

# THE LONGITUDINAL INVESTIGATION OF GENDER, HEALTH, AND TRAUMA SURVEY (LIGHT Survey)

### Time 1

Over one's lifetime, people experience a wide range of significant life events. We are specifically interested in the unique experiences Veterans have during their lives. This survey will ask you questions	Q1	What is your age?
about life experiences, health, attitudes, and emotions, as well as how you have been supported and how you generally cope. Thank you in advance for completing this survey.	Q2	Are you of Hispanic, Latino/a, or Spanish origin?  Yes  No
If you wish to participate PLEASE GO TO QUESTION 1.	Q3	How do you describe your race? Select all that apply.
If you do not wish to participate PLEASE MAIL BACK THE OPT-OUT FORM TO STOP FUTURE REQUESTS TO COMPLETE THE SURVEY. You may also contact our helpdesk at 1-855-462-7577.		Native American or Alaska Native Black Asian West Asian, Middle Eastern, or North African Native Hawaiian
<ul> <li>INSTRUCTIONS</li> <li>Choose one answer for each question unless the instructions say otherwise.</li> <li>Read each question carefully. Different questions ask about different timeframes.</li> </ul>		Other Pacific Islander White/European Other: (Please describe)
Please use pen or dark pencil to mark an "X" in the answer box.  EXAMPLES: Correct Incorrect Inc	Q4	What is the highest degree or level of education you have completed?  Some high school but no diploma or GED  High school diploma / GED  Post-high school vocational or technical training  Some college credit, no degree  Associate's degree (for example, AA, AS)  Bachelor's degree (for example, BA, BS)  Master's, Doctorate or professional degree (for example, MA, MSW, MBA, PhD, MD, JD)
	Q5	How many children do you have (both your biological children and other children for whom you have parenting responsibilities)?  Number of children:
		I do not have any children → <b>Go to question 6</b>

Q5b	If you have children, what are their ages in	Q7	What is your current living situation?
	years?		Rent an apartment, house, or room
	Child 1		Own my house or apartment
	Child 2		Live with a relative or friend and not paying rent
	Child 3		Live in a car, on the street, or in a homeless shelter
	Child 4		Other (Please describe)
	Child 5		
	Child 6	Q8	Have you ever been homeless?
	Child 7		Yes
	Child 8		No
	Child 9	Q9	What is your current employment status? Select all the apply.
	Chilid 10		Working for pay full-time (≥30 hours/week)
	Chilid 10		Working for pay part-time (<30 hours/week)
			Not working for pay but actively looking for paid work
			Full-time care of children under the age of 18 or adult (for example, disabled adult child/parent/spouse)
Q5c	Would you consider yourself the or one of the primary caregivers for your child/children?		Full-time homemaker without full-time child or elder care responsibilities
	Yes		Retired
	☐ No		Disabled
		Q10	Please provide an estimate of your HOUSEHOLD'S yearly income before taxes are taken out. Include all sources of income from all earners in your household. If you do
Q6	Do you have family members who are		not know the answer, please make your best guess.
	veterans of the armed services? Select all that apply.		No income
	No, I do not have an immediate or extended		Less than \$15,000 per year
	family member who served/serves in the military		\$15,000 – 24,999
	Yes, my grandfather and/or grandmother		\$25,000 – 34,999
	served in the military  Yes, my mother and/or father served/serves		\$35,000 – 44,999
	in the military		\$45,000 - 54,999
	Yes, I have a sibling that served/serves in the military		\$55,000 – 74,999
	Yes, I have a child who served/serves in the military		\$75,000 – 99,999
	Yes, I have an extended family member (e.g.,		\$100,000 - \$149,999
	aunt, uncle) who served/serves in the military		\$150,000 or more per year

QII	HOUSEHOLD income, including yourself, your significant other (if you have one), and anyone else partially or fully supported by this	QI8	military service (for example, E-5, O-6)?
	income whether or not they live with you?	Q19	What was your primary military occupation during your military service?
Q12	Have you ever been incarcerated for longer than 24 hours?		Combat arms Combat support Service support
	☐ No	Q20	Which of the following describes your discharge from military service?
	we will ask you about your military ory and experiences		Honorable General under honorable conditions
Q13	In what component(s) have you served?  Select all the apply.		Under another category besides honorable (i.e., Other Than Honorable (OTH), Bad Conduct Discharge (BCD), Dishonorable)  Medical
	Active Duty Reserve		Not sure
	National guard	Q21	Did you ever deploy overseas?
Q14	In which branch of the military have you spent the most time?		Yes $N_0 \rightarrow Go \text{ to question 22}$
	Army Marine Corps Navy	abo	<b>YES</b> , please answer the following questions out your deployments. If you never ployed please skip to question 22.
	Air Force Coast Guard	Q21a	How many times were you deployed?
Q15	How long were you in the military?  Years  Months	Q21b	How many total months were you deployed out of country?
Q16	At what age did you enlist?	Q21c	Did you experience a deployment in support of the following wars? Select all that apply
			Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (OEF/OIF/OND)
Q17	At what age did you separate from military service?		Gulf War (1990-1991) Other: (Please describe)

The statements below are about your combat experiences during your military service. Please select the response that best fits your answer.

#### Q22 During your military service... Never Once or Twice Several times Many times a. You encountered land or water mines, booby traps, or roadside bombs (for example, IEDs). b. You saw refugees who had lost their homes or belongings. c. You fired your weapon at enemy combatants d. You saw civilians after they had been severely wounded or disfigured. e. You were involved in searching and/or disarming potential enemy combatants. f. You went on combat patrols or missions. g. You personally witnessed someone from your unit or an ally unit being seriously wounded or killed. h. You were exposed to hostile incoming fire. i. You saw the bodies of dead enemy combatants. The statements below are about your relationships with other military personnel during your military service. As used in these statements, the term "unit" refers to those you lived and worked with on a daily basis during your military service. Please mark how much you agree or disagree with each statement. Q23 While I was in the military... Neither Strongly Strongly Somewhat Agree nor Somewhat Disagree Disagree Disagree Agree Agree a. My unit was like family to me. b. People in my unit were trustworthy. c. My fellow unit members appreciated my efforts. d. I felt valued by my fellow unit members. e. Members of my unit were interested in my well-being. f. My fellow unit members were interested in what I thought and how I felt about things. g. My unit leader(s) were interested in what I thought and how I felt about things. h. I felt like my efforts really counted to the leaders in my i. My service was appreciated by the leaders in my unit. j. I could go to unit leaders for help if I had a problem or k. The leaders of my unit were interested in my personal welfare.

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I. I felt valued by the leaders of my unit

The next set of questions is about your relationships with others (*for example, other unit members, other unit leaders, civilians*) during your military service. Please mark how often you experienced each circumstance.

#### Q24 While I was in the military, the people I worked with...

	Never	Once or twice	Several times	Many times	
a. Treated me in an overly critical way.					
b. Behaved in a way that was uncooperative when working with me.					
c. Treated me as if I had to work harder than others to prove myself.					
d. Questioned my abilities or commitment to perform my job effectively.					
e. Acted as though my mistakes were worse than others'.					
f. Tried to make my job more difficult to do.					
g. "Put me down" or treated me in a condescending way.					
h. Threatened my physical safety.					
i. Made crude and offensive sexual remarks directed at me, either publicly or privately.					
j. Spread negative rumors about my sexual activities.					
k. Tried to talk me into participating in sexual acts when I didn't want to.					
I. Used a position of authority to pressure me into unwanted sexual activity.					
m. Offered me a specific reward or special treatment to take part in sexual behavior.					
n. Threatened me with some sort of retaliation if I was not sexually cooperative (for example, the threat of a negative review or physical violence).					
o. Touched me in a sexual way against my will.					
p. Physically forced me to have sex.					

### Now we will ask you about experiences you have had starting in your childhood.

Q25 The sentences below refer to your relationship with your family WHEN YOU WERE GROWING UP. Please describe how much you agree or disagree with each statement by marking the response that best fits your choice. If you spent time in more than one family setting, please answer these questions about the family in which you spent the greatest part of your childhood.

		_				
		Strongly disagree	Somewhat disagree	Neither agree or disagree	Somewhat agree	Strongly agree
	a. I got along well with my family members.					
	b. I felt like I fit in with my family.					
	<ul><li>c. Family members knew what I thought and how I felt about things.</li></ul>					
	d. I felt like my contributions to my family were appreciated.					
	<ul> <li>e. I shared many common interests and activities with family members.</li> </ul>					
	f. My opinions were valued by other family members.					
	g. I was affectionate with family members.					
	h. I played an important role in my family.					
	<ul> <li>I spent as much of my free time with family member as possible.</li> </ul>	s				
	j. Family members told me when they were having a problem.					
	k. I could be myself around family members.					
	I. My input was sought on important family decisions.					
the	e following questions ask about experience number of times you experienced these only to you, mark "Not at all."					
the app	number of times you experienced these	events in e	ach age ra			
the app	number of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accident)	events in e	ach age ra		e event do	
the app	number of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accident)	events in e	ach age ra	nge. If the	e event do	oes not
the app	e number of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accident Not at all."	events in e	ach age ra	nge. If the	e event do	oes not
the app	e number of times you experienced these obly to you, mark "Not at all."  Serious accident (for example, car/boat accident Not the control of	events in e	ach age ra	nge. If the	e event do	oes not
the app	enumber of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accident Not the Not t	events in e	ach age ra	nge. If the	e event do	oes not
the app	enumber of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accident Not Childhood (birth – age 17)  Age 18 to enlistment (if applicable)  During military service	events in e	ach age ra	nge. If the	e event do	oes not
the app Q26a	consider of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accidential Not accidential N	events in e	ach age rai	Several ti	mes Ma	any times
the app Q26a	conumber of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accidential Not the Note of the Note	events in e	ach age rai	Several ti	mes Ma	oes not
the app Q26a	childhood (birth – age 17)  Childhood (birth service after military service until end of May 2018  In the last 3 months  Exposure to toxic substance (for example, dang Not Childhood (birth – age 17)	events in e	ach age rai	Several ti	mes Ma	any times
the app Q26a	Serious accident (for example, car/boat accident (for example) (for example, danged) (	events in e	ach age rai	Several ti	mes Ma	any times
the app Q26a	Anumber of times you experienced these only to you, mark "Not at all."  Serious accident (for example, car/boat accidenty Not 10 of	events in e	ach age rai	Several ti	mes Ma	any times
the app Q26a	Serious accident (for example, car/boat accident (for example) (for example, danged) (	events in e	ach age rai	Several ti	mes Ma	any times

Q26c	Witnessed sudden, violent death or aftern	nath ( <i>for exam<sub>l</sub></i>	ole, homicide, su	icide)	
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				
Q26d	Sudden, unexpected death of someone cl	ose to you			
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				
Q26e	Serious injury, harm, or death you caused	l to someone e	lse		
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				
Q26f	Captivity (for example, being kidnapped, h	neld hostage, p	orisoner of war)		
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				
Q26g	Community violence: terrorist attack, bom	bing, riots.			
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				

## This section is about violent attacks against you by someone who is NOT a romantic partner or spouse

Q26h	Sexual assault by anyone who is <b>NOT</b> an is sexual act through force or threat of harm)		er (rape, attempte	ed rape, made to	o perform any
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				
Q26i	Serious physical assault by anyone who is threatened with a weapon)	NOT an intim	ate partner (attac	cked with or with	nout a weapon,
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)			$\Box$	
	Age 18 to enlistment (if applicable)				
	During military service				
	After military service until end of May 2018				
	In the last 3 months				
	s section is about violence against youse	ou by somed	one who WAS/	S a romantic	partner or
Q26j	Physical assault (pushed, grabbed, shake	n, hit, beat up) Not at all	by a significant of Once or twice	other/spouse Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)	H	H	H	H
	During military service	H			
	After military service until end of May 2018	H		H	
	In the last 3 months	H	H		H
Q26k	Unwanted sexual experience by a signification didn't want to do)	ant other/spous	se (pressured or	forced to do sex	cual things you
		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)				
	Age 18 to enlistment (if applicable)				
	D : 311				
	During military service				
	After military service until end of May 2018				

Q26I	Emotional mistreatment to friends/family, humiliated			e-calling, criticiz	ed, not allowed	to see
			Not at all	Once or twice	Several times	Many times
	Childhood (birth - age 17)					
	Age 18 to enlistment (if app	licable)				
	During military service					
	After military service until er	nd of May 2018				
	In the last 3 months					
Q26m	Other traumatic event: <b>pl</b>	ease specify.				
	Please describe the event:					
	Obitalis and Astronomy 4.73		Not at all	Once or twice	Several times	Many times
	Childhood (birth – age 17)	!!  -   - \				
	Age 18 to enlistment (if app	licable)		-		
	During military service	ed of May 2010		-H		
	After military service until er In the last 3 months	iu oi way 2016	-H	-H	-	$\vdash$
	Think about things that ma frightening, horrible, or tra you the most distress? If y experience like this" and p	umatic. If you have not had	ve had one of t an experience	hese experience like this, please	es, which experie	ence causes
	Combat/ exposure to wa	arzone				
	Physical assault					
	Sexual assault					
	Accident					
	Natural disaster					
	Seen someone killed or	seriously injured				
	Death of loved one throu	ugh homicide or sui	cide			
	I did not have an experie	ence like this $\rightarrow$ <b>G</b>	o to question 3	30		
	Other: (Please describe		•			
		<u>'</u>				
<b>∩</b> 28	How old were you when the	ie moet dietroeeir	a trauma occu	rrod?		
Q/2U	Tiow did wore you when the	11103t distressii	ig iradina ooco			

Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and and then choose one of the responses below to indicate how much you have been bothered by that problem in the past month. Please base your answers on problems related to the experience you named as the worst in question 27.

### Q29 Thinking about the experience you named in question 27, in the past month, how much were you bothered by:

	Not at all	A little bit	Moderately	Quite a bit	Extremely
a. Repeated, disturbing, and unwanted memories of the stressful experience?					
b. Repeated, disturbing dreams of the stressful experience?					
c. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?					
d. Feeling very upset when something reminded you of the stressful experience?					
e. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?					
f. Avoiding memories, thoughts, or feelings related to the stressful experience?					
g. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?					
h. Trouble remembering important parts of the stressful experience?					
i. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?					
j. Blaming yourself or someone else for the stressful experience or what happened after it?					
k. Having strong negative feelings such as fear, horror, anger, guilt, or shame?					
I. Loss of interest in activities that you used to enjoy?					
m. Feeling distant or cut off from other people?					
n. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?					
<ul><li>o. Irritable behavior, angry outbursts, or acting aggressively?</li></ul>					
p. Taking too many risks or doing things that could cause you harm?					
q. Being "superalert" or watchful or on guard?					
r. Feeling jumpy or easily startled?					
s. Having difficulty concentrating?					
t. Trouble falling or staying asleep?					

occurring for you, choose "N/A" and go to the next item. If the situation IS occurring, please rate the extent to which it is NOW stressful/distressing to you on a scale from 1-10. Not at all Extremely distressing distressing distressing N/A 3 4 5 10 1 a. Laid off or fired from work b. At risk for losing your home c. Caring of seriously ill and/or disabled dependents (e.g., children, elders) d. Divorce or separation from romantic partner e. Legal problems, court proceedings, ongoing litigation f. Major negative change in financial status g. Major problems at school/At risk of losing spot at school or Veteran subsidies h. Major health problem i. Major problem with your significant other or child(ren) Q31 Over the last two weeks how often have you been bothered by any of the following problems? More than half Nearly every Not at all Several days the days day a. Little interest or pleasure in doing things b. Feeling down, depressed, or hopeless c. Trouble falling or staying asleep, or sleeping too much d. Feeling tired or having little energy e. Poor appetite or overeating f. Feeling bad about yourself – or that you are a failure or have let yourself or your family down g. Trouble concentrating on things, such as reading the newspaper or watching television 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 i. Thoughts that you would be better off dead, or of hurting vourself j. Feeling nervous, anxious, or on edge k. Not being able to stop or control worrying I. Worrying too much about different things m. Trouble relaxing n. Being so restless that it's hard to sit still o. Becoming easily annoyed or irritable p. Feeling afraid as if something awful might happen

Q30 The next set of items ask about potentially stressful situations you may be currently experiencing. Think about whether or not the stressful situation described happened in the last month. If the situation IS NOT

Q32	the	ve you ever been diagnosed with any of following emotional/mental health ditions? Select all that apply	Q33b	How often have you thought about killing yourself in the past year? <i>Check one only.</i> Never
		Post-traumatic Stress Disorder (PTSD)		Rarely (1 time)
		Depression		Sometimes (2 times)
	同	Anxiety Disorder (for example, panic disorder,		Often (3-4 times)
		generalized anxiety disorder)		
		Other mental health problem (please specify):		Very often (5 or more times)
			Q33c	Have you ever told someone that you were going to commit suicide, or that you might do it? <i>Check one only.</i>
Diag	200	check the one box beside the		No
		nt or phrase that best applies to		Yes, at one time, but did not really want to die
you		nt or pinase that best applies to		Yes, at one time, and really wanted to die
,				Yes, more than once, but did not want to do it
				Yes, more than once, and really wanted to do
Q33a	ι Ηαν	ve you ever thought about or attempted to		└─ it
	kill	yourself? Check one only.	Q33d	How likely is it that you will attempt suicide
		Never		someday? Check one only.
		It was just a brief passing thought		Never
		I have had a plan at least once to kill myself but did not try to do it		No chance at all
		I have had a plan at least once to kill myself		Rather unlikely
		and really wanted to die		Unlikely
		I have attempted to kill myself, but did not want to die		Likely
		I have attempted to kill myself, and really		Rather likely
	ш	hoped to die		Very likely
wa pr	ant y	•	comm	•
	Thin that	king <u>over the past month</u> , check the option way.	that be	est describes the amount of time you felt
			None almost r	none A little of the Some of the Most of the all of the
	a. I fo	ound myself getting angry at people or situations.		
	b. Wł	nen I got angry, I got really mad.		
	c. Wł	nen I got angry, I stayed angry.		
	d. Wh	nen I got angry at someone I wanted to hit them.		
		anger prevented me from getting along with people as I'd have liked to.	·	

Q35	What is your current marital status?					
	Never married					
	Married - first and only marriage → Go to question	37				
	Married - second or later marriage → <b>Go to question</b>	on 37				
	Separated					
	Divorced					
	Widowed					
Q36	Are you currently in a romantic relationship?					
	Currently in a relationship and living as a couple					
	Currently in a relationship but not living as a couple					
	Not currently in a relationship → <b>Go to question 38</b>	}				
1£	way are married or augrently in a rementic rela	tionobir	nlagge	angwar tha	follow	ina
	you are married or currently in a romantic rela lestions. If you are not married or in a romanti	-				
-	•		• • •	•	_	
Q37	Over the last month, how often have you done the	e followi	ng in youi	romantic re	elations	-
		Never	Rarely	Sometimes	Often	Most or all of the time
	a. Provided your significant other with the emotional support they sought					
	b. Shared your intimate thoughts and feelings					
	c. Done your fair share of day-to-day tasks. (for example, grocery shopping, errands, planning activities)					
	d. Initiated leisure time activities that both you and your significant other enjoy.					
	e. Made effort to work through disagreements respectfully.					
	f. Expressed interest and/or willingness to engage in regular sexual or physical intimacy.					

# If you currently have parenting responsibilities for any children 18 or under please answer the following questions. If not, please skip to question 39.

### Q38 All parents have strengths and weaknesses. Over the last month, how often have you:

		Never	Rarely	Sometimes	Often	Most or all of the time
	a. Provided a healthy environment for your children. (for example, preparing healthy meals, caring for their health, keeping them safe)					
	b. Been a good example for your children. (for example, being respectful during disagreements with others, taking good care of your own health).					
	c. Been actively involved in your child(ren)'s activities. (for example, regularly attending sporting and school events, giving your full attention during time together)					
	d. Met your children's needs for physical affection and emotional support. (for example, giving them hugs, being sympathetic to their problems)					
	e. Been able to successfully manage your child(ren)'s unique challenges. (for example, effectively disciplining children)					
Th	e following questions ask about your neighbo	rhood a	and comn	nunity.		
O39	How long have you lived in your current neighborhoo	d (Years	/ Months)?			
QUU		a (Touro	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
	Years:					
	Months:					
Q40		e vou bee	en involve	d in		
Q40	Over the course of your adult life, how often have	-		<b>d in</b> ely Sometime	es Often	Most or all
Q40	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers,	N			es Often	Most or all of the time
Q40	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)	N			es Often	
Q40	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)	N			es Often	
Q40	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)  c. Religious or spiritual communities	Nor [			es Often	
Q40	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)	Nor [			es Often	
	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)  c. Religious or spiritual communities  d. Culture, recreational, or leisure group activities (for example, music, craft, etc.)	or [ [ mple, [	ever Rar	ely Sometime		of the time
	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)  c. Religious or spiritual communities  d. Culture, recreational, or leisure group activities (for example, music, craft, etc.)  To what extent do you think these groups or organization	or [ [ mple, [	ever Rar	ely Sometime		of the time
	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)  c. Religious or spiritual communities  d. Culture, recreational, or leisure group activities (for example, music, craft, etc.)  To what extent do you think these groups or organizations  Not involved in these groups/organizations	or [ [ mple, [	ever Rar	ely Sometime		of the time
	a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.) b. Volunteer activities for non-political organizations (for example, red cross, local organization) c. Religious or spiritual communities d. Culture, recreational, or leisure group activities (for example, music, craft, etc.)  To what extent do you think these groups or organization  Not involved in these groups/organizations  Very unlikely	or [ [ mple, [	ever Rar	ely Sometime		of the time
	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)  c. Religious or spiritual communities  d. Culture, recreational, or leisure group activities (for example, music, craft, etc.)  To what extent do you think these groups or organizations  Not involved in these groups/organizations	or [ [ mple, [	ever Rar	ely Sometime		of the time
	Over the course of your adult life, how often have  a. Activities that address political topics at the local, state, national level (for example, political rallies or fundraisers, groups that focus on specific political point of views, etc.)  b. Volunteer activities for non-political organizations (for example, red cross, local organization)  c. Religious or spiritual communities  d. Culture, recreational, or leisure group activities (for exar sport, music, craft, etc.)  To what extent do you think these groups or organizations  Not involved in these groups/organizations  Very unlikely  Unlikely	or [ [ mple, [	ever Rar	ely Sometime		of the time

Q42	How likely are these things to happen in your ne	ighborh	ood			
		Very		Neither likely		
	a Deeple everyal here everyilling to help their neighbors	Unlikely	Unlikely	nor unlikely	Likely	Very likely
	a. People around here are willing to help their neighbors.					
	b. This is a close-knit neighborhood.	-H		-H	H	片
	c. People in this neighborhood can be trusted.					
	d. People in this neighborhood generally don't get along with each other.					
	e. People in this neighborhood do not share the same values.					
Q43	On the whole, how much do you like this neighborho	ood as a	place to live	?		
	Not at all					
	A little					
	Somewhat					
	A great deal					
Q44	We are interested in how you feel about the follow	wing sta	atements. F	Read each s	tatemen	t carefully.
	Indicate how you feel about each statement.	J				,
		Strongl				Strongly
		Disagre	ee Disag	gree Ag ¬ г	gree	Agree
	a. There is a lot of graffiti in my neighborhood.		L	_ 	_	
	b. My neighborhood is noisy.	닏		] [		H
	c. Vandalism is common in my neighborhood.		L			
	d. There are a lot of abandoned buildings in my neighborhood.					
	e. My neighborhood is clean.			] [		
	f. People in my neighborhood take good care of their houses and apartments.					
	g. There are too many people hanging around on the streets near my home.					
	h. There is a lot of crime in my neighborhood.			] [		
	i. There is too much drug use in my neighborhood.			] [		
	j. There is too much alcohol use in my neighborhood.			] [		
	k. I'm always having trouble with my neighbors.					
	I. In my neighborhood, people watch out for each other.					
	m. My neighborhood is safe.					
Q45	In the last year, how often have you heard gunshots associated with crime or violence in your neighborhood?  Never		elong to stre	n would you seet gangs in mon at common		
	Once or twice	Ļ				
	Three to five times	Ļ		at uncommon		
			Very unco	mmon		
	More than five times					

Q47	How common do you to carry guns in the neight  Very common  Somewhat common  Somewhat uncommon  Very uncommon	nborhood?	Q53	In this neighborhood, it is sometimes necessary for people to carry guns to protect themselves or their family.  Strongly agree Agree Disagree Strongly Disagree
Q48 Q49	a gun in the neighborh Yes No	omeone threatened with lood?		In this neighborhood, it is sometimes necessary for people to join a gang to protect themselves or their family.  Strongly agree Agree Disagree Strongly disagree following questions ask about your
			heal	lth.
Q50	If a fight were to break how likely is it that you attempt to break it up?  Very likely	r neighbors would	Q55	During the past month, what time have you usually gone to bed at night (hh:mm)?
	Somewhat likely Somewhat unlikely Very unlikely		Q56	During the past month, how long, has it usually taken you to fall asleep each night?  Number of hours:
Q51	If a fight were to break how likely is it that the  Very likely  Somewhat likely  Somewhat unlikely	out near your home, police would be called?	Q57	Number of minutes:  During the past month, what time have you usually gotten up in the morning (hh:mm)?
Q52	Very unlikely  How safe do you feel.		Q58	During the past month, how many hours of actual sleep did you get at night? (This may be different from the number of hours you
	, , , , , , , , , , , , , , , , , , , ,	Some Some Very what what Very safe safe unsafe unsafe		spent in bed.)  Hours of sleep per night:
	a. Alone inside your house?		Q59	How often do you exercise for 30 minutes or
	b. Outside in your neighborhood during the day?			more?  Daily or almost daily  3 to 4 times per week
	<ul><li>c. Outside in your neighborhood at night?</li></ul>			2 to 3 times per week
	d. Walking alone toward a group of people that you don't know?			1 to 2 times per week Fewer than once per week

Please answer the following questions related to your current and history of substance use. Skip any questions that are irrelevant to you.	Q65 In the past month, did you use marijuana? If <b>YES</b> , how many times in a typical week?  ☐ No → <b>Go to question 66</b> ☐ Yes
Q60 How many cigarettes did you smoke on an average day in the last month (if you do not smoke write 0)?	Times in a week:  Q65a Does your marijuana use cause any problems?
For alcohol, one drink equals:  • 4 oz. wine  • 1 wine cooler  • 12 oz. beer	Yes No N/A, I do not use marijuana  Q65b Did anyone else think your marijuana use
1 cocktail with 1 oz. hard liquor  2 cocktail with 1 oz. hard liquor	caused a problem?  Yes  No  N/A, I do not use marijuana
Never  Monthly or less  2-4 times a month  2-3 times a week  4 or more times a week	Q66 In the past month, did you use other drugs, other than alcohol or marijuana? If <b>YES</b> , how many times in a typical week did you use, if at all? This includes cocaine, crack, heroin, acid, speed, ecstasy, methamphetamines, steroids, and medicines prescribed for someone else.
Q62 How many standard drinks containing alcohol do you have on a typical day?  1 or 2	No Yes Times in a week:
3 or 4 5 or 6 7 to 9 10 or more	Q66a Does your use of drugs other than alcohol or marijuana cause any problems?  Yes No N/A, I do not use drugs, not including alcohol
On average, how often do you have 5 or more drinks on one occasion?  Never Less than monthly Monthly Weekly Daily or almost daily	
Q64 Have you ever been diagnosed with alcohol abuse or dependence in the past?  No Yes	Q67 Have you ever been diagnosed with drug (including prescription drugs) abuse or dependence in the past?  No Yes

### If you are prescribed pain medication please answer the following questions, otherwise skip to item 69.

Q68	In the past 3 months					
		Never	Rarely	Sometimes	Often	Almost Always
	a. I abused prescription pain medication					
	b. I ran out of my prescription pain medication early					
	c. I got prescription pain medication from someone other than my healthcare provider					
	d. I used more of my prescription pain medication than I was supposed to					
	e. I experienced cravings for pain medication					
	f. I used more pain medication before the effects wore off					
O004	a la tha nact O mantha					
Qboa	In the past 3 months	NI-4-4-II	A 1:441 - 1-:4	0	Outline a late	V/
	When my prescription for pain medication ran out, I felt	Not at all	A little bit	Somewnat	Quite a bit	Very much
	anxious					
Th	e following questions are about food and eat	ing beha	vior			
Q69	Please answer yes or no to the following questions	:				
	a. Do you make yourself sick because you feel uncomfor	tably full?			[	No Yes
	b. Do you worry that you have lost control over how much	•				
	c. Have you recently lost more than 14 lbs in a 3-month p	-				
	d. Do you believe yourself to be fat when others say you		?			
	e. Would you say that food dominates your life?					<b>-</b> -
	, ,				-	
Q70	What is your current height not wearing shoes?					
	т п					
Q71	What is your current weight?					
	Ibs					

Q72	Q72 Please indicate whether you are currently diagnosed with any of the following conditions:					
			No Yes			
	a.Sleep problem or disorder (for example, insomnia, sle					
	b. Chronic pain or pain related disorder (for example, kn	iee, back	i, migraines)			
	c. Sexually transmitted disease					
	d. Other chronic physical problem (please specify)					
Q73	Have you ever experienced any of the following events? Select all that apply.	Q76	In the past week, have you had any of the symptoms from question 73? Select all that			
	Blast or explosion (IED, RPG, Landmine, Grenade, etc)		apply.  Memory problems or lapses			
	Vehicular accident/crash (any vehicle including aircraft)		Balance problems or dizziness			
	Fragment wound or bullet wound above the shoulders		Sensitivity to bright light			
	Fall		Irritability Headaches			
	Blow to the head (head hit by falling/flying object, head hit by another person, head hit against something, etc)		Sleep problems  None of the above			
	Strangulation		Trone of the above			
	Shaken violently	_				
	None of the above → <b>Go to question 77</b>	Q77	Has your significant other ever tried, for a period of 12 months or longer, to become			
Q74	Did you have any of these immediately after any of the events above? Select all that apply.		pregnant?  Yes, my significant other has tried for 12			
	Losing consciousness/"knocked out"		months or longer to become pregnant  No → Go to question 78			
	Being dazed, confused, or "seeing stars"		N/A → Go to question 78			
	Not remembering the event					
	Concussion	0770	If VEC Did a dector identify any of the			
	Head injury that resulted in broken bones in head, neck, face, damaged teeth, or ruptured eardrum	Q77a	If <b>YES</b> , Did a doctor identify any of the following reasons for difficulties in your partner becoming pregnant? Select all that			
	None of the above		apply			
Q75	Did any of the following problems begin or get		I did not see a doctor for this problem			
α, σ	worse afterwards? Select all that apply.		No reason identified			
	Memory problems or lapses		Cervical factor			
	Balance problems or dizziness		Tubal factor			
	Sensitivity to bright light		Ovulation factor			
	Irritability		Semen or sperm factor			
	Headaches		Hormonal factor			
	Sleep problems		Other (please specify)			
	None of the above					

	eventually?	Q81	Are you currently receiving mental health services (e.g., seeing a therapist, counselor, or medications) to help with distress?
	No, and we stopped trying		
	No, but we are still trying		Yes → Go to question 82
	Yes, we became pregnant naturally		∐ No
	Yes, we became pregnant with medical intervention (for example, IVF)		
	following questions ask about your use ealthcare and thoughts about mental	Q81a	If <b>NO</b> , what prevents you from seeking mental health treatment? <i>Select all that apply.</i>
	th treatment.		Concern for job security
070	Da very met annula allika annu (albumi all annul/an		Judgment from others
Q78	Do you get any healthcare (physical and/or mental health) at Veterans' Administration (VA) hospitals or clinics?		Distance/transportation to mental healthcare providers
			Don't think it will help me
	Yes → Go to question 79		No insurance coverage
	∐ No		I don't need mental health treatment
Q78a	If <b>NO</b> , why not?		Other (please specify):
	Not eligible		
	Distance to VA facilities/transportation concerns		
	My VA does not provide the services I need.	Q82 I	f I thought that I were suffering from serious
	I don't feel comfortable seeking services at the VA.	C	depression, anxiety, anger, or fear, I would seek assistance from (Select all that apply):
	Preference for my current healthcare providers	Г	Good female friends
	Other (please specify):	Ī	Good male friends
		Ī	Spouse or intimate partner
Q79	I think that I am suffering from mental health		Family member (brother, sister, mother, father, etc.)
Q/3	problems (for example, feeling anxious	[	Coworker
	depressed, or too angry).	Ī	Religious leader (e.g. pastor, priest, rabbi)
	True	Ī	Medical doctor (primary care doctor)
	False	Ī	Therapist or counselor
000	Labeled at the state of the second of the se	Ī	Information on the internet
Q80	I think that I might benefit from mental health treatment.	Ī	Self-help books or magazine articles
	True		Other (please specify):
	False		
			· · · · · · · · · · · · · · · · · · ·

Q83 We are interested in your use of mental health services in the past 12 months. If you received any help (even if it was only once or for a little while), please mark where you received this help. Mark the no column only if you did not receive any of that type of help in the past 12 months.

	a. Medication for a mental health problem (e.g., an	No, I did r get this ki of help	nd Yes, from	Yes, from a community (non-VA) provider	Yes, from both a VA and a community provider
	antidepressant)		Ш	Ш	
	b. Individual counseling or therapy for a mental health program				
	<ul> <li>Group counseling or therapy for a mental health problem</li> </ul>				
	d. Family therapy				
	<ul> <li>e. Inpatient or partial hospitalization program for a mental health problem</li> </ul>				
	f. Another type of mental health treatment (please specify):				
Q84	If you felt as though you needed mental health treatment other than what you are currently receiving, do you feel your health care provider could get it for you?	trea	ou have received atments, how hel ucing your distre	pful was this	
	Yes		Not at all helpful		
	□ No		Slightly helpful		
	□ N/A		Moderately helpfu	ıl	
	IV/A		Very helpful		
			Extremely helpful N/A		
		trea	ou have received	icult was it to	find a
Q85	If you have received any mental health		rapist and sched pointments?	uie your mer	ntai neaith
	treatments, how satisfied were you with the care you received?	~~~~	Very difficult		
	Not at all satisfied		Difficult		
	Slightly satisfied		Moderately difficu	ılt	
	Moderately satisfied		Neutral	AIL.	
	Very satisfied		Easy		
	Extremely satisfied		•		
	N/A		Very easy N/A		
Q88	How likely would you be to use the following service	•	•		
	Not at all likely	Slightly likely	Moderately likely	Very likely	Extremely likely
	a. Family Education				
	b. Help with children	H		H	
	c. Help with marriage/relationship				

Q89	Were you aware that the VA offers service therapy?	es to sup	port the f	amily, incl	luding m	ıarital, cοι	ıples, and	d family
	Yes							
	☐ No							
Th	e next set of questions ask you abo	out your	current	support	systen	n and co	ping str	ategies.
Q90	We are interested in how you feel about Indicate how you feel about each statem		ving state	ments. Re	ad each	statemer	nt carefull	y.
		Very strongly disagree	Strongly disagree	Mildly disagree	Neutral	Mildly agree	Strongly agree	Very strongly agree
	a. There is a special person who is around when I am in need.							
	b. There is a special person with whom I can share my joys and sorrows.							
	c. My family really tries to help me.							
	d. I get the emotional help and support I need from my family.							
	e. I have a special person who is a real source of comfort to me.							
	f. My friends really try to help me.							
	g. I can count on my friends when things go wrong.							
	h. I can talk about my problems with my family.							
	i. I have friends with whom I can share my joys and sorrows.							
	j. There is a special person in my life who cares about my feelings.							
	k. My family is willing to help me make decisions.							
	I. I can talk about my problems with my friends.							
Q91	Please indicate how many times you have months.	e done e	ach of the	ese things	to some	eone else	in the pa	st six
	Once T	wice 3-	5 times 6-	10 times 11-		More than	Not in the past 6 months, but it did happen before	This has never happened
	a. I insulted, swore, shouted or yelled at someone.							
	b. I pushed, shoved, or slapped someone.							
	c. I punched, kicked, or beat- up someone.							
	d. I destroyed something belonging to someone else or threatened to hit someone.							

Q92	2 Please indicate the extent to which you agree with each of the following statements.						
		Strongly Disagree		e Neutra	ıl A	gree	Strongly Agree
	a. You tend to bounce back quickly after hard times.				. ,		
	b. You have a hard time making it through stressful events.						
	c.lt does not take you long to recover from a stressful event.						
	d. It is hard for you to snap back when something bad happens.						
	e. You usually come through difficult times with little trouble.						
	f. You tend to take a long time to get over set -backs in your life.						
Q93	In your day-to-day life, how often do any o	of the follo	wing things	happen to y	ou?		
		Almost everyday	At least once a week	A few times A a month		Less that once a y	
	a. You are treated with less courtesy than other people are.						
	b. You are treated with less respect than other people are.						
	c. You receive poorer service than other people at restaurants or stores.						
	d. People act as if they think you are not smart.						
	e. People act as if they are afraid of you						
	f. People act as if they think you are dishonest.						
	g. People act as if they're better than you are.						
	h. You are called names or insulted.						
	i. You are threatened or harassed.						
	ease answer the following question i equently to any of the above question		iswered "a	few times	a year"	or mo	ore
Q94	What do you think is the main reason for	these ex	periences?	Select all tha	nt apply.		
	Your Ancestry or National Origins						
	Your Gender						
	Your Race						
	Your Age						
	Your Religion						
	Your Height						
	Your Weight						
	Some other Aspect of Your Physical App	earance					
	Your Sexual Orientation						
	Your Education or Income Level						

Q95	What is your biological sex?  Male		orientation?			
	Female		Heterosexual/straight Homosexual/gay or lesbian Bisexual Uncertain Other (please specify):			
Q96	What is your gender identity?					
	Male Female Transgender Other (please specify):	Q98	There may be opportunities for you to participate in other studies. May we use your contact information to inform you about these opportunities?  Yes No, not at this time			

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