

A. PARENT STUDY INVITATION LETTER

Dear [INSERT PARTICIPANT NAME],

As part of our nation's commitment to service members and their families, the U.S. Department of Defense (DoD) launched the Millennium Cohort Adolescent Study to capture the experiences of military-connected youth and their parents. Over 50,000 Millennium Cohort Study participants with 11-17 year old children have been invited to be a part of this landmark study focused on the health and well-being of military-connected adolescents. Current service members and veterans representing Active duty, Reserve, and National Guard components across all Armed Services will be asked to take part in this study.

The information gleaned from this study will provide important insights into the strengths and challenges of military-connected youth by asking them first-hand about their experiences related to having a parent in the military. We will also invite the other parent or legal guardian of the adolescent child to participate in this study if they are in the child's life. The survey will take approximately 30 minutes to complete. As a small token of our appreciation for taking part in this study, each participant will receive a \$10 gift card of their choice to vendors such as Amazon, Target, or Starbucks. If the parent(s) and the adolescent both complete surveys, the adolescent will receive an additional \$10 gift card, resulting in as much as \$40 in gift cards if two parents and the adolescent complete surveys.

As the parent of an adolescent-age child, your participation in this study will provide valuable insights into your parenting experiences and relationship with your adolescent child. This information will be used by DoD to inform policies, programs, and services provided to military-connected adolescents and their families.

Complete your online survey today by visiting [INSERT WEB LINK TO SURVEY]. Click on "Start Survey" and enter your Subject ID: XXXXXXXX.

We hope you will consider adding your voice to this important study.

Very respectfully,

[INSERT SIGNATURE]

Dr. Valerie Stander, Principal Investigator

The Millennium Cohort Adolescent Study is a U.S. Department of Defense project located at the Naval Health Research Center in San Diego, CA. [INSERT OMB CONTROL#, RCS#, AND IRB PROTOCOL#]

B. PARENT STUDY INVITATION POSTCARD

Dear [INSERT PARTICIPANT NAME],

As part of our nation's commitment to service members and their families, the U.S. Department of Defense (DoD) is launching the Millennium Cohort Adolescent Study to better understand the experiences of military-connected youth and their parents. Over 50,000 Millennium Cohort Study participants with 11-17 year old children will be invited to be a part of this landmark study focused on the health and well-being of military-connected adolescents.

In the next few weeks, you will receive a packet in the mail inviting you, your adolescent-age child, and their other parent or legal guardian (if applicable) to participate in this study by completing an online survey that will take approximately 30 minutes of your time. Participants can receive as much as \$40 per family in gift cards from Amazon, Target, and Starbucks.

As the parent of an adolescent-age child, you and your child's participation in this study will provide critical information that will help the DoD to better understand if, and how, parents' military experiences affect their child's health and well-being. This information will be used to inform policies, programs, and services provided to military-connected adolescents and their families.

We hope you will consider adding your voice to this important study.

Very respectfully,

[INSERT SIGNATURE]

Dr. Valerie Stander, Principal Investigator

C. Frequently Asked Questions

Why is this study being conducted?

The U.S. Department of Defense determined a need to collect data to better understand the health and well-being of military-connected adolescents. The Millennium Cohort Adolescent Study is designed to determine if, and how, military experiences impact adolescents' health and well-being. This study also provides a unique opportunity to explore the impact of military experiences on parenting and the parent-adolescent relationship. The study is embedded within the larger Millennium Cohort Program, which includes the Millennium Cohort Study of service members and veterans and the Family Study of military spouses. Millennium Cohort Study participants with adolescent children were invited to participate in this study. A comprehensive understanding of the challenges faced by military-connected adolescents and their parents can inform effective support programs and services. Participation in this study is completely voluntary.

Who is conducting this study and by whose authority?

The Millennium Cohort Adolescent Study is a project sponsored by the U.S. Department of Defense. The study is being conducted by the Naval Health Research Center in San Diego, California.

How will my participation in this study make a difference?

The purpose of this study is to assess the impact of military experiences on adolescents' health and well-being. There are a limited number of participants in this study, so every individual response is needed for this to be a successful study. Your participation is a critical step in developing programs and services to increase the well-being of military-connected youth.

Will any members of my (or my sponsor's) Chain-of-Command or promotion boards ever see the information that I provide on the questionnaire?

No. This study is for research purposes only. Information you provide is not available to your (or your sponsor's) superiors or promotion boards.

Are there risks to participation in this study?

There is minimal risk to participating in this study. These risks could include possible discomfort in answering questions of a sensitive nature and data breach. You are able to skip any questions you do not wish to answer. All data are maintained securely on servers meeting DoD security standards (see "How safe is my information" below). Your answers are confidential and will not be shared with military commands, disability evaluators, insurance companies, or anyone not directly involved in data analysis. Only summary information from the entire sample, with no identifying information, will be published.

I am (or my sponsor is) no longer in the military. Can I still take part in this study?

Yes. We need your participation even if you (or your sponsor) are no longer serving in the military. The study is designed to research the effects military service may have on adolescents' health and well-being, including after parents' military service is complete.

My sponsor and I are no longer married. Can I still take part in this study?

Yes. We need your participation even if you and your sponsor are separated or divorced.

How often will I be invited to complete a survey?

You will be asked to complete an online survey for the current study, which will take approximately 30 minutes of your time. There may be an opportunity to continue the study in the future and if so, you will be contacted every 18 months until your adolescent child reaches the age of 18 years old. You are free to withdraw from the study or opt out of future contacts at any time. However, your continued input in the study will be of great value to the advancement of military support services.

What if I move during this study?

If you move or change duty stations, we ask that you contact us via email to let us know your new contact information.

How safe is my information?

Very safe. The information you provide on your questionnaire is protected and stored in conjunction with a Subject ID number instead of your name. Only researchers working on this study have access to the data. Information stored on computers is protected by all measures required by DoD computer security regulations. Additionally, information cannot be obtained through requests from organizations such as insurance companies.

Can I participate in this study even though I was not invited?

No. The scientific validity of this study requires researchers to follow certain protocols, which means that only those who receive invitations can participate in this study. However, the information gleaned from this study will be applicable to military-connected families with adolescent children.

D. SURVEY PARTIAL RESPONDER REMINDER EMAIL

Purpose: Reminder for Partial Responders to Complete their Survey

Subject: Please Complete Your Millennium Cohort Adolescent Study Survey Today!

Dear [INSERT PARTICIPANT NAME],

We greatly appreciate the time that you have already invested to begin your Millennium Cohort Adolescent Study survey. We hope you will consider spending part of your day completing this important survey that will provide valuable information that will be used by DoD to improve the lives of military-connected youth and their families. The survey will take approximately 30 minutes of your time.

To complete your survey, please visit [INSERT WEB LINK TO SURVEY]. Click on “Start Survey” and enter your Subject ID: XXXXXXXX.

We truly value your participation in this landmark study.

Very respectfully,

[INSERT SIGNATURE]

Dr. Valerie Stander, Principal Investigator

E. SURVEY NON-RESPONDER REMINDER EMAIL

Purpose: Reminder for Non-Responders to Complete their Survey

Subject: Make an Impact on the Health and Well-Being of Military-Connected Youth

Dear [INSERT PARTICIPANT NAME],

Earlier this month, you were invited to participate in the Millennium Cohort Adolescent Study. This study aims to capture the experiences of military-connected adolescents and their parent(s). The information we learn from this study will be provided directly to those who oversee policy, programs, and services for military youth and their families. The survey will take approximately 30 minutes to complete. Participants who complete the survey will have the opportunity to receive up to \$40 in gift cards per family as a token of appreciation for participation in the study.

Please complete your survey today by visiting [INSERT WEB LINK TO SURVEY]. Click on "Start Survey" and enter your Subject ID: XXXXXXXX.

We hope you will become a part of this important study.

Very respectfully,

[INSERT SIGNATURE]

Dr. Valerie Stander, Principal Investigator

F. PARTICIPANT SPECIAL EVENT POSTCARD

Dear [INSERT PARTICIPANT NAME],

As we join the country in celebration of [INSERT EVENT], the Millennium Cohort Adolescent Study recognizes the sacrifices of our military-connected families, past and present. Thank you for your dedication, perseverance, resilience, and strength!

We are grateful for your participation in the Adolescent Study. Only through the involvement of participants like you, we are able to make a meaningful impact.

Very respectfully,

[INSERT SIGNATURE]

Dr. Valerie Stander, Principal Investigator