



U.S. Department
of Veterans Affairs

The VA provides free, confidential support 24/7 for Veterans and their family and friends. If you are in crisis, contact the **Veterans Crisis Line** by dialing 988 (Press 1), or dialing 1 (800) 273-8255 (Press 1), or texting 838255, or visiting <https://www.veteranscrisisline.net>. If you are homeless or at risk of homelessness, contact the **National Call Center for Homeless Veterans (NCCHV)** by dialing 1 (877) 424-3838 or visiting <https://www.va.gov/HOMELESS/>. Send comments regarding this burden estimate or any other aspect of this information collection, including suggestions for reducing this burden to Vets-Experience@va.gov. VA will not disclose your personal information to third parties outside VA without your consent or when immediately responding to an expressed concern or need for immediate information or resources.

OMB Number: 2900-0876
Expiration: 02/28/2026
Estimated Burden: 3 minutes

Help us serve you better.

We want to hear about your experience with your recently completed VIP Bootcamp program. By responding to this survey, you will directly help us improve the program, and provide better support to you and Veterans like you. Your well-being is important to us!

This voluntary survey should take you approximately 3 minutes to complete.

How has your quality of life changed since completing VIP Bootcamp? (Select all that apply)

Required

- ☐ Feeling more energized about life
- ☐ Having more confidence in practicing healthy changes
- ☐ Connecting with people more often
- ☐ Returning to activities I had stopped
- ☐ Trying new activities
- ☐ Meeting daily challenges with more ease
- ☐ I've seen no change in my quality of life

Which of these practices are you doing regularly to help improve your sleep? (Select all that apply)

Required

☐ I did not attend the Improving Sleep module
☐ Strengthening sleep drive (filling up sleep bucket/blowing up sleep drive balloon)
☐ Regular rise times
☐ Paying attention to light, temperature, wind-down time
☐ Stimulus control (bed is for sleep, sleep is for the bed)
☐ Changing thoughts about sleep from unhelpful to helpful
☐ Scheduling a worry-time or problem-solving time
☐ Changing my caffeine or alcohol timing/use
☐ None of the above

Which of these practices are you doing regularly to help reduce your pain? (Select all that apply)

Required

☐ I did not attend the Outsmarting Chronic Pain module
☐ Understanding chronic pain differently
☐ Pacing to break the Push-Crash-Burn cycle
☐ Daily BOMB (Breathe, go Outside, Move Body)
☐ Engaging in exercise/walking program
☐ Changing thoughts about pain from unhelpful to helpful
☐ Engaging in pleasant events
☐ Approaching things that had been avoided
☐ Working more effectively with emotions such as anxiety/fear or anger
☐ None of the above

Which of these practices are you doing regularly to help reduce your stress? (Select all that apply)

Required

☐	I did not attend the Rewiring Your Brain module
☐	Emotions: "Name it to Tame it"
☐	Emotions: What's the Function of that feeling?
☐	Engaging in activities that fill up your fuel-tank
☐	Pausing, shifting thoughts (cognitive flexibility and Catch it, Check it, Change it)
☐	Pressing the brake
☐	Being the BOMB (Breathing, going Outside, Moving your body)
☐	Paying attention to choices and moving towards values
☐	None of the above

Next

The following questions relate to how you *feel about VIP Bootcamp overall*.

Please rank order the following aspects of the VIP Bootcamp by how helpful they were in moving you toward your values and goals. *1 is the most helpful, 5 is the least helpful*

— ▼	Practices (breathing, mindfulness, relaxation, imagery)
— ▼	Pausing, checking-in with yourself
— ▼	Education
— ▼	Connecting with other veterans
— ▼	Noticing or Sharing Wins

VIP Bootcamp leaders explained things in a way that I could easily understand.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

VIP Bootcamp leaders explained things in a way that really held my interest.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

I felt that the VIP Bootcamp leaders understood my needs well.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

I felt that the VIP Bootcamp leaders really cared about my progress.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

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The following questions relate how we can *improve VIP Bootcamp*.

After completing VIP Bootcamp I feel more hopeful about my future.

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

After completing VIP Bootcamp I feel more effective and capable.

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

I would recommend VIP Bootcamp to other Veterans.

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

I trust VA to teach me tactics to improve chronic pain, sleep, and/or stress

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

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In which VA system did you attend VIP Bootcamp?

☐ Tennessee Valley Healthcare System
☐ Mt. Home
☐ Louisville
☐ Memphis
☐ Lexington

What modules have you completed (3 out of 4 sessions of a module)? (Select all that apply)

☐ Outsmarting Chronic Pain
☐ Rewiring Your Brain
☐ Improving Sleep

Please select your age range.

☐ Under 20 years old
☐ 20-29 years old
☐ 30-39 years old
☐ 40-49 years old
☐ 50-59 years old
☐ 60-69 years old
☐ Over 70 years old

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Finish

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Thank you for choosing VA.

The U.S. Department of Veterans Affairs uses these surveys to collect your feedback in order to continuously improve your experience with VA Services.

Please visit [VA.gov](https://www.va.gov) to explore benefits, resources, and information at VA.