

LETTER OF INVITATION TO PARTICIPATE IN A STUDY

A study regarding “*Barriers to Employment and Coping Efficacy – Veterans*”

Dear Canadian Armed Forces Member,

My name is Dr. Marc Corbière, and I am conducting research for the University of Sherbrooke. The purpose of this letter is to ask you to participate in my research project which aims to **understand Barriers to Employment and Coping Efficacy for Veterans**. As a CAF member undergoing release, I understand that this may be a stressful and challenging time for you. While participation in this research may not benefit you directly, you may experience some indirect benefit in that the questions raised may identify potential barriers to successful transition that you may wish to explore in greater detail with the professionals assigned to guide you through the transition process. In addition, your participation in this research now may help improve the prospects for successful future transitions of other CAF members.

You are a potential candidate to participate in this research if you:

(1) are over 18 years old; (2) speak English or French; (3) are currently receiving or having received treatment for a mental health condition (e.g. Post-Traumatic Stress Disorder (PTSD), Depression, etc.) by a psychiatrist or psychologist; and (4) have the intention to seek civil employment in the future. All potential participants interested to take part in the study and who fit the inclusion criteria will be included.

The research submission "Barriers to Employment and Coping Efficacy – Veterans" has been approved by the DGMPPRA Social Science Research Review Board, in accordance with DAOD 5062-0 and 5062-1. The SSRRB approval # is 1324/14F.

Study Phases

This research will be conducted in three phases using a telephone administered survey and will consist of multiple choice questions regarding your possible transition into the civilian workplace.

Phase 1: First questionnaire

If you agree to participate, the Project Coordinator would contact you at a time you have indicated is convenient. He will answer your questions and guide you through the completion of three questionnaires which we estimate would take 30-60 minutes of your time. The main questionnaire contains 106 multiple-choice questions regarding barriers to employment and how well you feel you can cope with them; the second is a 20 item questionnaire containing socio-demographic information (i.e. gender, age, etc.); and the third is a 14 item questionnaire concerning your motivation to find a job.

Phase 2: Second questionnaire

Two weeks after completing the first questionnaire, we may call you to answer the same questionnaires again (using a random selection process for 15% of the participants) to see how participant's answers compare over time. The process should take less time because you would already be familiar with the questionnaire. We estimate 30 minutes to complete this phase.

Phase 3: Phone Interview

Six months after completing the first questionnaire, all participants would be asked to participate in a brief phone interview in order to learn more about their possible return to work. It will take you approximately 5 minutes to complete the third part of the research. This part is important to the research since it identifies the success rate of finding employment.

During each phase of the research, you do not have to answer any questions that you are not comfortable with. The information you provide will be summarized, in anonymous format, in the body of the final report. At no time will any specific comments be attributed to you. All source documentation will be kept strictly confidential. In addition to submitting my final report to the Canadian Institute for Military and Veteran Health Research (CIMVHR), I will also be sharing my research findings with the Department of National Defence.

You are not compelled to participate in this research project. If you do choose to participate, you are free to withdraw at any time without prejudice. Similarly, if you choose not to participate, this information will also be maintained in confidence.

I am available to answer any questions you have about the study. You may contact me at 1-514-987-3000, extension 5574 and at Marc.Corbriere@USherbrooke.ca. You can also contact the project coordinator, Maud Mazaniello, at 1-514-251-4000, extension 3685 or at Maud.Mazaniello.CEMTL@ssss.gouv.qc.ca.

To participate

If you would like to participate, please **(1)** complete the two attached documents (*Consent form* and *Consent to release contact information*), **(2)** and give these documents to your case manager. The project's coordinator, Maud Mazaniello, will quickly contact you to set a date for the administration of the questionnaire by phone.

Thank you for your consideration.

Sincerely,

Dr. Marc Corbière
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