

Appendix

Appendix A. Measures used to assess current mental health issues and illness.

Scale	Information	Psychometric properties based on earlier studies	Reliability in current study	Cut-off score used	References
The hospital anxiety and depression scale (HADS).	A 14-item scale measuring anxiety and depression.	Based on a literature review, reliability of the anxiety scale of the HADS varies from .68 to .93 and the depression scale varies from .67 to .90. Sensitivity and specificity for both anxiety and depression was approximately .80.	Depression: $\alpha=.85$ Anxiety: $\alpha=.84$	A cut-off score of > 8 was used for depression and anxiety, as recommended by earlier research.	(16, 36-38)
PTSD checklist for the DSM-5 (PCL-5)	20-item scale measuring PTSD symptoms. Participants received a question screening whether they had experienced extremely stressful events (examples were provided), and if yes, they received the PCL-5.	The PCL-5 has strong reliability ($\alpha = .94$) and convergent ($r_s = .74$ to $.85$) and discriminant ($r_s=.31$ to $.60$) validity. Sensitivity is approximately $.77$ and specificity $.96$.	$\alpha =.94$	A cut-off of >33 was used as an indication of PTSD, following the guidelines.	(19, 39)
ASSIST-LITE	Measure to assess a wide range of substance use. This questionnaire consists of 6 items, one per substance, and 2-3 follow up questions in case a substance is used by the participant in the past 3 months.	Sensitivity for each substance was between $.8$ and 1.0 , and specificity between $.7$ and $.8$. Reliability is N.A. as all questions are about different substances.	N/A as all questions are about different substances.	A cut-off of ≥ 2 was used for all substances except for alcohol, where the cut-off was ≥ 3 , following the user manual.	(17)
AUDIT-C	A 3-item scale, to assess alcohol use.	The AUDIT-C has been validated and shown to have good internal consistency in a variety of different samples. In a previous study among military personnel, the reliability was $.77$. Specificity is between $.89$ and $.91$ and sensitivity between $.73$ and $.86$.	$\alpha=.64$	A cut-off of ≥ 8 was used, as recommended for military population.	(18, 40)

Appendix B. Mental health issues and illness (MHI) scores.

	Military personnel who indicated having (had) MHI		Military personnel who indicated not having had MHI	
	N	%	N	%
	324	37.0	554	63.1
Type of MHI as reported by military personnel themselves				
Anxiety (incl. obsessive compulsive disorder)	111	34.3	N/A	N/A
Depression (incl. manic and bipolar)	146	45.1	N/A	N/A
Burn-out	176	54.3	N/A	N/A
Stress	260	80.3	N/A	N/A
Exhaustion	205	63.3	N/A	N/A
Post traumatic stress disorder	55	17.0	N/A	N/A
Psychotic disorders	3	.9	N/A	N/A
Personality disorder	77	23.8	N/A	N/A
Autism	16	5.0	N/A	N/A
Attention deficit hyperactivity disorder	34	10.5	N/A	N/A
Eating disorder	10	3.1	N/A	N/A
Substance use disorder	56	17.3	N/A	N/A
Current type of MHI based on measures of mental health				
HADS depression	59	18.2	18	3.3
HADS anxiety	65	20.1	14	2.5
Assist lite tobacco	48	14.8	79	14.3
Assist lite alcohol	50	15.4	38	6.9
Assist lite cannabis	1	.3	3	.5
Assist lite amphetamine	2	.6	0	0.0
Assist lite sleepmedication	8	2.5	2	.4
Assist lite streetdrug	0	0.0	0	0.0
Audit C	13	4.0	19	3.4
PCL-5 score	19	5.9	2	.4