



THE AUSTRALIAN MILITARY TRANSITION STUDY

SECTION 1 – PERSONAL AND SERVICE-RELATED INFORMATION

1. **What is your age?**
(Select one box only)
 - Under 20 years
 - 20-29 years
 - 30-39 years
 - 40-49 years
 - 50-59 years
 - 60 years and over
2. **What is your gender?**
(Select one box only)
 - Female
 - Male
 - Other (please specify)

3. **What is your current relationship status?**
(Select one box for relationship status and one box for parent status)
 - Married
 - Interdependent relationship
 - Separated
 - Divorced
 - Widowed
 - Single
4. **Where do you live?**
(Select one box only)
 - Capital city/other metropolitan centre (urban centre population larger than 100 000)
 - Rural area (urban centre population 10 000 – 99,999)
 - Remote area (urban centre population less than 10 000)
5. **Which branch of the Australian Defence Force did you complete service with?**
(Select one or more boxes)
 - Army
 - Royal Australian Navy
 - Royal Australian Air Force
6. **What was your final rank with the Australian Defence Force?**
(Select one box only)
 - Other Ranks (OR)/Junior Non Commissioned Officer (JNCO)
 - Senior Non-Commissioned Officer (SNCO)/Warrant Officer (WO)
 - Junior Officer (JO)
 - Senior Officer (SO)
7. **How long were you employed as a permanent member of the Australian Defence Force, or as a reserve on Continuous Full-Time Service?**
(Select one box only)
 - Less than 2 years
 - 2-10 years
 - 10-19 years
 - More than 20 years
8. **Were you deployed during your period of service?**
(Select one or more boxes)
 - No, I was not deployed.
 - Yes, I was deployed on operational service.
 - Yes, I was deployed on peacetime or peacekeeping service.
 - Yes, I was deployed on humanitarian service.

SECTION 1 – PERSONAL AND SERVICE-RELATED INFORMATION (CONTINUED)

9. Was your separation from the Australian Defence Force:

(Select one box only)

- Voluntary
- Involuntary
- Medical
- Due to the end of a period of Continuous Full-Time Service (CFTS)

10. How long ago did you finish full-time service with the Australian Defence Force?

(Select one box only)

- 0-1 year
- 2-4 years
- 4-6 years
- 6-8 years
- 8-10 years
- 10+ years

11. In general, how has the adjustment to civilian life been since you completed full-time service with the Australian Defence Force?¹

(Select one box only)

- Very easy
- Easy
- Neither difficult nor easy adjustment
- Difficult
- Very difficult

12. Which ex-service organisation would you like to nominate to receive a donation from this research?

SECTION 2 – COMBAT EXPERIENCES
(Critical Warzone Experiences (CWE) scale)

The following questions about exposure to potentially traumatic combat-related events will provide us with information that will be used to guide the development of activity-based health and well-being strategies for former service members. We recognise that these questions might be difficult for some people to complete. It is also possible that the questions will not be relevant if you were not deployed. Completion of this section is therefore optional.

Do you agree to answer these questions?

- Yes (Continue below)
- No (Skip to page 4)

Please answer each question, ensuring that you only select one box for each question.

How often did you experience the following during combat?

	Never	1 time	2-4 times	5-9 times	10+ times
1. Seeing ill/injured women/children who you were unable to help?	<input type="checkbox"/>				
2. Had a buddy shot or hit who was near you?	<input type="checkbox"/>				
3. Being in threatening situations where you were unable to respond because of the rules of engagement?	<input type="checkbox"/>				
4. Witnessing violence within local population or between ethnic groups?	<input type="checkbox"/>				
5. Being directly responsible for the death of an enemy combatant?	<input type="checkbox"/>				
6. Being wounded/injured?	<input type="checkbox"/>				
7. Saved the life of a soldier or civilian?	<input type="checkbox"/>				

**SECTION 3 – MILITARY SEXUAL TRAUMA
(Two-item VA Military Sexual Trauma Screen)**

The following questions about exposure to military sexual trauma will provide us with information that will be used to guide the development of activity-based health and well-being strategies for former service members. We recognise that these questions might be difficult for some people to complete. Completion of this section is therefore optional.

Do you agree to answer these questions?

- Yes (Continue below)
- No (Skip to page 5)

Please answer each question, ensuring that you only select one box for each question.

While you were in the military:

- | | |
|--|---|
| <p>1. Did you receive uninvited and unwanted sexual attention, such as touching, cornering, pressure for sexual favors, or verbal remarks?</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes<input type="checkbox"/> No | <p>2. Did someone ever use force or threat of force to have sexual contact with you against your will?"</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes<input type="checkbox"/> No |
|--|---|

SECTION 4 – PHYSICAL HEALTH AND WELL-BEING
(Patient-Reported Outcomes Measurement System – Global Physical Health v1.2)

Please answer each question, ensuring that you only select one box for each question.

1. In general, how would you rate your physical health?

- Excellent Very Good Good Fair Poor

2. To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?

- Completely Mostly Moderately A little Not at all

3. In the past 7 days, how would you rate your pain on average?

- 0 1 2 3 4 5 6 7 8 9 10

No pain

Worst pain imaginable

4. In the past 7 days, how would you rate your fatigue on average?

- None Mild Moderate Severe Very severe

SECTION 5 - MENTAL HEALTH AND WELL-BEING
Clinical Outcomes in Routine Evaluation (CORE-10)

The following questions will be used to gain information about your mental health and well-being. This information will be used to explore relationships between mental health and participation in certain activities.

The section has 10 statements about how you been **OVER THE LAST WEEK**. Please read each statement and think how often you felt that way last week. Then select the answer that is closest to this.

Over the last week,	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1. I have felt tense, anxious or nervous	<input type="checkbox"/>				
2. I have felt I have someone to turn to for support when needed	<input type="checkbox"/>				
3. I have felt able to cope when things go wrong	<input type="checkbox"/>				
4. Talking to people has felt too much for me	<input type="checkbox"/>				
5. I have felt panic or terror	<input type="checkbox"/>				
6. I made plans to end my life	<input type="checkbox"/>				
7. I have had difficulty getting to sleep or staying asleep	<input type="checkbox"/>				
8. I have felt despairing or hopeless	<input type="checkbox"/>				
9. I have felt unhappy	<input type="checkbox"/>				
10. Unwanted images or memories have been distressing me	<input type="checkbox"/>				

SECTION 6 – LIFE ACTIVITIES²

To support the development of activity-based health and well-being strategies, we are interested to learn about the activities that you are currently completing as part of your daily life.

Please describe up to 5 work, leisure, or self-care activities that you are currently completing that have a positive effect on your physical and/or emotional health and well-being.

To enable us to understand the nature of the activities that you are completing, please be as specific as possible. For example, if you participate in music, you could specify whether this involves: (1) listening to music, (2) playing guitar at home, or (3) playing guitar in a band. Similarly, if you work you could specify whether this involves (1) paid employment in mining, or (2) managing a team at a marketing business.

Activity 1.

On average, how often do you complete this activity?

- More than once per day
- Daily
- 5 to 6 times a week
- 3 to 4 times a week
- 1 to 2 times a week
- Less than once a week

Activity 2.

On average, how often do you complete this activity?

- More than once per day
- Daily
- 5 to 6 times a week
- 3 to 4 times a week
- 1 to 2 times a week
- Less than once a week

SECTION 6 – LIFE ACTIVITIES (CONTINUED)

Activity 3.

On average, how often do you complete this activity?

- More than once per day
- Daily
- 5 to 6 times a week
- 3 to 4 times a week
- 1 to 2 times a week
- Less than once a week

Activity 4.

On average, how often do you complete this activity?

- More than once per day
- Daily
- 5 to 6 times a week
- 3 to 4 times a week
- 1 to 2 times a week
- Less than once a week

Activity 5.

On average, how often do you complete this activity?

- More than once per day
- Daily
- 5 to 6 times a week
- 3 to 4 times a week
- 1 to 2 times a week
- Less than once a week

Thank you for participating in the Australian Military Transition Study.

We hope that completing this survey has not caused you to experience any emotional discomfort. Participants in similar research have reported minor and short-lasting emotional discomfort while responding to research questions. Often, these feelings disappear quickly when people return to their usual tasks.

If, however, you experienced more significant emotional discomfort while completing the survey, or if you would like to discuss any concerns about your health and well-being, we encourage you to either:

- Speak with a friend or family member about your concerns;
- Contact your local GP or health professional and make an appointment;
- Call an online support service, such as Lifeline (13 11 14), or Veterans and Families Counselling (1800 011 046). (These are available 24 hours, 7 days a week);
- Access online information, from the At Ease website (<https://at-ease.dva.gov.au/veterans>);
- Call 1800RESPECT (1800 737 732) or access online information from the 1800RESPECT website (<https://www.1800respect.org.au/>) or Living Well website (for men) (<https://livingwell.org.au/>) for information or support relating to sexual or interpersonal violence; and/or
- Call or email a member of the research team.

Results from the study will be used to support the development of activity-based health and well-being strategies for former members of the Australian Defence Force. If you would like to receive a copy of the results, please contact k.carra@latrobe.edu.au

References

1. Question adapted from Hachey, K. K., Sudom, K., Sweet, J., MacLean, M. B., & VanTil, L. D. (2016). Transitioning from military to civilian life: The role of mastery and social support. *Journal of Military, Veteran and Family Health*, 2(1), 9-18. doi:10.3138/jmvfh.3379 and Spiegel, P. E., & Shultz, K.S. (2003). The influence of preretirement planning and transferability of skills on naval officers' retirement satisfaction and adjustment. *Military Psychology*, 15(4), 285-307. doi:10.1207/S15327876MP1504_3
2. Questions adapted from Resnik, L., Plow, M., & Jette, A. (2009). Development of CRIS: Measure of community reintegration of injured service members. *Journal of Rehabilitation Research and Development*, 46(4), 469.