

## *Call to Participate in a Research Study...*

# **Mission Reconnect**

## **A Unique Opportunity for OIF/OEF Veterans and Those Who Care about Them**

Veterans of OIF or OEF and their friends or family members may be eligible to participate together in a special project sponsored by the **National Institutes of Health**. The purpose is to evaluate an educational program to improve the well-being of veterans and their loved ones following the veteran's return from deployment.

The veteran will choose a trusted partner (family member or friend) to participate. Together they will receive educational materials (a DVD, illustrated manual, and two CDs) that teach activities they can do at home to reduce stress and improve well-being. Researchers have found these methods to be helpful for reducing stress and promoting well-being, including with military members. Participants will be helping us to evaluate how useful these activities are. The program materials include CDs that provide guided meditation exercises to promote relaxation, peace of mind, and harmonious relationships. In addition participants will learn simple techniques used in massage therapy (fully clothed) to reduce stress and promote relaxation.

### *What are the benefits?*

- The participants may learn to reduce their own stress levels and achieve greater feeling of well-being.
- The relationship between the veteran and partner may be strengthened, and become more satisfying and supportive.
- Participants will contribute to knowledge that may benefit other military families.
- The veteran and partner may be able to ease the veteran's return from military service back to home and community life.

### *Who is eligible?*

- A pair that includes one veteran of OIF/OEF and a trusted friend or family member who has agreed to be a partner for this study.
- All participants must be able to speak and read English.

### *Will we be paid to participate?*

- Each participant will receive up to \$310 (\$620/pair) for completion of all parts of the project.

### *What is involved?*

- Both participants complete Application Form, Consent Form, and brief telephone interview.
- Attend an orientation meeting together to receive instructions for how to participate.
- Practice the methods taught for 8 weeks.
- Complete a monthly survey online four times (20-30 minutes)
- Complete a brief questionnaire each week (1-2 minutes).
- Attend a 90 minute focus group at the end of the project.

### *Who's conducting the project?*

Collinge and Associates:

William Collinge, Ph.D., Principal Investigator

Janet Kahn, Ph.D., Co-Investigator

Phone (207)423-0640

## **HOW TO APPLY**

To apply or for more info call: (207)423-0640, or visit: [www.collinge.org](http://www.collinge.org).