

## Survey Approval

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## Introduction

Thank you for volunteering to complete your follow-up survey. You are being asked to complete this questionnaire because you completed our baseline questionnaire approximately 6 months ago.

Please remember this survey is **completely voluntary** and you may stop answering questions at any time.

**Do not write any personally identifying information on this survey.**

At the end of the survey you will be redirected to a new page where you will be able to enter your email address to claim your gift card if you take this survey while off duty.

## Creating Your Unique Identification Code

### Creating Your Unique Identification Code

Using this form, please create a unique identification code. We use this code in place of your name or other personally

identifying information to link your questionnaire responses over time.

## **1st and 2nd letter of your mother's first name**

(Ex: Martha → "MA")

NOTE: if you do not have a woman who you identify as your mother, use the 1st and 2nd letter of your father's name

## **Day of your birthday**

(Ex: "26," "04")

**1st and 2nd letter of the U.S. state you were born. DO NOT write the state abbreviation.**

(Ex: Montana → "MO;" Hawaii → "HA")

NOTE: if you were born outside the US, write the first 2 letters of the country you were born in (Ex: Mexico → "ME")

**Last 2 digits of the year you were born**

(Ex: 1983 → "83")

**1st and 2nd letter of your middle name**

(Ex: Alan → "AL")

NOTE: if you do not have a middle name, write "XX"

## **1st and 2nd letter of the high school you most recently attended**

(Ex: Eagle High School → "EA")

NOTE: if you never attended high school, write "YY"

## **Participant Characteristics**

The first set of survey items ask about your personal characteristics, your military service history, and other questions about your employment status.

Please remember this survey is completely voluntary and you may stop answering questions at any time.

**Please avoid including any personally identifiable information (e.g., names, date of birth) anywhere on this questionnaire.**

What is the closest major city that you live nearby?

What is your total household income? This includes the money you make and the money your partner, spouse, or other adults who live with you make. Please do not include basic allowance for housing (BAH) in this total if you receive one.

- \$20,000 - \$29,999
- \$30,000 - \$39,999
- \$40,000 - \$49,999
- \$50,000 - \$59,999
- \$60,000 - \$69,999
- \$70,000 - \$79,999
- \$80,000 - \$99,999
- \$100,000 - \$124,999
- \$125,000 - \$149,999
- \$150,000 - \$199,999
- \$200,000 or more
- Prefer not to answer

Does your current financial condition negatively impact your military readiness?

- Yes
- No
- Don't know

How many children under the age of 19 live in your household?

## **Military Service History**

In what branch(es) of the military are you currently serving:

- Navy
- Marine Corps

## **Employment**

Have you had a job in addition to your military job at any time in the past 6 months for the purpose of earning extra income?

- Yes, I have or have had another job
- No, I do not/did not have another job

On average how many hours per week do you work at your other job?

- 0 - 5
- 6 - 10
- 11 - 15
- 16 - 20
- 20 +

## **Housing Stability and Community Safety, Transportation**

The next several items ask about where you live and how you get around.



## Where do you live?

- Barracks
- Apartment, condo, or townhouse
- Mobile home
- Single-family home
- Car or vehicle
- Hotel or motel
- Other:

## Do you rent or own?

- Rent
- Own
- Other:

What is your monthly rent or mortgage? (If you do not pay rent or mortgage, write 0)

What is your monthly housing allowance that you get from the military (also called "basic allowance for housing (BAH)")? (If you do not receive funding from the military to pay for your housing, write 0)

Thinking about where you currently live, do you have problems with any of the following?

	Yes	No
a) Broken major appliances (ex: stove, fridge)	<input type="radio"/>	<input type="radio"/>
b) Pests, such as bugs, ants, mice or rats	<input type="radio"/>	<input type="radio"/>
c) Mold or other fungus	<input type="radio"/>	<input type="radio"/>
d) Water or gas leaks	<input type="radio"/>	<input type="radio"/>
e) Lack of heat or air conditioning	<input type="radio"/>	<input type="radio"/>
f) Reliable internet access	<input type="radio"/>	<input type="radio"/>

Yes

No

g) Crime or other safety concerns in your neighborhood

Do you feel physically safe where you currently live?

- Yes
- No
- Prefer not to answer

Do you feel emotionally safe where you currently live?

- Yes
- No
- Prefer not to answer

In the past 6 months, has lack of transportation kept you from medical appointments, meetings, work, or from getting things that you need for daily living?

- Never
- A few times
- Several times

Frequently

## Financial Stability

The next several questions ask about your finances and ability to pay for certain expenses.

How often over the past 6 months have you had trouble paying for...

	Never	1 - 2 times	3 - 4 times	Most of the time	N/A
a) Your rent or mortgage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Utilities (ex: gas, water, electric)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Internet or phone bills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Food Security

Do you currently receive federal food assistance funding, such as SNAP (Supplemental Nutrition Assistance Program) funding?

- Yes
- No
- Unsure

Please answer whether the statements were NEVER, SOMETIMES, or OFTEN TRUE for you and your household in the last 6 months.

	Never true	Sometimes true	Often true	Not applicable
a) You worried that your food would run out before you got money to buy more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) The food your bought just didn't last and you didn't have money to get more	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) You were unable to purchase the foods you wanted because you could not afford them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Never true	Sometimes true	Often true	Not applicable
d) You were unable to purchase fresh foods, like fresh fruits and vegetables, because you could not afford them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the past 6 months, did you or a member of your household obtain food from any of the following sources?

	Yes	No	Unsure
a) Food pantry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Food bank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Food donation program or food drive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Women, Infants, and Children Program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Donations from friends or family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Another food donation program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

You mentioned obtaining food from another food donation program above (f). What was the food donation program

called?

## **Social Support, Trauma, Discrimination, Racism**

The next set of questions asks about experiences you have had with other people. Some of these questions may make you feel uncomfortable. If you feel especially uncomfortable or distressed answering any of the questions, consider calling your health care provider or the Veteran's Crisis line (988 +1 or text 838255)

How often do you feel lonely or isolated from those around you?

- Never
- Rarely
- Sometimes
- Often
- Always

How often do you get the social and emotional support you need?

- Never  
 Rarely  
 Sometimes  
 Often  
 Always

In the past 6 months, how often did you feel that you, personally, have been discriminated against because of your...

	Never	Rarely	A few times	Several times	Frequently	Unsure	Not applicable
a) Gender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Sexual orientation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) Race, ethnicity, or skin color	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Body size or other feature of your body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



You indicated that you were discriminated against for one or more of your characteristics. Did this discrimination occur within a military setting?

- Yes
- No

If you have been in a relationship in the past 6 months, did your partner or ex-partner...

	Yes	No
a) Insult or talk down to you	<input type="radio"/>	<input type="radio"/>
b) Scream or curse at you	<input type="radio"/>	<input type="radio"/>
c) Physically hurt you	<input type="radio"/>	<input type="radio"/>
d) Force you to have sex or engage in sexual activities	<input type="radio"/>	<input type="radio"/>

In the past 6 months, have you faced any legal issues such as tenant/landlord, family law, divorce, or child custody?

- Yes
- No

Unsure

## Health Care Access and Health Status

The final sets of questions ask about your physical and emotional health, and your experiences accessing health care.

### Health Care Access

In the past 6 months, was there ever a time when you did not get health care for a **physical health issue** (e.g., infection, injury) when you needed it?

- Yes
- No
- N/A

You indicated you did not get care when you needed it for a **physical health issue** in the past 6 months. Which of

these statements explain why you did not get health care?  
Rate the degree to which each statement was true for you.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I did not think treatment would help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did not know where to get help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was too difficult to schedule an appointment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I didn't have time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would have harmed my career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could not afford the cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could have been denied security clearance in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My supervisor/unit leadership would not permit me to miss work to attend the appointment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My supervisor/unit leadership might have a negative opinion of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Members of my unit might have less confidence in me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I was concerned that the information I gave health care provider might not be confidential	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would have negatively affected my family or personal life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was too difficult to find childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could not find transportation to get to the clinic or hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would think less of myself if I sought care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not trust health care providers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following statements most accurately describes your history of receiving health care for **a mental health issue over the past 6 months?**

- I am currently enrolled in care with a health care provider for mental health-related concerns
- I currently meet with a Chaplain for mental health-related concerns

- I have received care from a health care provider or Chaplain in the past for mental health-related concerns, but am not currently receiving care
- I have never received care from any type of health care provider or chaplain for mental health-related concerns

In the past 6 months, was there ever a time when you did not get health care for **a mental health issue** when you needed it?

- Yes
- No
- N/A

You indicated you did not get health care when you needed it in the past 6 months. Which of these statements explain why you did not get health care? Rate the degree to which each statement was true for you.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I did not think treatment would help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did not know where to get help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was too difficult to schedule an appointment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I didn't have time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would have harmed my career	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could not afford the cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could have been denied security clearance in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My supervisor/unit leadership would not permit me to miss work to attend the appointment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My supervisor/unit leadership might have a negative opinion of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Members of my unit might have less confidence in me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was concerned that the information I gave the health care provider might not be confidential	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would have negatively affected my family or personal life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
My commanders or supervisors discourage the use of mental health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was too difficult to find childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could not find transportation to get to the clinic or hospital	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would think less of myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others would think less of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried about medicines used to treat mental health problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer to try spiritual or religious counseling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not trust mental health care providers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Depression (PHQ9)

Over the **LAST 2 WEEKS**, how often have you been bothered

by any of the following problems?

	Not at All	Few or 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 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"/>



Not at All      Few or Several Days      More Than Half the Days      Nearly Every Day

i. Thoughts that you would be better off dead or of hurting yourself in some way

                

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not at all difficult
- Somewhat difficult
- Very difficult
- Extremely difficult

## Anxiety (GAD-2)

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

Not at all      Few or several days      More than half the days      Nearly every day

a. Feeling nervous, anxious, or on edge

Not at all      Few or several days      More than half the days      Nearly every day

b. Not being able to stop or control worrying

                

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not at all difficult  
 Somewhat difficult  
 Very difficult  
 Extremely difficult

## Primary Care PTSD Screen for DSM-5 (PC-PTSD-5)

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example:

- a serious accident or fire
- a physical or sexual assault or abuse
- an earthquake or flood
- a war
- seeing someone be killed or seriously injured

- having a loved one die through homicide or suicide

Have you ever experienced this kind of event?

- Yes
- No

**In the past month, have you...**

a. Had nightmares about the event(s) or thought about the event(s) when you did not want to?

- Yes
- No

b. Tried hard not to think about the event(s) or went our of your way to avoid situations that reminded you of the event(s)?

- Yes

No

c. Been constantly on guard, watchful, or easily startled?

Yes

No

d. Felt numb or detached from people, activities, or your surroundings?

Yes

No

e. Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

Yes

No

How difficult have these problems made it for you to do your work, take care of things at home, or get along with

other people?

- Not at all difficult
- Somewhat difficult
- Very difficult
- Extremely difficult

## **Thank you for your participation**

If you need additional support, you can call the National Crisis Line by dialing 988 at any time.

If you are feeling very upset following taking this survey, please consider notifying the study principal investigator, Dr. Kristen Walter (619-553-4108; kristen.h.walter.civ@health.mil), calling your health care provider, or contacting the NHRC IRB (619-552-8482; usn.nhrc.irb@health.mil).

## **You can contact the following resources for information about domestic violence services:**

**Call:** 1.800.799.SAFE (7233)

**Text:** "START" to 88788

**Visit:** thehotline.org

**Visit:** <https://www.militaryonesource.mil/preventing-violence-abuse/domestic-abuse/domestic-abuse-help/>

**You can also contact the National Hunger Hotline for more information about services available for you and your family:**

- **By Phone:** Call the USDA National Hunger Hotline, which operates from 7:00 AM – 10:00 PM Eastern Time. If you need for assistance, call 1-866-3-HUNGRY or 1-877-8-HAMBRE to speak with a representative who will find food resources such as meal sites, food banks, and other social services available near your location
- **By Text:** Text to the automated service at 914-342-7744 with a question that may contain keywords such as "food," "summer," "meals," etc. to receive an automated response to resource located near an address and/or zip code.

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