injury? (exclude lost time for pregnancy and childbirth)

- None 1 day 2-5 days 6-10 days 11-15 days 16-20 days 21 days or more

18. During the **last 4 weeks**, how much have you been bothered by any of the following problems?

- | | Not bothered | Bothered a little | Bothered a lot |
|--|-----------------------|-----------------------|-----------------------|
| a. Stomach pain | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Back pain | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Pain in your arms, legs, or joints (knees, hips, etc) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Pain or problems during sexual intercourse | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Headaches | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. Chest pain | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. Dizziness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. Fainting spells | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. Feeling your heart pound or race | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. Shortness of breath | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. Constipation, loose bowels, or diarrhea | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. Nausea, gas, or indigestion | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. Women only: menstrual cramps or other problems with your periods | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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

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

If you have been bothered by any of the items listed above, you may want to seek help from a health professional in your area.

20. a. In the **last 4 weeks**, have you had an anxiety attack - suddenly feeling fear or panic? No Yes

If you marked NO, please skip to question 22 on page 9

b. Has this ever happened to you before? No Yes

c. Do some of these attacks come **suddenly out of the blue** - that is, in situations where you don't expect to be nervous or uncomfortable? No Yes

d. Do these attacks bother you a lot, or are you worried about having another attack? No Yes

21. Think about your last bad anxiety attack.

a. Were you short of breath? No Yes

b. Did your heart race, pound, or skip? No Yes

c. Did you have chest pain or pressure? No Yes

d. Did you sweat? No Yes

e. Did you feel as if you were choking? No Yes

f. Did you have hot flashes or chills? No Yes

g. Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea? No Yes

h. Did you feel dizzy, unsteady, or faint? No Yes

i. Did you have tingling or numbness in parts of your body? No Yes

j. Did you tremble or shake? No Yes

k. Were you afraid you were dying? No Yes

22. Over the **last 4 weeks**, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days
a. Feeling nervous, anxious, on edge, or worrying a lot about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you marked NOT AT ALL, skip to question 23

b. Feeling restless so that it is hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Getting tired very easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Muscle tension, aches, or soreness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Trouble falling asleep or staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Trouble concentrating on things, such as reading a book or watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. On an **average day**, how many 8-12 oz beverages containing caffeine do you drink (such as coffee, tea, soda)?

- None 1-2 per day 3-5 per day 6-10 per day 11 or more per day

24. About how many times **each week** do you eat from a fast food restaurant (such as hamburgers, tacos, or pizza)?

- None Once a week 2-3 times/week 4-7 times/week 8-14 times/week 15 or more times/week

25. a. Do you often feel that you can't control **what** or **how much** you eat? No Yes
- b. Do you often eat, **within any 2 hour period**, what most people would regard as an unusually **large** amount of food? No Yes
- c. If you marked **YES** to either of the above, has this been as often, on average, as **twice a week** for the **LAST 3 MONTHS**? No Yes

26. In the **last 3 months**, have you done any of the following in order to avoid gaining weight?

- a. Made yourself vomit? No Yes
- b. Took more than twice the recommended dose of laxatives? No Yes
- c. Fasted - not eaten anything at all for at least 24 hours? No Yes
- d. Exercised for more than an hour specifically to avoid gaining weight after binge eating? No Yes
- e. If you marked **YES** to any of these ways of avoiding gaining weight, were any as often, on average, as **twice a week**? No Yes

27. In the **last 4 weeks**, how much have you been bothered by any of the following problems?

	Not bothered	Bothered a little	Bothered a lot
a. Worrying about your health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your weight or how you look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Little or no sexual desire or pleasure during sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Difficulties with husband/wife, partner/lover, or boyfriend/girlfriend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. The stress of taking care of children, parents, or other family members ..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Stress at work outside of the home or at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Financial problems or worries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Having no one to turn to when you have a problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Something bad that happened recently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Thinking or dreaming about something terrible that happened to you in the past - like your house being destroyed, a severe accident, being hit or assaulted, or being forced into a sexual act	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. In the **last year**, have you been hit, slapped, kicked, or otherwise physically hurt by someone, or has anyone forced you to have an unwanted sexual act?..... No Yes

29. Are you **currently** taking any medicine for anxiety, depression, or stress?..... No Yes

30. Over the **past month**, how many hours of sleep did you get in an average 24-hour period?..... hours

31. In the **past month** have you experienced...?

	Not at all	A little bit	Moderately	Quite a bit	Extremely
a. Repeated, disturbing memories of stressful experiences from the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Repeated, disturbing dreams of stressful experiences from the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Suddenly acting or feeling as if stressful experiences were happening again	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Feeling very upset when something happened that reminds you of stressful experiences from the past ..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Trouble remembering important parts of stressful experiences from the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Loss of interest in activities that you used to enjoy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Feeling distant or cut off from other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Feeling emotionally numb, or being unable to have loving feelings for those close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Question 31 continued on page 11...

Question 31 continued...In the **past month** have you experienced...?

	Not at all	A little bit	Moderately	Quite a bit	Extremely
i. Feeling as if your future will somehow be cut short.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Trouble falling asleep or staying asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Feeling irritable or having angry outbursts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Difficulty concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Feeling "super-alert" or watchful or on guard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Feeling jumpy or easily startled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Physical reactions when something reminds you of stressful experiences from the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. Efforts to avoid thinking about your stressful experiences from the past or avoid having feelings about them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. Efforts to avoid activities or situations because they remind you of stressful experiences from the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32. In general, would you say your health is: **(Please select only one)**

- Excellent Very good Good Fair Poor

33. In a **typical week**, how much time do you spend participating in...

(Please mark both your typical "days per week" and "minutes per day" doing these activities)

- | | | | | |
|--|----------------------|----------------------|----------------------|--|
| a. STRENGTH TRAINING or work that strengthens your muscles? (such as lifting/pushing/pulling weights) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="radio"/> None
<input type="radio"/> Cannot physically do |
| | Days per week | Minutes per day | | |
| b. VIGOROUS exercise or work that causes heavy sweating or large increases in breathing or heart rate? (such as running, active sports, marching, biking) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="radio"/> None
<input type="radio"/> Cannot physically do |
| | Days per week | Minutes per day | | |
| c. MODERATE or LIGHT exercise or work that causes light sweating or slight increases in breathing or heart rate? (such as walking, cleaning, slow jogging) | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="radio"/> None
<input type="radio"/> Cannot physically do |
| | Days per week | Minutes per day | | |

34. Choose the single best description of your **USUAL** daily activities.

- You sit during the day and do not walk much.
 You stand or walk a lot during the day, but do not carry or lift things often.
 You lift or carry light loads, or climb stairs or hills often.
 You do heavy work or carry heavy loads often.

35. On a **typical day**, how much time do you spend sitting and watching TV or videos or using a computer?

hours per day

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

	No, not limited at all	Yes, limited a little	Yes, limited a lot
a. Vigorous activities , such as running, lifting heavy objects, or participating in strenuous sports?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Moderate activities , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Lifting or carrying groceries?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Climbing several flights of stairs?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Climbing one flight of stairs?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Bending, kneeling, or stooping?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Walking more than a mile ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Walking several blocks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Walking one block?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Bathing or dressing yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	No, none of the time	Yes, a little of the time	Yes, some of the time	Yes, most of the time	Yes, all of the time
a. Cut down the amount of time you spent on work or other activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Accomplished less than you would like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Were limited in the kind of work or other activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Had difficulty performing the work or other activities (for example, it took extra effort)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	No, none of the time	Yes, a little of the time	Yes, some of the time	Yes, most of the time	Yes, all of the time
a. Cut down the amount of time you spent on work or other activities -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Accomplished less than you would like -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Didn't do work or other activities as carefully as usual ---	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

39. During the **past 4 weeks**, to what extent has your **physical health** or **emotional problems** interfered with your normal social activities with family, friends, neighbors, or groups?

- Not at all Slightly Moderately Quite a bit Extremely

40. During the **past 4 weeks**, how much bodily pain have you had?

- None Very mild Mild Moderate Severe Very severe

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

- Not at all A little bit Moderately Quite a bit Extremely

42. During the **past 4 weeks**, how much of the time: (Select the **single best** answer for each question.)

	None of the time	A little of the time	Some of the time	A good bit of the time	Most of the time	All of the time
a. Did you feel full of pep ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Have you been a very nervous person ? --	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Have you felt so down in the dumps that nothing could cheer you up ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Have you felt calm and peaceful ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Did you have a lot of energy ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Have you felt downhearted and blue ? ----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Did you feel worn out ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Have you been a happy person ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Did you feel tired ? -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

43. During the **past 4 weeks**, how much of the time has your **physical health** or **emotional problems** interfered with your social activities (like visiting with friends, relatives)?

- None of the time A little of the time Some of the time Most of the time All of the time

44. Please choose the answer that best describes **how true** or **false each** of the following statements is for you.

	Definitely true	Mostly true	Not sure	Mostly false	Definitely false
a. I seem to get sick a little easier than other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I am as healthy as anybody I know	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I expect my health to get worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. My health is excellent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

45. **Compared to 3 years ago**, how would you rate your **physical health** in general now?

- Much better Somewhat better About the same Somewhat worse Much worse

46. **Compared to 3 years ago**, how would you rate your **emotional health** or **well-being** (such as feeling anxious, depressed, or irritable) now?

- Much better Somewhat better About the same Somewhat worse Much worse

47. Other than conventional medicine, what other health treatments have you used in the **last 12 months**?

a. Acupuncture	<input type="radio"/> No	<input type="radio"/> Yes	g. High dose/megavitamin therapy...	<input type="radio"/> No	<input type="radio"/> Yes
b. Biofeedback	<input type="radio"/> No	<input type="radio"/> Yes	h. Homeopathy	<input type="radio"/> No	<input type="radio"/> Yes
c. Chiropractic care	<input type="radio"/> No	<input type="radio"/> Yes	i. Hypnosis	<input type="radio"/> No	<input type="radio"/> Yes
d. Energy healing	<input type="radio"/> No	<input type="radio"/> Yes	j. Massage	<input type="radio"/> No	<input type="radio"/> Yes
e. Folk remedies	<input type="radio"/> No	<input type="radio"/> Yes	k. Relaxation	<input type="radio"/> No	<input type="radio"/> Yes
f. Herbal therapy	<input type="radio"/> No	<input type="radio"/> Yes	l. Spiritual healing	<input type="radio"/> No	<input type="radio"/> Yes

48. Have you taken any of the following supplements in the **last 12 months**?

- a. Body building supplements (such as amino acids, weight gain products, creatine, etc.) No Yes
- b. Energy supplements (such as energy drinks, pills, or energy enhancing herbs)..... No Yes
- c. Weight loss supplements..... No Yes

49. a. Have you ever received the anthrax vaccine?..... No Yes

b. If **YES**, how many shots of the anthrax vaccine have you received?.....

50. Have you received the smallpox vaccine **after 2001**? No Yes

These next few questions are about drinking alcoholic beverages. Alcoholic beverages include beer, wine, and liquor (such as whiskey, gin, etc.). For the purpose of this questionnaire:

One drink = one 12-ounce beer, one 4-ounce glass of wine, or one 1.5-ounce shot of liquor

51. In your **entire life**, have you had **at least 12 drinks** of any type of alcoholic beverage (including beer and wine)? No Yes

If you marked NO, skip to question 62 on page 16

52. In the **past year**, how **often** did you typically drink any type of alcoholic beverage?

Never Rarely Monthly Weekly Daily

If you marked NEVER, skip to question 62 on page 16

53. In the **past year**, on those days that you drank alcoholic beverages, on average, how many drinks did you have? drinks

54. In a **typical week**, how many drinks do you have? drinks

55. In a **typical week**, how many drinks of each type of alcoholic beverage do you have? beer(s) wine liquor

56. **Last week**, how many drinks of alcoholic beverages did you have?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

57. In the **past year**, on how many **days** did you have 5 or more drinks of any alcoholic beverage? days

58. In the **past year**, how **often** did you typically get drunk (intoxicated)?

Never Monthly or less 2-4 times a month >4 times per month

59. **FOR MEN ONLY:**

In the **past year**, how often did you typically have **5** or more drinks of alcoholic beverages within a **2-hour period**?

Never Monthly or less 2-4 times a month >4 times per month

60. **FOR WOMEN ONLY:**

In the **past year**, how often did you typically have **4** or more drinks of alcoholic beverages within a **2-hour period**?

Never Monthly or less 2-4 times a month >4 times per month

61. In the **last 12 months**, have any of the following happened to you **more than once**?

- a. You drank alcohol even though a doctor suggested that you stop drinking because of a problem with your health No Yes
- b. You drank alcohol, were high from alcohol, or hung over while you were working, going to school, or taking care of children or other responsibilities No Yes
- c. You missed or were late for work, school, or other activities because you were drinking or hung over No Yes
- d. You had a problem getting along with people while you were drinking No Yes
- e. You drove a car after having several drinks or after drinking too much No Yes

62. Have you **ever** felt any of the following?

- a. Felt you needed to cut back on your drinking No Yes
- b. Felt annoyed at anyone who suggested you cut back on your drinking No Yes
- c. Felt you needed an "eye-opener" or early morning drink No Yes
- d. Felt guilty about your drinking No Yes

63. In the **past year**, have you used any of the following tobacco products?

- a. Cigarettes No Yes
- b. Cigars No Yes
- c. Pipes No Yes
- d. Smokeless tobacco (chew, dip, snuff) No Yes

64. **In your lifetime**, have you smoked at least 100 cigarettes (5 packs)? No Yes

If you marked NO, skip to question 69 on page 17

65. At what age did you start smoking? years old

66. How many years have or did you smoke an average of at least 3 cigarettes per day (or one pack per week)? years

67. When smoking, how many packs per day did you or do you smoke?

- Less than half a pack per day
- Half to 1 pack per day
- 1 to 2 packs per day
- More than 2 packs per day

68. Have you ever tried to quit smoking?

- Yes, and succeeded
- Yes, but not successfully
- No

69. Have you **ever** had any of the following life events happen to you?

If **YES**, list
most recent year

a. You moved or changed residence more than once	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b. You changed job, assignment, or career path involuntarily (for example, you lost a job, or you had to take a job you did not like)	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c. You or your partner had an unplanned pregnancy	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
d. You were divorced or separated	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
e. Suffered major financial problems (such as bankruptcy)	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
f. Suffered forced sexual relations or sexual assault	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
g. Experienced sexual harassment	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
h. Suffered a violent assault	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
i. Had a family member or loved one who became severely ill	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
j. Had a family member or loved one who died	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
k. Suffered a disabling illness or injury	<input type="radio"/> No	<input type="radio"/> Yes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

70. Have you **ever** been **PERSONALLY** exposed to any of the following?
(do not include TV, video, movies, computers, or theater)

	No	Yes, 1 time	Yes, more than 1 time	If YES , list most recent year of exposure
a. Witnessing a person's death due to war, disaster, or tragic event ..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
b. Witnessing instances of physical abuse (torture, beating, rape)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
c. Dead and/or decomposing bodies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
d. Maimed soldiers or civilians	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
e. Prisoners of war or refugees	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
f. Chemical or biological warfare agents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
g. Medical countermeasures for chemical or biological warfare agent exposure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
h. Alarms necessitating wearing of chemical or biological warfare protective gear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/>

71. During the **past 3 years**, were you **PERSONALLY** exposed to any of the following?

	No	Don't know	Yes	If YES , list most recent year of exposure
a. Occupational hazards requiring protective equipment, such as respirators or hearing protection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
b. Routine skin contact with paint and/or solvent and/or substances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
c. Depleted uranium (DU)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
d. Microwaves (excluding small microwave ovens)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
e. Pesticides, including creams, sprays, or uniform treatments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
f. Pesticides applied in the environment or around living facilities ..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
g. Any exposure, physical or psychological, during a military deployment that had a significant impact on your health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
please specify <input type="text"/>				

72. Were you ever **seriously injured**, such that you were hospitalized and/or lost at least one day of work? No Yes

If you marked NO, skip to question 74 on page 19

73. If **YES**: please specify year(s) and circumstances, for up to 5 different events. List most recent first. **Mark all that apply.**

	Year of injury event (List each event separately)	Injury included head trauma (lost consciousness, felt dazed, confused or "saw stars", or had trouble remembering injury)	Injury associated with motor vehicle accident/crash	Injury associated with training or sports	Injury associated with combat	Other
1st Event	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2nd Event	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3rd Event	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4th Event	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5th Event	<input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer question 74 ONLY if you are ENLISTED (Active Duty, Reserve, or National Guard)
All others please skip to question 75 on page 20

74. Review the list of military occupational categories below. Select the **two** categories that **best match** your military job and fill in the two-digit codes for your **primary** job code and your **secondary** job code.

PRIMARY JOB CODE

SECONDARY JOB CODE

ENLISTED MILITARY OCCUPATIONAL CATEGORIES

INFANTRY, GUN CREWS & SEAMANSHIP SPECIALISTS

Infantry.....	01
Armor or Amphibious.....	02
Combat Engineering.....	03
Artillery/Gunnery, Rockets or Missiles.....	04
Air Crew.....	05
Seamanship.....	06
Installation Security.....	07

ELECTRONIC EQUIPMENT REPAIRERS

Radio/Radar.....	10
Fire Control Electric Systems, Non-Missile.....	11
Missile Guidance, Control or Check-out.....	12
Sonar Equipment.....	13
Nuclear Weapons Equipment.....	14
ADP Computers.....	15
Teletype or Cryptographic Equipment.....	16
Other Electronic Equipment.....	19

COMMUNICATIONS & INTELLIGENCE SPECIALISTS

Radio or Radio Code.....	20
Sonar.....	21
Radar or Air Traffic Control.....	22
Signal Intel/Electronic Warfare.....	23
Intelligence.....	24
Combat Operations Control.....	25
Communications Center Operations.....	26

HEALTH CARE SPECIALISTS

Medical Care.....	30
Ancillary Medical Support.....	31
Biomedical Sciences or Allied Health.....	32
Dental Care.....	33
Medical Administration or Logistics.....	34

OTHER TECHNICAL AND ALLIED SPECIALISTS

Photography.....	40
Mapping, Surveying, Drafting or Illustrating.....	41
Weather.....	42
Ordnance Disposal or Diving.....	43
Musician.....	45
Technical Specialist.....	49

FUNCTIONAL SUPPORT & ADMINISTRATION

Personnel.....	50
Administration.....	51
Clerical/Personnel.....	52
Data Processing.....	53
Accounting, Finance or Disbursing.....	54
Other Functional Support.....	55
Religious, Morale or Welfare.....	56
Information or Education.....	57

ELECTRICAL/MECHANICAL EQUIPMENT REPAIRERS

Aircraft or Aircraft Related.....	60
Automotive.....	61
Wire Communications.....	62
Missile Mechanical or Electrical.....	63
Armament or Munitions.....	64
Shipboard Propulsion.....	65
Power Generating Equipment.....	66
Precision Equipment.....	67
Other Mechanical or Electrical Equipment.....	69

CRAFTWORKERS

Metalworking.....	70
Construction.....	71
Utilities.....	72
Lithography.....	74
Industrial Gas or Fuel Production.....	75
Fabric, Leather or Rubber.....	76
Other Craftworker.....	79

SERVICE & SUPPLY HANDLERS

Food Service.....	80
Motor Transport.....	81
Material Receipt, Storage or Issue.....	82
Law Enforcement.....	83
Personnel Service.....	84
Auxiliary Labor.....	85
Forward Area Equipment Support.....	86
Other Services.....	87

OTHER

Patients or Prisoners.....	90
Officer Candidate or Student.....	91
Undesignated Occupations.....	92
Not Occupationally Qualified.....	95

Please answer question 75 ONLY if you are an OFFICER or WARRANT OFFICER (Active Duty, Reserve, or National Guard) All others please skip to question 76 on page 21

75. Review the list of military occupational categories below. Select the **two** categories that **best match** your military job and fill in the two-digit codes for your **primary** job code and your **secondary** job code.

PRIMARY JOB CODE

SECONDARY JOB CODE

OFFICER or WARRANT OFFICER MILITARY OCCUPATIONAL CATEGORIES

TACTICAL OPERATIONS OFFICERS

- Fixed-Wing Fighter or Bomber Pilot.....2A
- Helicopter Pilot.....2C
- Aircraft Crew.....2D
- Ground or Naval Arms.....2E
- Missiles.....2F
- Operations Staff.....2G
- Civilian Pilot.....2H

INTELLIGENCE OFFICERS

- Intelligence, General..... 3A
- Communications Intelligence..... 3B
- Counter-intelligence..... 3C

ENGINEERING & MAINTENANCE OFFICERS

- Construction or Utilities..... 4A
- Electrical or Electronic.....4B
- Communications or Radar..... 4C
- Aviation Maintenance or Allied.....4D
- Ordnance.....4E
- Missile Maintenance.....4F
- Ship Construction or Maintenance.....4G
- Ship Machinery.....4H
- Safety.....4J
- Chemical.....4K
- Automotive or Allied.....4L
- Surveying or Mapping..... 4M
- Other.....4N

SCIENTISTS & PROFESSIONALS

- Physical Scientist..... 5A
- Meteorologist.....5B
- Biological Scientist.....5C
- Social Scientist.....5D
- Psychologist.....5E
- Legal.....5F
- Chaplain.....5G
- Social Worker.....5H
- Mathematician or Statistician.....5J
- Educator or Instructor.....5K
- Research & Development Coordinator.....5L
- Community Activities Officer.....5M
- Scientist or Professional.....5N

GENERAL OFFICERS & EXECUTIVES

- General or Flag.....1A
- Executive.....1B

HEALTH CARE OFFICERS

- Physician.....6A
- Dentist.....6C
- Nurse.....6E
- Veterinarian.....6G
- Biomedical Sciences or Allied Health.....6H
- Health Service Administration.....6I

ADMINISTRATORS

- Administrator, General.....7A
- Training Administrator.....7B
- Manpower or Personnel.....7C
- Comptroller or Fiscal.....7D
- Data Processing.....7E
- Pictorial.....7F
- Information.....7G
- Police.....7H
- Inspection.....7L
- Morale & Welfare.....7N

SUPPLY, PROCUREMENT & ALLIED OFFICERS

- Logistics, General.....8A
- Supply.....8B
- Transportation.....8C
- Procurement or Production.....8D
- Food Service.....8E
- Exchange or Commissary.....8F
- Other.....8G

OTHER

- Patient.....9A
- Student.....9B
- Other.....9E

76. Do you have a civilian job at this time?

- YES ----- Go to question 77
- NO civilian employment at this time ----- Go to question 78
- Homemaker ----- Go to question 78

**Please answer question 77 ONLY if you answered YES to question 76
All others please skip to question 78 on page 22**

77. Review the list of **civilian** occupational categories on this page and the next page. Select the **two** categories that **best match** your civilian job and fill in the three-digit codes for your **primary** and your **secondary** job codes.

PRIMARY JOB CODE

SECONDARY JOB CODE

CIVILIAN OCCUPATIONAL CATEGORIES

More categories listed on page 22

ARCHITECTURE & ENGINEERING

Architect, Surveyor or Cartographer171
 Engineer..... 172
 Drafter, Engineering or Mapping Technician..... 173

ARTS, DESIGN, MEDIA, ENTERTAINMENT & SPORTS

Art or Design.....271
 Entertainer, Performer, Sports or Related Worker.....272
 Media Communication Worker.....273
 Media Communication Equipment Worker.....274

BUILDING & GROUNDS CLEANING & MAINTENANCE

Supervisor, Building & Grounds, Cleaning & Maintenance Worker.....371
 Building Cleaning or Pest Control..... 372
 Ground Maintenance.....373

BUSINESS & FINANCIAL OPERATIONS

Business Operations Specialist.....131
 Financial Specialist.....132

COMMUNITY & SOCIAL SERVICES

Counselor, Social Worker or Other Community or Social Service Specialist.....211
 Religious Worker.....212

COMPUTER & MATHEMATICAL

Computer Specialist151
 Mathematical Specialist.....152
 Mathematical Technician.....153

CONSTRUCTION & EXTRACTION

Supervisor, Construction or Extraction Worker..... 471
 Construction Trades Worker..... 472
 Helper, Construction Trades..... 473
 Other Construction or Related Worker.....474
 Extraction Worker.....475

EDUCATION, TRAINING & LIBRARY

Postsecondary Teacher.....251
 Primary, Secondary or Special Education School Teacher..... 252
 Other Teacher or Instructor.....253
 Librarian, Curator or Archivist.....254
 Other Education, Training or Library Occupation.....259

FARMING, FISHING & FORESTRY WORKERS

Supervisor, Farming, Fishing or Forestry Worker.....451
 Agricultural Worker..... 452
 Fishing or Hunting Worker.....453
 Forest, Conservation or Logging Worker.....454
 Other Farming, Fishing or Forestry.....459

FOOD PREPARATION & SERVING RELATED

Supervisor, Food Preparation or Serving.....351
 Cook or Food Preparation Worker.....352
 Food and Beverage Worker.....353
 Other Food Preparation or Serving Related Worker.....359

HEALTH CARE

Physician.....295
 Nursing, Psychiatric or Home Health Aid.....311
 Occupational or Physical Therapist Assistant or Aid.....312
 Other Health Care Occupation.....319

INSTALLATION, REPAIR & MAINTENANCE

Supervisor of Installation, Maintenance or Repair Worker..... 491
 Electrical or Electric Equipment Mechanic, Installer or Repairer..... 492
 Vehicle or Mobile Equipment Mechanic, Installer or Repairer..... 493
 Other Installation, Maintenance or Repair.....499

Question 77 continued, Civilian occupational categories...

CIVILIAN OCCUPATIONAL CATEGORIES

LEGAL

Lawyer, Judge or Related Worker..... 231
 Legal Support Worker.....232

LIFE, PHYSICAL & SOCIAL SCIENCES

Life Scientist.....191
 Physical Scientist.....192
 Social Scientist or Related Worker..... 193
 Life, Physical or Social Sciences Technician..... 194

MANAGEMENT

Top Executive..... 111
 Advertising, Marketing, Promotions, PR or
 Sales Manager.....112
 Operations Specialties Manager.....113
 Other Management Occupation.....119

OFFICE & ADMINISTRATIVE SUPPORT

Supervisor, Office or Administrative Support..... 431
 Communications Equipment Operator.....432
 Financial Clerk.....433
 Information or Record Clerk.....434
 Material Recording, Scheduling, Dispatching
 or Distributing Worker.....435
 Secretary or Administrative Assistant..... 436
 Other Office or Administrative Support..... 439

PERSONAL CARE SERVICE

Supervisor, Personal Care or Service.....391
 Animal Care or Service.....392
 Entertainment Attendant or Related Worker.....393
 Funeral Worker.....394
 Personal Appearance..... 395
 Transportation, Tourism or Lodging Attendant..... 396
 Other Personal Care or Service Worker..... 399

PRODUCTION

Supervisor, Production Worker.....511
 Assembler, Fabricator.....512
 Food Processing Worker.....513
 Metal or Plastic Worker.....514
 Printing Worker.....515
 Textile, Apparel or Furnishing Worker.....516
 Woodworker.....517
 Plant or Systems Operator.....518
 Other Production Occupation..... 519

PROTECTIVE SERVICES

First Line Supervisor/Manager, Protective Services.....331
 Firefighting or Prevention Worker.....332
 Law Enforcement Worker.....333
 Other Protective Service Worker.....339

SALES-RELATED

Supervisor, Sales.....411
 Retail Sales Worker.....412
 Sales Representative, Services.....413
 Sales Representative, Wholesale or Manufacturing.....414
 Counter or Rental Clerk or Parts Salesperson.....415
 Other Sales or Related Worker.....419

TRANSPORTATION & MATERIAL MOVING

Supervisor, Transportation or Material Moving.....531
 Motor Vehicle Operator.....533
 Rail Transportation Worker.....534
 Water Transportation.....535
 Other Transportation.....536
 Material Moving Worker.....537

Negative Somewhat Negative Neither Negative nor Positive Somewhat Positive Positive

78. What is your overall feeling about your military service?

79. Are you currently serving in the military (Active Duty, Reserve, or National Guard)? _____ No Yes

80. **Since 2001**, have you received imminent danger pay, hardship duty pay, or combat zone tax exclusion benefits for deployment to any of the regions listed below? No Yes

If you marked NO, skip to question 84 on page 24

Country Codes		Sea Codes
01 Afghanistan	11 Pakistan	21 Adriatic Sea
02 Bahrain	12 Philippines	22 Arabian Sea
03 Bosnia or Herzegovina	13 Qatar	23 Gulf of Aden
04 Croatia	14 Saudi Arabia	24 Gulf of Oman
05 Iraq	15 Serbia (includes Kosovo)	25 Persian Gulf
06 Kuwait	16 Tajikistan	26 Red Sea
07 Kyrgyzstan	17 Turkey	27 Other sea area <input type="text"/>
08 Macedonia	18 United Arab Emirates	please specify
09 Montenegro	19 Uzbekistan	
10 Oman	20 Other country <input type="text"/>	please specify

81. If **YES**: use the country and sea codes (01-27) assigned to the locations above to indicate the region(s) where you received imminent danger pay, hardship duty pay, or combat zone tax exclusion benefits. **Please list most recent first.**

	Location	Date Arrived				TO	Date Departed			
		Month	/	Year	Month		/	Year		
a.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
b.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
c.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
d.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
e.	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>	/	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		

82. **Since 2001**, have you been to more regions where you received imminent danger pay, hardship duty pay, or combat zone tax exclusion benefits than fit into the space allowed above? No Yes

83. **Since 2001**, how often have you experienced the following during deployment?

	Never	1 time	More than 1 time	List most recent year of exposure
a. Feeling that you were in great danger of being killed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
b. Being attacked or ambushed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
c. Receiving small arms fire	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
d. Clearing / searching homes or buildings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

Question 83 continued on page 24...

Question 83 continued...

Since 2001, how often have you experienced the following during deployment?

	Never	1 time	More than 1 time	List most recent year of exposure
e. Having an improvised explosive device (IED) or booby trap explode near you -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
f. Being wounded or injured -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
g. Seeing dead bodies or human remains -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
h. Handling or uncovering human remains -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
i. Knowing someone seriously injured or killed -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
j. Seeing Americans who were seriously injured or killed -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
k. Having a member of your unit be seriously injured or killed -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
l. Being directly responsible for the death of enemy combatant -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0
m. Being directly responsible for the death of a non-combatant -----	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 0 0

84. Do you have any concerns about your health that are not covered in this questionnaire that you would like to share? (Continue on a separate sheet if necessary.)

Thank you for completing this important questionnaire!

PRIVACY ACT STATEMENT: You have rights under the Privacy Act. The following statement describes how that Act applies to this study:

Authority: Authority to request this information is granted under Title 5, U.S. Code 136, Department of Defense Regulations, Executive Order 9396, DoD RCS#DD-HA(AR)2106, and OMB #0720-0029. Personal identifiers will be used to link survey data with medical and other military records.

Purpose: Medical research information will be collected in a research project titled "Prospective Studies of U.S. Military Forces: The Millennium Cohort Study." The project objective is to enhance basic medical knowledge and to improve the treatment and prevention of illnesses that may be related to military service.

Routine Uses: The information provided in this questionnaire will be maintained in data files at the DoD Center for Deployment Health Research at the Naval Health Research Center and used only for medical research purposes. Use of these data may be granted to other federal and non-federal medical research agencies as approved by the Naval Health Research Center's Institutional Review Board. However, your personal identifiers will be protected. By signing the enclosed consent form, you are volunteering to disclose your information as identified above. If you do not agree to this disclosure, your failure will make the research less useful. The "Blanket Routine Uses" that appears at the beginning of the Department of Defense's compilation of medical databases also applies to this system.

Anonymity: All responses will be held in confidence by the DoD Center for Deployment Health Research. Information you provide will be considered only when statistically summarized with the responses of others. Your personal identifiers (name, etc) will only be used to link data sets and then the identifiers will be stripped from study data such that medical researchers cannot identify you individually.

Voluntary Disclosure: Completion of the questionnaire is voluntary. Failure to respond to any of the questions will NOT result in any disadvantages or penalties except possible lack of representation of your views in the final results and outcomes.