



The Veterans Metrics Initiative

Wave 1 Program Common Components for the Mental and Physical Health Domain, October 2017 Menu 1D



BACKGROUND

- Wave 1 participants nominated health programs they used since they discharged from the military or deactivated from Active Duty. 8% reported using a program in the health domain.
- Programs with verified URLs (n=258) and nominated by three or more Veterans were coded in Summer 2017 using the common components analysis technique.
 - Out of the 258 programs coded, 9 programs were in the health domain.
 - Information presented below reflects the proportion of programs with each component.

CONTENT COMPONENTS

Content components assess what a program teaches or what information it provides.

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|---|--|
| • PTSD - 44% | • Yoga and meditation - 22% |
| • TBI - 44% | • Complementary and alternative medicine - 22% |
| • Nutrition and weight management - 44% | • Relaxation techniques - 11% |
| • Psychotherapy - 33% | • Anger management - 11% |
| • Fitness - 33% | • Stress management and coping - 11% |
| • Therapeutic recreation - 33% | |



PROCESS COMPONENTS

Process components assess how a program conveys information or teaches skills.

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|--|---|
| • Reading online: 0-33% of content | • Direct instruction: 0-11% of content |
| • Mentors or coaches: 0-33% of content | • Interactive online tool: 0-11% of content |
| • Peer support, learning: 0-22% of content | • Social support, peer learning: 0-22% of content |

BARRIER REDUCTION COMPONENTS

Barrier reduction components assess whether the program provides tangible supports or reduces barriers to accessing the program.

Top methods of increasing access:

- Transportation to the program - 22%
- Addressed lack of motivation - 22%

Top tangible supports provided:

- Clothes or other physical objects - 22%
- Housing and accessibility assistance - 11%



SUSTAINABILITY COMPONENTS

Sustainability components assess how a program keeps participants engaged once formal programming has ended.

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|---------------------------|--------------------------|
| • Caregiver support - 33% | • Ongoing coaching - 11% |
| • Helpline - 11% | • Merchandising - 11% |
| • Referrals - 11% | |