

Frequently Asked Questions

Where do I participate?

Participation is done online at a convenient location of *your choice*.

Will anyone see my responses?

All of your responses will remain confidential. The study team will read your responses to learn more about the challenges Veterans like you are facing.

Are there any risks involved?

Veterans who write about their experiences may feel upset. If you feel this way, you can contact our study team or call a toll-free hotline to get help.

Will I benefit from this study?

You may or may not benefit personally from this project. However, participating *will* help us learn more about how we can help other Veterans like you in the future.

How do I sign up for the study?

To qualify for our study, you will need to complete a brief eligibility survey. If you have already done so, you may log-in to the website with the username and password provided to you. All other interested Veterans should call 1-877-762-3999.



Questions?

**Contact the M2C Team at:
1-877-762-3999**



This project is funded by:
The Department of Defense and
The Department of Veterans Affairs



**MILITARY TO
CIVILIAN
PROJECT**



**An Online Project
for OEF/OIF
Veterans to
Promote their
Reintegration**

The Military to Civilian (M2C) Project

OEF/OIF Veterans may face challenges when they return from their deployments. Many have to process tough experiences. Reuniting with family and loved ones and reintegrating into society post-deployment can also produce a mixture of emotions.

A Look Into Reintegration.
Online.



The M2C project focuses on these reintegration challenges. The project looks at whether certain types of writing help Veterans transition post-deployment. Writing has been shown to be helpful among civilians, but it has never been used with Veterans. This study will also look at whether simply waiting things out is more helpful for reintegration.

How M2C Works

Qualified Veterans are randomly placed into 1 of 3 groups. All 3 are equally important in understanding reintegration and ways to help Veterans post-deployment.

- Writing with Feeling Group
- Writing Factually Group
- No Writing Group

All Veterans will complete an online survey at the beginning (“baseline”) and again at 3 months and 6 months later. This will help us see if there are any changes.

Writing groups will write for 4 days in a week, for 20 minutes per day.

The no writing group will not write, but will still complete the online surveys.

Time involved

All participants:

30 minutes @ baseline

30 minutes @ 3-mo. & 6-mo. follow-up

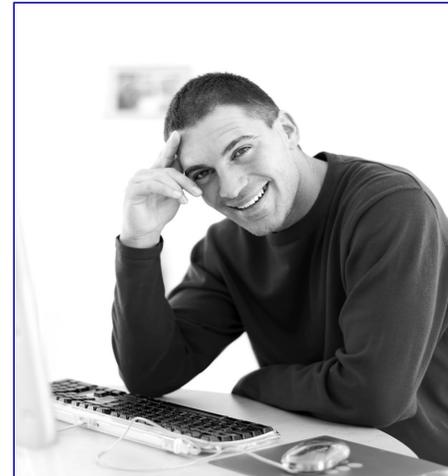
Writing groups only:

30 minutes on 4 different days in 1 week

Payment

Veterans will receive:

- \$20 after the baseline survey
- \$25 after the 3-mo. follow-up survey
- \$30 after the 6-mo. follow-up survey



Project Goals

All participation is done online!

M2C Goals

1. Find out whether writing helps Veterans with post-deployment reintegration challenges. Or, to see if just waiting things out works better.
2. Learn more about the challenges OEF/OIF Veterans face and who may benefit most from different types of interventions.
3. Improve the VA's ability to help OEF/OIF Veterans across the country.

The M2C Project

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