

## PRINCIPAL INVESTIGATORS:

**Professor Neil Greenberg**

**Professor Roberto Rona**

The POST study is fully supported by the UK Ministry of Defence and the Principle Personnel Officers of all three Services (RN, Army, RAF). However, funding for the study has been provided by the US Department of Defense. The study research team is fully independent of the US Department of Defense. The study has been reviewed and approved by the following bodies:

The Ministry of Defence Research Ethics Committee (Ref 187/GEN/1), the King's College London Psychiatry, Nursing & Midwifery Research Ethics Subcommittee (Ref PNM/10/11-112) and the U.S. Army Medical Research and Materiel Command (Ref W81XWH-10-1-0881).

The POST study complies with the Declaration of Helsinki on ethical principles for health research involving human beings (World Medical Association, 2000).

An Independent Medical Officer who is not part of the research team will discuss the study if you wish. He will be there to look after your safety and make sure that you are not harmed. He may take you out of the study if he is worried about you, and you may talk to him at any time.

### Name and contact details of the Independent Medical Officer:

Lt Col Peter McAllister  
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**If you have any questions about the POST study, please contact the Research Team**



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**A RANDOMISED CONTROLLED TRIAL TO ASSESS AND IMPROVE THE EFFECTIVENESS OF POST-DEPLOYMENT SCREENING**

**('The POST Study')**

**INFORMATION FOR PARTICIPANTS**

**KING'S**  
*College*  
**LONDON**

## Who are we?

We are an academic research centre called the King's Centre for Military Health Research (KCMHR), and the Academic Centre for Defence Mental Health (ACDMH), King's College, London.

## Invitation to take part

You have been invited to take part in an independent research study being run by KCMHR/ACDMH, and supported by the MoD. You should only take part if you want to. If you do not want to take part, it will not affect your Service career in any way. Before you decide, you need to understand why the research is being done and what you will be asked to do. Please take time to read the information below and ask us if there is anything that is not clear.

## Why are we carrying out this study?

We do not know if asking personnel about their mental health and offering advice (we call this *screening*) after a tour is helpful. Some say that screening is a good thing and others think that it is not. So, we want to look at this to find out if it does work. We also want to see if just letting you know about where to get help works.

Some of those who take part will get specific advice on your current mental health and what help you can get, and others will get more general advice. We will contact everyone again one year later to see how you are doing.

We don't know whether providing specific or general mental health advice is better, so we are doing this research to find out. Regardless of which type of information you are given in our study, it is up to you to decide what to do about your mental health.

## Why have you been asked to take part?

You have been asked to take part because you have recently come back from a tour of duty in Afghanistan. We are asking about 8,000 personnel just back from tour to take part.

## What will you be asked to do?

You will be asked to fill in a questionnaire on a computer today and then agree to us contacting you to complete another questionnaire in about a year. We will ask you questions about your wellbeing and mental health – for example, post-traumatic stress disorder, depression, anxiety and alcohol use. Your answers will be confidential and carefully stored and only we will ever see them. It can take up to 25 minutes to complete the survey. If you have any questions at any time please ask one of the research team.

We would also like your permission to look at your medical records so that we can see if you later go on to attend a medical appointment and if so, for what reason. We would also like permission to access your personnel records to help us contact you in a year's time and to see how your Armed Forces career is progressing.

## Can you withdraw from the study and what will happen if you don't want to carry on?

You can leave the study at any time without giving a reason. Just let the research team know that you don't want to take part any more. This will not affect your Service career in any way.

You can withdraw your information at any point up to when we start analysing the data.

## Who is funding the study?

The study is funded by the United States Department of Defense. However, the research team is fully independent of this body.

## Will there be any payment?

Everyone who fills in both of the study questionnaires (the questionnaire today and another one in about year) will be entered into a prize draw for the chance to win one of 20 prizes. There will be one prize of £250, 2 prizes of £100, 5 prizes of £50 and 12 prizes of £25.

## Who will see the information you give and how will it be stored?

The information you give will be 100% confidential. Only the study team will see your personal details. Your answers will be safely stored so that nobody except the research team will see them. This study is funded by the United States Department of Defense and as part of their responsibility to protect research participants, representatives of the U.S. Army Research and Materiel Command are authorised to review research records of this project. However, your personal details will be stored separately from your answers, your answers are stored anonymously and nobody outside the research team will be able to see the answers you gave.

We will never release any information that would identify you to anyone. We will also not pass your contact details to anyone. The information given by participants will be analysed as a whole and the results published when the study is finished, but all personal details will be removed so that no participant can be identified. You can look at your records at any time.

## What if you suffer harm?

Although we think it is very unlikely, if you suffer any harm as a direct result of taking part in this study you can apply for compensation under the MoD's and alternatively King's College London's 'No Fault Compensation Schemes'.

## Whom do you contact if you have any questions or a complaint?

Please contact the research team — contact details can be found overleaf. If you do not wish to complain to a researcher, you may contact the Ministry of Defence Research Ethics Committee Secretariat at [ethics.sec@dstl.gov.uk](mailto:ethics.sec@dstl.gov.uk), telephone 01980 658849.

**Thank you for your time today**