

THE AUSTRALIAN MILITARY TRANSITION STUDY

The following researchers will be conducting the study:		
Role	Name	Organisation
Chief Investigator	Dr. Brett Gordon	La Trobe University
External Investigator	Associate Professor Michael Curtin	Charles Sturt University
Associate Investigator	Associate Professor Tracy Fortune	La Trobe University
Postgraduate Student	Kylie Carra	La Trobe University
Research funder	This research is supported by in kind support and Higher Degree by Research (HDR) funding provided by La Trobe Rural Health School in Bendigo. Additionally, Kylie Carra is supported by an Australian post-graduate award scholarship.	
This research is being carried out by Kylie Carra in partial fulfilment of a Doctor of Philosophy (PhD) under the supervision of Dr. Brett Gordon, Associate Professor Michael Curtin, and Associate Professor Tracy Fortune.		

1. What is the study about?

This study will explore how activities completed as part of daily life influence health and well-being during the transition from military service to civilian life. Findings will be used to inform the development of activity-based strategies, which can be implemented by current and former service members, their families, and government and non-government (ex-service) organisations to improve health outcomes during the transition period.

2. Who is being asked to participate?

You are invited to participate in this study if:

- You have completed service with the Australian Defence Force as a permanent service member, or as a reservist on Continuous Full-time Service (CFTS).
- Your period of Continuous Full-time Service (CFTS), or service as a permanent member of the Australian Defence Force, ended on or after January 1, 2004.

3. Do I have to participate?

Being part of this study is voluntary. To assist you to make a decision on whether or not to participate in the study you are encouraged to read the information below. If after reading this information you decide you would like to participate please complete the survey. If you decide you do not want to participate you do not have to complete the survey. Your decision not to participate will not affect your relationship with La Trobe University or any other listed organisation.

4. What will I be asked to do?

If you want to take part in this study, we will ask you to complete a short online or paper questionnaire. The questionnaire will take approximately 15 minutes of your time to complete.

Participants will be asked to answer multiple choice and short answer questions covering:

- Demographic and service-related information
- Physical and mental health and well-being
- Activities that have a positive effect on your health and well-being.

To help us to understand how exposure to potentially traumatic events during service influences health and well-being, the questionnaire also contains **optional** multiple choice questions about:

- Critical warzone experiences
- Experiences of military sexual trauma

We recognise that some people will find questions about warzone experiences and/or military sexual trauma difficult to answer and have listed potential risks in section 6 below. If you think answering these questions might negatively impact on your health and well-being, or you prefer not to answer these questions, you can choose to skip these items within the questionnaire.

5. What are the benefits?

Your participation will contribute to the development of activity-based strategies to enhance the health and well-being of service members transitioning from military service. It is possible that you will not experience any direct benefits from participating in the study. Some people might experience indirect benefit, through the opportunity to learn about their health and engagement in life activities. Additionally, \$100 will be donated to an ex-service organisation for every 100 questionnaires completed. Money will be divided equally between the top three ex-service organisations nominated by participants.

6. What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about, and (3) risks we don't expect. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns.

Name/Organisation	Position	Telephone	Email
Dr. Brett Gordon, La Trobe Rural Health School	Chief Investigator	03 5444 7680	B.Gordon@latrobe.edu.au

We have listed the risks we know about below. This will help you decide if you want to be part of the study.

- There is a possibility that items in this questionnaire may cause you to feel angry, depressed, upset, or worried about your day-to-day activities or health and well-being. It is also possible that you may recall unpleasant or distressing memories about your time in service.
- If completing this questionnaire raises any concerns for you in relation to your health and well-being, we encourage you to:
 - Contact your local GP or health professional and make an appointment;
 - Call a 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/>);
 - Obtain information or support for sexual or interpersonal violence by calling 1800RESPECT (1800 737 732) or visiting the 1800RESPECT website (<http://1800respect.org.au>) or the Living Well website for men (<http://livingwell.org.au>); and/or
 - Call or email a member of the research team.

7. What will happen to information about me?

By completing an online or paper copy of the questionnaire, you are indicating that you have consented to take part in the study.

There is no specific information collected in the questionnaire that will identify who you are.

We will keep the information for a minimum of 7 years after the project is completed. We will handle the information in accordance with La Trobe Universities Research Data Management Policy which can be viewed online using the following link: <https://policies.latrobe.edu.au/document/view.php?id=106/>.

Information from the questionnaire may be included in journal articles, conference presentations, and Kylie Carra's PhD thesis. Care will be taken to ensure that data from individual participants cannot be identified.

8. Will I hear about the results of the study?

If you would like to receive a copy of the study results, please email k.carra@latrobe.edu.au and we will send you a copy of the findings via email or post.

9. What if I change my mind?

If you no longer want to complete the questionnaire, simply close the web browser if you are completing an online questionnaire, or cease completing the paper questionnaire.

If you change your mind after clicking on the 'Submit' button, or after you return a paper questionnaire, it will not be possible to withdraw your responses because the information that you submit will be non-identifiable.

10. Who can I contact for more information?

If you would like to speak to us, please use the contact details below:

Name/Organisation	Position	Telephone	Email
Kylie Carra, La Trobe Rural Health School	PhD Researcher	03 5448 9144	k.carra@latrobe.edu.au

11. What if I have a complaint?

If you have a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC19072	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au

12. Consent

By completing this questionnaire, you are indicating that you have read and understood the Participant Information Statement, and consent to take part in the study. It will not be possible to withdraw your information once the questionnaire is submitted, as responses are not identifiable.