Appendix A: Scenarios

*Viewed for both scenarios*:

Please read the situation below and put yourself in the shoes of the person described. You will then be asked several questions about the situation.

Imagine that you recently returned home from a 12-month overseas military deployment. Although you have been back home for several months, you still feel quite different than what you were like before the deployment. Your family seems to have noticed this, too, and has pointed out some of the ways in which you've been acting differently.

*Scenario 1 only*:

**Your family has said that you have frequent and wild mood swings. At times you are quiet—even withdrawn—and you don’t respond to much of what others say, or even pay attention to what is going on around you. At other times, though, it seems like a switch flips and you become extremely angry over minor things without warning. Your family is never sure how you might react to the things they say or do; they feel like they are walking on eggshells. Your family is uncertain about how you might react from one minute to the next.**

*Scenario 2 only*:

**Your family members complain that you never want to go out with your friends like you used to. Instead, you stay in and play video games or watch TV all the time. You think that you deserve a break after all that you’ve been through, and you would really just want to stay home. When you do go out with your friends, you often drink a lot more than you did before, and at times you have become loud and obnoxious while drinking. Your family says you didn’t used to behave this way before your deployment. They're worried you are drinking more because you’re uncomfortable in social situations.**

*Viewed for both scenarios*:

Your parent (e.g., mother, father, step-mother, or step-father) OR your partner (e.g., spouse, significant other or boyfriend/girlfriend)…

…has suggested in a roundabout way that you should talk with and be evaluated by a mental health professional, but you didn’t want to so you just changed the topic. You genuinely feel sorry about how your behavior has affected your family, but you think you’ll be able to get things under control on your own.

Appendix B: Message Creation

**Acceptance**

**High**

All *high acceptance* messages have each of the following four features:

1. **Expressions of love:**

(*Near the start of the message)*

* I love you.
* I hope you know how much I love you.

1. **Statements of pride:**

(*Immediately after expressions of love*)

* I am so proud of you and your many, many accomplishments.
* I am so proud of your service to our country.

1. **Statements expressing care:**

(*Immediately after statements of pride)*

* But, I am worried about you.
* But, I am concerned about you.

1. **Statements of unconditional support/commitment:**

(*Near the end of the message*)

* I want you to be whole again, and won’t leave your side – you can count on that.
* I love you and am here for you – no matter what.

**Low**

All *low acceptance messages* include none of these features.

**Autonomy Support**

**High**

*High autonomy support* messages each include one example for each of the following three features:

1. **Kernel request with mitigating language:**

* I think you may need to seek professional help for the issues you are dealing with.
* I think it maybe time we found professional help.
* We might consider finding a counselor and talking to them.
* You might trytalking to someone – your own doctor or maybe someone at the VA.

1. **Statements emphasizing that the Veteran must decide what to do:**

(*Towards the end of the message*)

* So think about what I’ve said and let me know what you want to do.
* Please consider what I’ve said and let me know what you think.

1. **Questions asking for the Veteran’s input and perspective (before kernel request):**

* Do you want to talk about what’s going on?
* Do you want to talk about what’s on your mind?

**Low**

*Low autonomy support* messages include none of the features from high autonomy messages. In addition, they all include one example for each of the following three features:

1. **Kernel request with the absence of mitigating language:**

* You need to seek professional help for the issues you are dealing with.
* It's time we found professional help.
* Let’s find a counselor and talk to them.
* Talk to someone – your own doctor or someone at the VA.

1. **Statements that shut down dialogue:**

(*Typically, at the start of the message*)

* I have something to say and you need to listen without arguing.
* I need you to listen to me without interrupting.

1. **Statements demanding that change occur immediately:**

* This situation has gotten out of control and needs to stop now.
* This situation has gone on for too long and needs to stop now.