



Defensie Ondersteuningscommando
Ministerie van Defensie

After the Mission or Deployment Questionnaire

For service members and their families and friends

An English translation of this flyer is available at www.defensie.nl/tos, below "Onderzoek Na Missie of Inzet" → "After the mission questionnaire". The questionnaire can also be completed in English by choosing the 'English' mission at the top of the screen next to 'Taal'.



This flyer gives you more information about the 'After the Mission or Deployment' study. About six months after a mission/deployment ends, all deployed service members receive an invitation from the Defence organisation to complete the 'After the Mission or Deployment' questionnaire.

At around the same time, a family member or friend will also be asked to complete the questionnaire. The family member or friend is seen as the service member's primary contact. This could be the service member's partner, parent, child, brother or sister, or a good friend.

What's in it for me?

Completing the questionnaire will provide you with a (better) insight into how you are feeling after your mission/deployment, and whether you need any help so that this can be provided.

If you complete the questionnaire: a Defence social worker will contact you by telephone if the answers to the questionnaire so require. You will also be contacted by telephone if you indicate on the questionnaire that you would like to speak to a Defence social worker. Based on the interview, we will discuss with you whether further help is required. If this is the case, the Defence social worker will help you get the support you need.

Your participation is of course very much appreciated, as your answers help us to improve the care we provide to your fellow service members and their families and friends before, during and after their mission/deployment.

Am I required to complete the questionnaire?

Participation is not compulsory. If you do not wish to complete the questionnaire, you have the option at the beginning of the questionnaire to indicate why not. That information will also prove useful to Defence.

What's in it for the Defence organisation?

Defence is legally required to conduct the 'After Mission or Deployment' study. The results of the study will help the Defence organisation improve the care it provides to service members and their families and friends after a mission/deployment. This will help the Defence organisation to be and remain a good employer. First, by determining together with you whether you need additional care. Second, by using the collected data to identify the impact of a mission/deployment on (large) groups of people, to keep (care)-policy up to date.

What are the steps that follow the 'After Mission or Deployment' study?

A monthly printout is made from the Defence personnel system of service members who returned from their mission/deployment six months before. The Defence organisation sends an email invitation to service members who are still in service asking them to participate in the study. This invitation with an Intranet link to the questionnaire will be sent to your work-email. Former service members who are no longer in service

receive an invitation at their home address with an Internet link to the questionnaire.

Shortly after the service member or former service member receives an invitation, the service member's family or friends also receive an invitation at their home address with an Internet link to the questionnaire.

The questionnaire takes about 10 to 15 minutes to complete. The completed questionnaire is used to determine whether the service member and/or the service member's family or friends have any psychological and/or physical complaints that may be cause for concern. Care is also taken to determine whether the service member and/or the service member's family or friends feel the need to speak to a Defence social worker. If your answers give cause for concern, or if the questionnaire indicates that someone would like to speak to a social worker, a Defence social worker will contact you by telephone. Based on that conversation, we will discuss with you what, if any, type of further help is required.

At the end of each year, the collected data is analysed by the Defence organisation's Trends, Research and Statistics (TOS) Division. These findings are shared within the Defence organisation (including with policy makers), for example in the annual *Impact van Missies en Inzet* report (Impact of Missions and Deployment), and outside the Defence organisation, for example in the Veterans' Memorandum that the Minister of Defence presents to the House of Representatives each year.


Additional research is also conducted inside and outside the Defence organisation. In those additional studies, all data is processed in such a way that it cannot be traced back to you personally. If you do not want your data to be used for additional studies, you can indicate this on the questionnaire and we will respect your wishes.

What happens to my data?

Your answers will be treated confidentially by the TOS division and the Defence Occupational Social Services Centre. Your personal answers will never be shared with others or added to your medical file. Your personal answers will only be available to you. Your personal answers will not be shared with others without your consent.

What have been the results of this study in recent years?

Most service members and former service members report that their overall health is good to excellent 6 months after the end of their mission/deployment. There are also few reports of physical complaints. Most service members are therefore not contacted. There are, however, service members who report experiencing psychosocial problems, with aggressiveness and depression being the most common. Some service members also expressed their desire to speak to a social worker, whether or not in relation to psychosocial complaints.



The results show that the overwhelming majority of families and friends perceive the period before, during and after a mission/deployment as positive to very positive. A small proportion of families and friends requested an interview with a social worker without having any symptoms and at their own request. In some cases, a conversation was requested with a social worker for the welfare of the service member, their family and friends, or a child/children.

How does this study relate to other studies on missions/deployment?

TOS also conducts well-being studies at other times during a mission/deployment. Service members going on a mission with their unit often receive a questionnaire before and during the mission. These results are shared with the unit commander as soon as the data has been collected. The results of this study (the 'Morale study') are reported annually in the same overviews as the 'After Mission or Deployment' study. In addition, TOS conducts the MOEDIG study among service members (from 1.5 years after the end of their mission). The study collects data on their well-being and the factors that affect it over time.

Finally, the Trends, Research and Statistics Division is in close contact with other parties within and outside the Defence organisation who conduct research on missions/deployment.

Contact

You are also always welcome to contact the military health care organisations listed below.

For service members:

- Defence Occupational Social Services Office (BMW): 088 – 950 50 10
- Military Chaplaincy Services: 0800 – 577 77 77
- Military Mental Health Care: 030 – 250 25 99

You can also contact your local military health care centre (check intranet/internet for locations and opening hours).

For service members who have left the service and for their families and friends:

- Het Veteranenloket (veterans desk): 088 – 334 00 00 of info@veteranenloket.nl

For questions about the 'After Mission or Deployment' study, please contact the researchers in the Trends, Research and Statistics Division at DPOD.onderzoek@mindef.nl