

Appendix C1. CFR Follow-Up Survey

Landing Page

Welcome to the *Follow-Up Survey* for the Coaching for Resilience Program

This is the follow-up Coaching for Resilience (CFR) evaluation survey (you completed the baseline survey approximately four months ago as a trainee). The DoD has contracted NORC at the University of Chicago (NORC) to support an independent evaluation of the CFR program. NORC is a non-partisan, objective research institute that provides rigorous and reliable research and evaluation services to clients.

The evaluation survey should take about 15 minutes to complete. We need the baseline evaluation participants to complete this follow-up survey! When you complete the survey, you will receive a **\$30 e-gift card** as a thank you for your time. If you choose to volunteer for a follow-up interview with NORC and are selected, you will receive an additional **\$40 e-gift card**.

Your contact information is stored separately from your survey responses. NORC will not share individual survey responses with the Army or DoD.

This survey is confidential. Your responses will be linked to a unique ID, which cannot be linked back to you. Your responses will be combined with others, and the results will be reported in aggregate. This survey is voluntary. You may skip any questions or stop the questionnaire at any time without penalty.

If you have any questions about this survey or the evaluation being conducted by NORC, please contact the NORC Project Team by email: ArmyResilience@norc.org.

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AGENCY DISCLOSURE NOTICE

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Privacy Advisory: Personal contact information is being collected and used by the NORC at the University of Chicago (NORC) for the purpose of distributing gift cards in thanks for your participation and to contact you for the optional follow-up CFR evaluation interview. Your information will be securely stored by NORC, will not be delivered to DoD for any non-stated purpose, and will be destroyed no later than September 28, 2027, at the conclusion of NORC's contract. Providing your information is voluntary, however, choosing not to provide your

personal contact information will result in NORC's inability to offer the \$30 gift card as a thank you for your participation today, and exclusion from the optional follow-up evaluation interview and the subsequent \$40 gift card for participation in the follow-up evaluation interview.

I. Experience with Coaching

1. Do you recall participating in one-on-one coaching sessions with an Army Performance Expert as part of the Coaching for Resilience (CFR) program, about three months ago during OSUT?
 - a. Yes
 - b. No
 - c. Not sure
2. Army Performance Experts (PEs) were assigned to meet with soldiers for 4 CFR sessions. Some soldiers may have met with the same PE for all sessions. Other soldiers may have seen different PEs for their sessions. How many PEs did you meet with for your coaching sessions?
 - a. 1
 - b. More than 1
 - c. I do not remember

II. Additional Constructs for CFR Pilot Evaluation

SELF-AWARENESS/CONFIDENCE

3. Self-Efficacy

How strongly do you agree or disagree with these statements:	Strongly Disagree	Disagree		Agree	Strongly Agree
a) If I can't do a job the first time, I keep trying until I can.					
b) Failure just makes me try harder.					
c) I feel insecure about my ability to do things.					

4. Help-Seeking Behaviors

Imagine that you begin to experience some problem. The problem is not so overwhelming that you can't function. However, it continues for more than a few days. You consider seeking help from someone. Below are several reasons why you might choose NOT to seek help. Please read each reason and decide how important it would be in keeping you from seeking help.

How strongly do you agree or disagree with these statements:	Strongly Disagree	Disagree		Agree	Strongly Agree
d) I'd prefer to suck it up rather than dwell on my problems.					
e) Problems like this are a part of life; they're just something you have to deal with.					
f) I'd prefer to wait until I'm sure the health problem is a serious one.					
g) The problem wouldn't be a big deal; it would go away in time.					
h) I wouldn't want to overreact to a problem that wasn't serious.					
i) The problem wouldn't seem worth					

getting help for.					
j) I wouldn't know what sort of help was available.					
k) I don't trust doctors and other health professionals.					

5. Help-Seeking Attitudes

How strongly do you agree or disagree with these statements:	Strongly Disagree	Disagree	Agree	Strongly Agree
a) I would feel uneasy going to counseling or coaching because of what other soldiers would think.				
b) Getting counseling or coaching is embarrassing for a soldier.				
c) Having an anxiety attack/panic attack/depression is shameful for a soldier.				
d) I don't think there's any need for a soldier to cover up getting counseling or coaching.				
e) If I thought I needed help from counseling or coaching, I would get it no matter who knew about it.				

ORGANIZATIONAL COMMITMENT

6. Retention to the Military

How strongly do you agree or disagree with these statements:	Strongly Disagree	Disagree		Agree	Strongly Agree
a) I am proud of my work					
b) My work has a great deal of personal meaning to me					
c) I am committed to making the military my career					
d) I feel like "part of the family" among the people I work with.					

7. Job Engagement

How strongly do you agree or disagree with these statements:	Strongly Disagree	Disagree		Agree	Strongly Agree
a) My work is one of the most important things in my life.					
b) I am committed to my job.					
c) How I do in my job influences how I feel.					
d) I would choose my current work again if I had the chance.					

HEALTH STATUS

8. Mental Health

How much of the time, during the last month, have you	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
a) Been a very nervous person?						
b) Felt calm and peaceful?						
c) Felt downhearted and low?						
d) Been a happy person?						
e) Felt so down in the dumps that nothing could cheer you up?						

III. Initial Entry Training – Individual Resilience Assessment

9. Coping Skills

Please rate how often you use the following strategies when coping with stressful situations:	Never	Almost never	Sometimes	Fairly often	Very often
a) I combat negative thinking by focusing on the facts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I talk to someone about the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I think through the situation, anticipating what might happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I identify the steps I need to take to resolve the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I try to “step back” and see the problem from a different perspective.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I focus my attention on something else (e.g., TV, videogames).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I blow off steam by doing something fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I exercise to help relieve stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I eat/drink to relieve stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I smoke/vape to relieve stress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) I try not to take things too seriously.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Listed below are some strategies for coping with stressful situations. For questions 1, 2, and 3, please select the three coping strategies you use most often to cope with stressful situations.

Please select the **FIRST** most often used strategy, then the **SECOND**, and finally, the **THIRD** most often used strategy for coping successfully with a stressful situation. **MARK ONLY ONE FOR EACH.**

	a	b	c	d	e	f	g	h	i	j
1. FIRST	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. SECOND	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. THIRD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Locus of Control

Please indicate the extent to which the following statements describe you:	Not at all	Slight extent	Moderate extent	Great extent	Very great extent
a) I believe I can achieve whatever I set my mind to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I believe that I can achieve anything by working hard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I believe I have control over the events in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) Much of what happens to me is because of chance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) Luck plays a big part in my success.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Others have more control over what happens to me than I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I am dependent on others for my success.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. General Stress

In the last month, how often have you...	Never	Almost never	Sometimes	Fairly often	Very often
a) felt worried?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) felt like you had everything under control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) felt confident in your ability to manage your stress and anxiety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) felt confident in your ability to handle everything you were being asked to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) felt irritated by things that normally do not bother you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) had trouble falling or staying asleep?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) been unable to concentrate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Connectedness

Please indicate how much you agree or disagree with the following statements:	Strongly disagree	Disagree	Neither agree nor	Agree	Strongly agree
a) I have someone I can confide in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I have someone who shows me love and affection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I have someone who helps me forget life's troubles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I have someone I can joke around with.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I have someone I can reach out to when I have a problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I have someone who has my back when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I have someone I can ask about IET related tasks/assignments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I have someone who helps me with important life decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I have someone who provides good advice when I am in a difficult situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I have someone who shares my interests.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate the extent to which you agree or disagree with the following statements about your current military life:	Strongly disagree	Disagree	Neither agree nor	Agree	Strongly Agree
a) I think more can be accomplished when you work as a team.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I am confident in my ability to work with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I make an effort to listen to other people's ideas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I think everyone should have the opportunity to contribute.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I think open communication is important for effective teamwork.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I willingly share my ideas with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I value the feedback I receive from others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I give others feedback even when they do not ask for it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) Being [Becoming] a Soldier is a large part of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I feel a strong sense of belonging in the Army.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) The Army values are consistent with my values.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l) The Army accepts me for who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m) I feel committed to serving my country.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. Conflict Resolution

Please rate how often you use the following strategies when dealing with a conflict:	Never	Almost never	Sometimes	Fairly often	Very often
a) I seek different opinions on the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I try to understand the other person's perspective.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I work with others to find a solution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I look for solutions that satisfy everybody involved.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I look for win-win solutions to problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I negotiate when possible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I stand my ground, even if it means further disagreement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I look to others to support my point of view (I build an alliance).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I remove myself from the situation as soon as possible.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I keep my opinions to myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) I give in to avoid further disagreement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l) I do what is necessary to maintain the relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Emotional Intelligence

Please indicate the extent to which the following statements describe you:	Not at all	Slight extent	Moderate extent	Great extent	Very great extent
a) I know what triggers my emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I am usually aware of how I am feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I am often unaware of why I am feeling a particular emotion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I am good at picking up on what other people are feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I have trouble relating to other people's feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I can tell how my actions impact those around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I pay attention to how I show my feelings (my body language).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) People can easily tell how I am really feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I am able to calm myself down when I am upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I know what to say to make other people feel better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) I can gauge how to respond based on the emotions of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l) I am careful to respect others feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. Motivation

Please indicate the extent to which the following statements describe you:	Not at all	Slight extent	Moderate extent	Great extent	Very great extent
a) I do not need a lot of encouragement to get started on a task.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) Once I make up my mind to do something, I follow through.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I have a hard time getting started on challenging tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I often put things off until the last minute.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) It is hard for me to stay motivated when things get difficult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I finish tasks that I have started even if they are hard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) If I initially fail at something, I continue trying until I succeed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I only do what is necessary to complete a task.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) Compared to the people around me, I put more effort into my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I am willing to work hard for things that are important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. Impulse Control

Please indicate the extent to which the following statements describe you:	Not at all	Slight extent	Moderate extent	Great extent	Very great extent
a) I often say the first thing that comes to mind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I find myself doing the same thing over and over again, even if it is not working for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I like to plan for large tasks before jumping in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I have a hard time staying focused.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I am easily distracted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I see tasks through to the end.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I tend to eat/drink too much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I tend to purchase things I cannot afford.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I am able to resist temptation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I am good at saving money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) I like to take risks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Adaptability

Please indicate the extent to which the following statements describe you:	Not at all	Slight extent	Moderate extent	Great extent	Very great extent
a) I can imagine multiple ways to solve any given problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I find it difficult to switch directions in the middle of a project.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) When addressing a problem, I like to stick with solutions I have used in the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I value diverse perspectives.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I have a hard time adjusting my views when confronted with new information.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) Most of the time, I know better than others around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I am comfortable with uncertainty.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I worry about the unknown.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I am comfortable in environments that are constantly changing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I have a hard time knowing how to act in new situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) I can easily adjust my behavior to meet the demands of any given situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l) I prefer variety to routine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. Social Determinants of Health

Regarding your life prior to entering the military, please indicate how much you agree or disagree with the following statements:	Strongly disagree	Disagree	Neither agree nor	Agree	Strongly agree
a) I had access to healthcare.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I had enough money for food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I had stable housing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I had basic utilities (e.g., heating, water, electricity).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I felt safe in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I felt safe in my home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g) I had someone I could talk to about serious problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h) I communicated positively with my parent or caregiver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i) I overcame hard times with the support of my family and community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j) I had a quality education.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k) I attended school regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l) I experienced bullying in school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Contact Information Page and Thank You Page

Thank you for your time and response today

Key-Informant Interview Volunteer

NORC is conducting interviews (45 minutes) with Soldiers about their experience participating in the Army's Coaching for Resilience program. If you are interested and willing to participate in an interview, please indicate below. Your participation and responses shared in an interview with NORC will be kept confidential; NORC will *not* share names or identifying characteristics of participating Soldiers with the USA or the DoD. Your input will be invaluable for informing improvements to CFR. You will receive a \$40 electronic gift card if you are selected to participate in an interview.

- ☐ **I do not volunteer** to participate in a brief follow-up interview with NORC [Skip to incentives]
- ☐ **I volunteer** to participate in a brief follow-up interview with NORC.

Please provide your information to be contacted by the NORC research team for the brief interview. Your email address will not be linked with any of your answers to the questions in this survey. Your email address will not be shared with anyone in your Army unit or chain of command or in the DoD. NORC will solely use this information for communications about this evaluation effort.

Last Name: _____

Personal Email Address: _____

To allow NORC to text you with information regarding the follow-up interview, please enter your cell phone number below:

Enter area code and phone number with no dashes _____

By providing this number, you allow NORC to text you using an automated text system. We will only use your phone number for TILT evaluation purposes. NORC will not share, sell, or otherwise use this number. You can reply STOP to our text messages to opt out at any time. Reply HELP for help. Standard messaging and data rates may apply. Message frequency may vary.

Is the below information correct? *If any piece of the below information is incorrect, select "No, I need to make a correction."*

Name: [LNAME]

Personal Email:[PER_EMAIL]

Cell Phone: [CELL]

1. Yes, all information is correct
 2. No, need to make a correction
-

Please edit your responses below to update the information, then hit "Next."

Name: [LNAME]

Personal Email:[PER_EMAIL]

Cell Phone: [CELL]

Click Next to get your \$30 e-gift card.

Incentives Contact Information

We would like to confirm your contact information to send you your \$30 e-gift card. Your contact information will *not* be linked with any of your responses provided today, or used for any non-stated purpose. Your contact information will *not* be shared with anyone in your Army unit or chain of command or in the DoD. NORC will only use this information for communications about this evaluation effort. Please click “Next” if you do not wish to receive your gift code.

NORC WILL CONFIRM WITH NORC IT PROGRAMMERS IF WE CAN USE INFORMATION THAT PARTICIPANT PROVIDED ABOVE (WHILE ALLOWING PARTICIPANT TO HAVE A DIFFERENT EMAIL FOR THEIR INCENTIVE THAN FOR THEIR INTERVIEW CONTACT.)

Last Name: _____

Personal Email: _____

Is the below information correct? *If any piece of the below information is incorrect, select “No, I need to make a correction.”*

Last Name: **[LNAME]**

Personal Email: **[PER_EMAIL]**

1. Yes, all information is correct
2. No, need to make a correction

Please edit your responses below to update the information, then hit “Next.”

Last Name: __ **[LNAME]** __

Personal Email: __ **[PER_EMAIL]** __

Thank you

Thank you for participating in the baseline evaluation survey of the Coaching for Resilience program!
NORC will send you your \$30 e-gift code to your preferred email address.

If you volunteered to participate in an interview with NORC, please look for an email from ArmyResilience@norc.org with a link to schedule your interview.

If you have any questions, please contact NORC at ArmyResilience@norc.org.

National Resources for Soldiers

Suicide or Self-Harm

Suicide Prevention Lifeline

TOLL-FREE: 988

This crisis lifeline provides 24/7 confidential support (via text, call, or chat) and help if you are feeling mental health struggles, emotional distress, depression, substance abuse concerns, and/or thoughts about suicide. Judgement-free counselors are available to provide immediate support.

Domestic Violence

National Domestic Violence Hotline

TOLL-FREE: 1-800-799-7233 or TTY

This hotline provides 24/7 support (via text, call, or chat) to talk confidentially if you are experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of your relationship.

National Network to End Domestic Violence (NNEDV)-Safety Net Project

techsafety.org

This website provides resources and information on the use of technology for agencies and survivors of domestic violence, sexual assault, stalking, and trafficking. These include survivor, agency, app safety center, confidentiality, and legal systems toolkits.

National Network to End Domestic Violence (NNEDV)

womenslaw.org or womenslaw.org/es (Español), Email Hotline: hotline.womenslaw.org/public

This website provides information relevant to anyone with questions about domestic violence, sexual violence, and other relevant topics. The email hotline site will provide legal information to anyone, not just women, who reaches out with legal questions or concerns regarding these topics.

Love is Respect, National Dating Abuse Helpline

TOLL-FREE: 1-866-331-9474

TEXT: 'LOVEIS' to 22522

This support line provides 24/7 assistance and help if you or someone you know is in an unhealthy or unsafe dating relationship, no matter how casual, or if you want to know more about personal safety and healthy relationships. Call center support is offered via text, call, or chat.

Sexual Assault

National Sexual Assault Hotline

TOLL-FREE: 1-800-656-HOPE (4673)

hotline.rainn.org/online

(Español) hotline.rainn.org/es

- This hotline connects you to a trained staff member from a sexual assault service provider in your area. The staff member can provide confidential support (via online chat or call) in finding local resources, such as referrals for long-term support and information about the laws in your community. You can also access 24/7 help online by visiting <https://hotline.rainn.org/online>.
- The Rape, Abuse, Incest National Network (RAINN) is a partnership of more than 1,100 local rape treatment hotlines that maintains an online referral resource directing you to local rape crisis centers nationwide.

Mental Health Services

SAMHSA's National Helpline

(Substance Abuse and Mental Health Services Administration)

TOLL-FREE 1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

NAMI (National Alliance on Mental Illness)

HelpLine 1-800-950-NAMI (6264)

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public. HelpLine staff and volunteers are experienced, well-trained, and able to provide guidance. To contact the NAMI HelpLine, call 800-950-NAMI (6264), Monday through Friday, 10 AM –8 PM ET, or email info@nami.org.

Victim Services

National Center for Victims of Crime

TOLL-FREE: 1-855-4-VICTIM (1-855-484-2846)

victimconnect.org

- This website has information to help victims of crimes learn about their rights and options confidentially. It provides a phone-based helpline, an online chat tool, and web-based information and service referrals.
- This hotline provides support and directs you to a state referral service for legal assistance or mental health care providers. They can also refer you to a local service provider who can provide more specific referrals. This number can be reached Monday-Friday from 12 PM-5 PM ET.

Stalking Prevention and Awareness Resource Center (SPARC)

stalkingawareness.org

SPARC provides nationwide training, technical assistance, and resources to allied professionals, including victim service providers, law enforcement, prosecutors, court personnel, judges, corrections, treatment providers, mental health professionals, campus student conduct offices, campus police/security, Title IX offices, and others.

National Human Trafficking Hotline

TOLL-FREE: 1-888-373-7888

Text “BeFree” (233733)

polarisproject.org

This national hotline provides 24/7 support to answer calls, texts, and live chats from anywhere in the United States in more than 200 languages. The National Hotline's mission is to connect human trafficking victims and survivors to critical support and services to get help and stay safe and to equip the anti-trafficking community with the tools to combat all forms of human trafficking effectively.

Digital or Media Victims Services

Nonconsensual Pornography Hotline

TOLL-FREE: 1-844-878-CCRI (2274) Cyber Civil Rights Initiative Helpline

This hotline provides 24/7 support to victims of nonconsensual pornography (“NCP”, also known as “revenge porn”), recorded sexual assault (RSA), or sextortion. They can provide information, support, referrals, and non-legal advice.

FAQ

Who is NORC at the University of Chicago?

NORC is a not-for-profit survey and research organization that is working with the U.S. Army and the DoD Sexual Assault Prevention and Response Office (SAPRO) to evaluate the Coaching for Resilience program currently being piloted at Ft. Leonard Wood. For more information about NORC, visit www.norc.org.

How do I know this form is confidential?

All survey responses will be stored separately from your PII – your name and email. PII is used to help us evaluate the CFR program *while maintaining confidentiality*. Your responses will be linked across the baseline and follow-up surveys to help us evaluate the CFR program. NORC will also use your contact information to deliver incentives and other survey-related communication.

How long will this survey take to complete?

The form will take about 15 minutes to complete.

Why should I participate?

The benefits to your participation may include better prevention programming and a more supportive environment for soldiers on base. The feedback provided in this survey will be used to better understand the experiences soldiers are having in the Army and will aid NORC's evaluation of the CFR program.

Any immediate benefit to me?

You will receive a \$30 e-gift card for completing this survey today.

Do I have to fill out this form?

No, you do not have to fill out the survey. It is voluntary, but in order to receive a \$30 e-gift card, you must provide your information after completing the survey.

What is this survey about?

This survey is part of an evaluation of the CFR program. The goal of collecting this feedback is to better understand the experiences soldiers are having in the Army.

Technical Assistance

This survey is best viewed on a laptop, desktop, or large tablet running the current Firefox, Chrome, Safari, or Edge versions.

You can go forward or backward in the form by clicking the Next or Back buttons. (DO NOT use your browser's Back or Forward buttons).

If you leave the survey idle for more than 10 minutes, it will time out to keep your responses confidential. Since the survey is confidential, you will need to log back into it with the link that was sent by ArmyResilience@norc.org to your email. All the responses you provided up until the survey timed out are saved.

For other technical support questions, or if you encounter any problems as you complete the survey, please contact NORC at ArmyResilience@norc.org for assistance.