



# The Veterans Metrics Initiative

Wave 1 Program Common Components for the Mental and Physical Health Domain, October 2017  
Component List 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.

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



## PROCESS COMPONENTS

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

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

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