Dear Sir/ Madam,

My name is Vicky Marimuther and I am a PhD student at the University of Surrey under the supervision of Dr Dora Brown and Dr Adrian Coyle. I am conducting research on how members of the public view mild traumatic brain injury amongst British service personnel returning from Iraq and/or Afghanistan. The study has received a favourable opinion from the University of Surrey’s Ethics Committee. You are invited to take part in the study.

What is the study about?

The study is about your understanding of mild traumatic brain injury amongst British service personnel. The study consists of a questionnaire that could be completed i) online; ii) via email; and iii) in person. The questionnaire contains first of all a vignette (a brief description of a service personnel’s experience) on mild traumatic brain injury in the British military. This would be followed by twelve questions on mild traumatic brain injury in the British military.

What happens if you decide to take part in the study?

Participation in the study is voluntary and you may choose to discontinue participation at any point during the study. If you do consent to take part in the study, you will be asked to fill out a consent form before being presented with the study. If you choose to do the study via email, please email me at: V.Marimuther@surrey.ac.uk. If at any point during the study you feel distressed by the content of the interview, please ensure that you seek help with counselling services. A list of counselling services is listed at the end of the study.
What happens after you have completed the questionnaire?

Based on your responses to the questions, I might need to contact you for further details to ensure I have interpreted your responses adequately. For this purpose, you would need to provide me with a secure email address. Your responses would be strictly confidential. The responses you provide would be read and analyzed by me. The responses you provide would be collated for the analysis of the data and your responses would be anonymized to ensure confidentiality. Should this study be published in scientific journals, the names of all participants would be omitted.

Who would you contact if you have questions about the study?

If you have any questions about the study or would like a copy of the summary of the research findings, please contact me at 01483 68 2884 or email: 
V.Marimuthu@surrey.ac.uk. I would be happy to answer any questions or concerns that you may have about the study. Should you wish to contact my supervisors about the nature of the study, please email Dr Dora Brown at 
Dora.Brown@surrey.ac.uk and Dr Adrian Coyle at A.Coyle@surrey.ac.uk.

Thank you for your time and attention.

Yours sincerely,

Vicknaeshwari Marimuthu
PhD Student
Department of Psychology
Faculty of Arts and Human Sciences
University of Surrey
Guildford
Surrey
GU2 7XH
**Consent Form for the Study on Public Perceptions**

Please read the statements below and type in your name & a valid email address before proceeding to take part in the study.

- I voluntarily agree to take part in the study on public understanding of mild traumatic brain injury in the military.

- I have read and understood the information provided. I have been given an explanation by the investigators of the nature, purpose, location and likely duration of the study, and of what I will be expected to do. I have been given the opportunity to ask/ email questions on all aspects of the study and have understood the advice and information given as a result.

- I consent to my personal data, as outlined in the information sheet, being used for this study. I understand that all personal data relating to volunteers is held and processed in the strictest confidence, and in accordance with the Data Protection Act (1998). I understand that my data is stored for ten years after which it would be destroyed.

- I understand that I am free to withdraw from the study at any time without needing to justify my decision and without prejudice.

- I understand that in the event of my suffering any trauma or discomfort as a direct result of my participation in the study, I can seek assistance with the list of counseling hotlines provided at the end of the study.

- I confirm that I have read and understood the above and freely consent to participating in this study. I have been given adequate time to consider my
• participation and agree to comply with the instructions and restrictions of the study.

Name of volunteer (BLOCK CAPITALS) 

Email address: 

Name of researcher/person taking consent

(BLOCK CAPITALS) VICKNAESHWARI MARIMUTHER
Appendix D

Background Information for the Study on Public Perceptions

Before you begin the study, please provide information on your nationality:

Please tick which country you are from:

(a) I am a citizen of the United Kingdom (UK) □

(b) I am a not a UK citizen □

If you ticked (b), thank you for your interest in the study. However, the study is about the British public. Thank you for your time.

To begin, I’d like to get some basic information about you (such as your age, education and occupation). The reason that I’d like this information is so that I can show those who read my research report that I managed to obtain the views of a cross-section of people. The information that you give will not be used to identify you in any way because this research is entirely confidential.

1. Are you
   (tick the appropriate answer)

   Male □ Female □

2. How old are you? ___ years

3. How would you describe your ethnic origins? Please tick the appropriate category to indicate your ethnic background.

   (a) White British □

   (b) White Irish □

   (c) Any other White background, please specify below

   _______________________________________________________________

   (d) Mixed White and Black Caribbean □

   (e) Mixed White and Black African □
(f) Mixed White and Asian

(g) Any other mixed background, please specify below
__________________________________________

(h) Asian or Asian British Indian

(i) Asian or Asian British Pakistani

(j) Asian or Asian British Bangladeshi

(k) Any other Asian background, please specify below
__________________________________________

(l) Black or Black British Caribbean

(m) Black or Black British African

(n) Any other Black background, please specify below
__________________________________________

(o) Chinese

(p) Other ethnic group, please specify below
__________________________________________

4. What is your highest educational qualification? (tick the appropriate answer)

None

GCSE(s)/O-level(s)/CSE(s)

A-level(s)/AS-level(s)

Diploma (HND, SRN, etc.)

Degree

Postgraduate degree/diploma

5. What is your current occupation (or, if you are no longer working, what was your last occupation?)
6. What is your current legal marital status?  
(tick the appropriate answer)

   Single □

   Married □

   Civil partnership □

   Divorced/separated □

   Widowed □

7. Are you a member / a former member of the British Armed Forces?

   Yes □   No □

   If you ticked yes to the above question, please proceed to question 8. If not, please proceed to the next page.

8. As a member / former member of the British Armed Forces, did you have any experience of mild traumatic brain injury in Iraq / and or Afghanistan?

   Yes □   No □

   If you ticked yes to the above question, please proceed to question 9.

9. As you indicated that as a member of/ former member of the British Armed Forces, you have had experience with mild traumatic brain injury in Iraq and / or Afghanistan, would you be interested instead in taking part in another study I am conducting on the service personnel’s experience of mild traumatic brain injury?
If you ticked no, please proceed to the next page of the study. If you ticked yes to the above question, thank you for your interest in the study. However as you have sustained a mild traumatic brain injury during the course of your tours of duty in Iraq and / or Afghanistan, you are invited to take part in a study on the service personnel’s experience of mild traumatic brain injury. The study would consist of an interview where your responses would be recorded. The interview would consist of six questions on your experience of mild traumatic brain injury. Through this study I hope to highlight the experiences of service personnel with mild traumatic brain injury to a wider audience so that more people get to know of their experiences. Please provide your name and contact details in the space below so that I can contact you to seek your participation for the study.

Name

Email/ Contact details
Questionnaire for the Study on Public Perceptions

Mild Traumatic Brain Injury in the British Military

I am interested in how members of the public view mild traumatic brain injury in the British military. You will first be presented with a vignette on mild traumatic brain injury in the British military. You will then be presented with twelve questions on mild traumatic brain injury in the British military. The vignette below is a story of a soldier who sustained mild traumatic brain injury while in Iraq.

Vignette

George* was patrolling a route in Southern Iraq when a buried artillery shell exploded outside his military vehicle. The blast thrust his vehicle into the air. The last thing George remembers was a big orange flash before losing consciousness. When he regained consciousness he was on a hospital bed with a swollen shoulder. He thought he was lucky to have survived. The medics who had treated him at the military field hospital did not ask him about losing consciousness. There were soldiers being rushed in from a blast in Fallujah. They had had their limbs blown off. George figures that the medics probably thought that since he wasn’t bleeding and had all his limbs intact, he was fine. Three months after the blast, George returned home from his tour of duty in Iraq. Back home, he underwent routine screening for troops. After extensive tests, he was diagnosed with mild traumatic brain injury. George has since left the military and returned to his former job. He has trouble remembering things and has difficulty sleeping. George has frequent headaches and ringing in the ears. He has problems with his balance and is undergoing physiotherapy to regain his sense of balance. Like George, it is estimated that about 500 British troops have sustained mild traumatic brain injuries since 2003. Mild traumatic brain injury has been labelled a signature injury of the Iraq and Afghanistan conflicts. The Ministry of Defence (MoD) set up Headley Court Military Hospital in Surrey to identify and treat service personnel with mild traumatic brain injury. At present, only service personnel with head injuries are screened for mild traumatic brain injury in the United Kingdom.
* Not his real name.

1. Could you explain in your own words, what you think mild traumatic brain injury is?

2. What is your understanding of mild traumatic brain injury in the British military?

3. What in your opinion (if any) should be done about British service personnel with mild traumatic brain injury?

4. Have you come across any service personnel with mild traumatic brain injury? If you have, please provide details. Please refrain from providing information that might identify them such as name and contact details. You could provide information as to when they sustained mild traumatic brain injury, where and what sort of medical treatment they received and how they are coping with mild traumatic brain injury.
5. How do you view service personnel with mild traumatic brain injury?

6. Please complete the following sentence: Service personnel with mild traumatic brain injury

7. Please complete the following sentence: In my opinion, the lives of British service personnel with mild traumatic brain injury

8. Please list current services that you think are available to British service personnel with mild traumatic brain injury.

9. How do you view the services available to British service personnel with mild traumatic brain injury?
10. What are your views (if any) on Iraq/Afghanistan veterans accessing public health care?


11. What is your view on the government’s role in the treatment and management of service personnel with mTBI?


12. What are your views (if any) on British military involvement in Iraq and/or Afghanistan? (This question is optional).


Thank you for taking part in the study. If you have any questions about the study or would like a copy of the summary of the research findings, please email me at V.Marimuthu@surrey.ac.uk. If you felt distressed by the content of the study, please refer to the list of counselling services on the next page. Please ensure that you seek help with counselling services.
List of Hotlines for the Study on Public Perceptions

Hotlines to call in case you’re experiencing distress/discomfort:

- **Samaritans**  -  08457 90 90 90 - Helpline UK
  
  020 77342800 - Helpline
  (Central London Branch)

  Email: jo@samaritans.org

  Available 24/7

- **Get Connected**  -  08088 08 49 94
  (Available from 1 p.m. – 11 p.m.)

- **Headway**  -  08088 00 22 44

- **Cruse Bereavement Care**  -  0844 477 9400 (day time hotline)
  Email: helpline@cruse.org.uk

Please ensure that you seek help with counselling services.

Thank you for taking part in the study.
Dear Sir/Madam,

First of all, apologies for the cold calling. My name is Vicky Marimuther and I am a PhD student at the University of Surrey under the supervision of Dr Dora Brown and Dr Adrian Coyle. I am conducting research on how members of the public conceptualize mild traumatic brain injury amongst British service personnel returning from Iraq and Afghanistan, and the study is towards my PhD thesis. I am writing to request permission to place advertisements on your website to recruit participants for the study. The study aims to understand how members of the public view mild traumatic brain injury amongst British service personnel. The study would provide valuable insight into how the public views British service personnel with mild traumatic brain injury. For this purpose, the study requires participation from members of the public across the United Kingdom.

I hope that Name of Agency will allow me to recruit participants through your website portal. The advertisement on the portal would be asking for participants who would be interested in sharing their views on mild traumatic brain injury amongst British service personnel returning from the Iraq and/or Afghanistan conflicts. The advertisement would include links to a website where the interview questions would be available. Alternatively, prospective participants would be given the option to email their interest in the study and the interviews would be conducted via email. In this way I hope to minimize the inconvenience to the participants and the organization. The respondents would be ensured confidentiality and the emails would be on a secure network. The interviews would be semi structured. A copy of the interview schedule, together with a copy
of the proposal for the study, would be sent to the organization ahead of time for your approval.

If approval is granted, the advertisement for recruitment of participants would be sent to your organization. The interview responses would be collated for the analysis of data and the participants will remain absolutely confidential and their responses would be anonymized. A copy of the collated responses would be made available to the organization. Should this study be published in scientific journals, the names of participants would be omitted. Participants would be given the option to opt out of the study at any point should they wish to do so.

The study aims to explore members of public’s understanding of mild traumatic brain injury amongst British service personnel with so as to ascertain how to help this group cope with their injury. The study has been submitted to the University of Surrey’s Ethics Committee and the research collection would not begin till it has received a favourable opinion. Your approval to place the advertisement on your website portal will be greatly appreciated.

I would be happy to answer any questions or concerns that you may have about the study and can be contacted at 01483 68 2884 or email: V.Marimuther@surrey.ac.uk

If possible, I would like to visit the organization and speak with you in person about the study. To this effect I will be calling you in a few days.

Thank you for your time and attention.

Yours sincerely,

Vicknaeshwari Marimuther
PhD Student
Department of Psychology
Faculty of Arts and Human Sciences
University of Surrey
Guildford
Surrey
GU2 7XH
Recruitment Advertisement for the Study on Public Perceptions (online via twitter, Facebook and email) – Different versions of Tweets, Emails, Forums Messages Advertising the Study

1) Hi,
I am a PhD student researching mild traumatic brain injury (mTBI) amongst British service personnel. For the study to be truly representative of the British public’s views I need participation from as many people across the United Kingdom. The study aims to increase public awareness of the injury amongst British veterans. If you are interested in taking part in the online study on the British public’s perceptions of mTBI amongst British service personnel, please visit the link below.
http://www.fahs.surrey.ac.uk/survey/traumatic_mild_brain_injury/
Also, if you are, or happen to know of British service personnel or ex – service personnel with mild traumatic brain injury; I would be interested to hear from you. Please leave your contact details via the above link so I can get in touch with you about taking part in a study on the experiences of service personnel with mTBI. I would like to hear your perspectives on the injury that have affected numerous soldiers. Best wishes, Vicky

2) Hi,
I am PhD student researching mild traumatic brain injury (mTBI) amongst British service personnel. I was wondering if anyone in your association would like to take part in an online study. The study aims to increase public awareness of the injury amongst British veterans. If you are interested in taking part in the online study on the British public’s perceptions of mTBI amongst British service personnel, please visit the link below.
http://www.fahs.surrey.ac.uk/survey/traumatic_mild_brain_injury/
Also, if you are, or happen to know of British service personnel or ex – service personnel with mild traumatic brain injury; I would be interested to hear from you. Please leave your contact details via the above link so I can get in touch with you about taking part in a study on the experiences of service personnel with mTBI. I
would like to hear your perspectives on the injury that have affected numerous soldiers. Best wishes, Vicky

3) Hi, I was wondering if your members would like to take part in a study on public perceptions. Thanks.
   http://www.fahs.surrey.ac.uk/survey/traumatic_mild_brain_injury/

4) Hi,

I am PhD student researching mild traumatic brain injury (mTBI) amongst British service personnel. For the study to be truly representative of the British public’s views I need as many people across the United Kingdom to participate. I was wondering if anyone in your association would like to take part in an online study. The study aims to increase public awareness of the injury amongst British veterans. If you are interested in taking part in the online study on the British public’s perceptions of mTBI amongst British service personnel, please visit the link below.
   http://www.fahs.surrey.ac.uk/survey/traumatic_mild_brain_injury/
   The study takes about 20 minutes to complete.

   Also, if you are, or happen to know of British service personnel or ex – service personnel with mild traumatic brain injury; I would be interested to hear from you. Please leave your contact details via the above link so I can get in touch with you about taking part in a study on the experiences of service personnel with mTBI. I would like to hear your perspectives on the injury that have affected numerous soldiers.
Appendix H

Ethics Submission and Approval for the Study on Public Perceptions

Vicknaeshwari Marimuthu
Psychology
FAHS

13 June 2011

Dear Vicknaeshwari,


On behalf of the Ethics Committee, I am pleased to confirm a favourable ethical opinion for the above research on the basis described in the submitted protocol and supporting documentation.

Date of confirmation of ethical opinion: 13 June 2011.

The final list of documents reviewed by the Committee is as follows:

<table>
<thead>
<tr>
<th>Document</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summary of the project</td>
</tr>
<tr>
<td>Detailed protocol for the project</td>
</tr>
<tr>
<td>Information sheet for participants</td>
</tr>
<tr>
<td>Consent form</td>
</tr>
<tr>
<td>Questionnaire/Interview Schedule</td>
</tr>
<tr>
<td>Copy of standard letters</td>
</tr>
<tr>
<td>Risk Assessment</td>
</tr>
</tbody>
</table>
This opinion is given on the understanding that you will comply with the University’s Ethical Guidelines for Teaching and Research. If the project includes distribution of a survey or questionnaire to members of the University community, researchers are asked to include a statement advising that the project has been reviewed by the University’s Ethics Committee.

The Committee should be notified of any amendments to the protocol, any adverse reactions suffered by research participants, and if the study is terminated earlier than expected with reasons. Please be advised that the Ethics Committee is able to audit research to ensure that researchers are abiding by the University requirements and guidelines.

You are asked to note that a further submission to the Ethics Committee will be required in the event that the study is not completed within five years of the above date.

Please inform me when the research has been completed.

Yours sincerely,


Glenn Moulton
Secretary, University Ethics Committee
Registry

cc: Professor S Williamson, Chairman, Ethics Committee
Appendix I

Information Sheet and List of Hotlines to call for Participants Taking Part in the Study on Service Personnel’s Experience with the Injury

Dear Sir/ Madam,

My name is Vicky Marimuther and I am a PhD student at the University of Surrey. I am supervised by Dr Dora Brown and Dr Adrian Coyle. I am interested in your experience with mild traumatic brain injury and would like to invite you to take part in a study. The study is part of my PhD. The study has received a favourable opinion from the University of Surrey’s Ethics Committee.

• **What is the study about?**
  - The study is about your experience with mild traumatic brain injury. You would be asked some questions about your mild traumatic brain injury.

• **What happens if you want to take part in the study?**
  - You will be contacted for a pre-interview.
  - You will be asked a few questions on the phone.
  - If accepted into the study, you would then be contacted a week later to set up an interview date, time and place.
  - You would be given information on the study and you will need to sign a consent form.
  - You will be interviewed in two stages:
    ➢ You can choose to talk for 30 – 45 minutes, take a break and continue with the second part of the interview for another 30 – 45 minutes, or:
    ➢ You can choose to talk for 30 – 45 minutes and continue with the second part of the interview (of another 30 – 45 minutes) on another day.

• **What happens after the interview?**
  - I would be calling you to ask what you thought of the interview and what I understood from what you shared with me in the interview.
Would you be identified by what you said?
- Your name and personal information would be removed from the research report and published paper on the study.

What if you have any questions or would like a copy of the main points of the study’s results?
- Please contact me at 01483682884 or email me at: vm00015@surrey.ac.uk.

Thank you for your time and attention.

Yours sincerely,

Vicknaeshwari Marimuthu (Vicky)
PhD Student
Department of Psychology
Faculty of Arts and Human Sciences
University of Surrey
Guildford
Surrey
GU2 7XH
Appendix J

Consent Form for the Study on Service Personnel’s Experience with the Injury

Below is the consent form for the study. Please read the statements below and write your name and the date on which you are doing the study before you take part in the study.

- I voluntarily agree to take part in the study on mild traumatic brain injury in the military.
- I have read the information on the study and understand them.
- I have been informed by the researcher:
  - About what the study is about.
  - Where the interview would be held.
  - How long I would be interviewed.
  - That all the information I provide in my interview are strictly confidential, in accordance with the Data Protection Act (1998).
  - That I can choose not to continue with the interview at any time and would not have to explain my decision to not participate in the research.
- I understand that if I am distressed or uncomfortable from talking about my experiences with mild traumatic injury, I can call the list of counselling hotlines provided, for help.
- I understand that by agreeing to take part in the study, I give the researcher permission to contact my doctor about my mild traumatic brain injury.
- I was able to ask/ email questions I had about the study and understand what the study is about.
- I confirm that I have read and understood all the statements on this form and consent to participating in this study.

Name of volunteer (BLOCK CAPITALS) ........................................................

Date ........................................................................

Name of researcher/person VICKNAESHWARI MARIMUTHER taking consent (BLOCK CAPITALS)
Thank you for taking part in the study. If you have any questions about the study or would like a copy of the summary of the results, please email me at vm00015@surrey.ac.uk.

You might get upset or distressed during the interview. Talking about your experience of a mild traumatic brain injury might bring back painful memories.

If you become distressed by the content of the interview, please seek support from the list of counselling services below.

It is important that you talk to someone about how you are feeling. Please ensure that you seek help with counselling services.

Hotlines to call in case you’re upset or distressed:

- Combat Stress - talk to the Helpline on 0800 138 1619 or text 07537 404 719
  Available 24/7

- Royal British Legion - 08457 725 725 (Mon-Fri, 9am to 5pm)

- Headway - 08088 00 22 44

Thank you for taking part in the study.
Appendix K

Background Information for the Study on Service Personnel’s Experience with the Injury

BACKGROUND INFORMATION

To begin, I’d like to get some basic information about you (such as your age, education and occupation). The reason that I’d like this information is so that I can show those who read my research report that I managed to obtain the views of a cross-section of people. The information that you give will not be used to identify you in any way because this research is entirely confidential.

1. Are you
   (tick the appropriate answer)

   Male □ Female □

2. How old are you? ___ years

3. How would you describe your ethnic origins? Please tick the appropriate category to indicate your ethnic background.

   (a) White □
       British □
       Irish □
       Any other White background, please specify below

       __________________________

   (b) Mixed
       White and Black Caribbean □
       White and Black African □
       White and Asian □
       Any other mixed background, please specify below

       __________________________

   (c) Asian or Asian British
       Indian □
Pakistani □
Bangladeshi □

Any other Asian background, please specify below
_________________________________________

(d) Black or Black British
Caribbean □
African □
Any other Black background, please specify below
_________________________________________

(e) Chinese or Other ethnic group
Chinese □
Any other, please write below
________________________________________

4. What is your highest educational qualification?
(tick the appropriate answer)

None □
GCSE(s)/O-level(s)/CSE(s) □
A-level(s)/AS-level(s) □
Diploma (HND, SRN, etc.) □
Degree □
Postgraduate degree/diploma □

5. What is your current occupation (or, if you are no longer working, what was your last occupation?)

________________________________________

6. What is your current legal marital status?
(tick the appropriate answer)

Single □
Married □
Civil partnership □
Divorced/separated □
Widowed □

7. How long were you serving in the British military?
_________________________________________

8. Which country were you in when you sustained mild traumatic brain injury (mTBI)?

Iraq □ Afghanistan □
Appendix L

Pre Interview Screening Schedule on Service Personnel’s Experience with the Injury

Offer to ring the person back so they don’t have to pay for the call.

Introduce myself and the research: Hello, my name is Vicky and I’m calling from the University of Surrey. I’m calling you in relation to your interest in taking part in a study I’m conducting. First of all let me introduce what the study is about. The study is on former service personnel’s experience of mild traumatic brain injury (mTBI). Before we set up an interview for the study I would like to ask you a few questions.

Explain what the study entails: The interview would take place within a week of your receiving the consent form and information sheet informing you of the study. This would be posted or emailed to you based on your preference. I would be contacting you nearer to the date of the interview to find out if you are able to attend. Interviews are expected to last an hour to an hour and a half, depending on how long you need. The interviews would be recorded. The interview would be held in the next two weeks and I would require your permission to speak to your neuro practitioner to confirm your mTBI diagnosis. Have you been formally diagnosed with mTBI? If you have had a formal diagnosis could I ask that you provide me with additional information?

- When were you formally diagnosed with TBI?

- Were you involved in a bomb blast?

- Did you injure/ bump your head?

- Would it be possible for me to speak with your neuro practitioner?

Reasons for interest in the study: What made you decide to volunteer for this study? What do you hope to gain from/ get out of taking part in this study? What do you think will happen when you take part in the study? During the interview I would be asking you questions on your mTBI? You would quite possibly be thinking about
when you were injured? This could perhaps cause you to be distressed/ upset. Do you feel/ think that you would be able to talk about your injury?

Focus is on research not therapy: It is important to you are clear that I am inviting you to take part in research and would not be offering therapy. While I’ll be ensuring that the well being of interviewees is not compromised, I am unable to offer therapy.

Medical/Psychological treatment: Have you been receiving any (medical) treatment? Could you provide details? What is the treatment for? Are you still on medication/ treatment? When was your last treatment? How often do you go for treatment? How do you feel about seeking treatment?

Exclusion criteria: Please note that if you have not sustained mTBI during your tour(s) of duty in Iraq and /or Afghanistan you would be excluded from the study. This is because the study is on the experience of mTBI by service personnel returning from Iraq and/ or Afghanistan.

If potential participant is to be excluded: Thank you for your time and interest in the study. However I am unable to invite you to take part in the study. I am aware that you have taken the trouble to contact me about your interest in the study.
Interview Schedule for the Study on Service Personnel’s Experience with the Injury

(The prompts are just a guide and are not prescriptive)

1. What is your understanding of mTBI?
2. Could you, to begin with, describe your experiences with mTBI in your own words?
   Prompts: How long have you had mTBI?
   How long was it since you were diagnosed with mTBI?
   How did your mTBI come about? What caused your injury?

3. What does having mTBI mean to you?
   Prompts: Can you remember how that made you feel?

4. What work are you doing at the moment? What have you been doing since the injury?
   Prompts: Are you working? How do you feel working in a civilian job?

5. How do you think others see you?
   Prompts: Family, friends? In what way have you changed if at all? Are you in touch with your friends from the military? How is your social life nowadays?
   What is your relationship like with friends/ family after the injury?

6. What made you decide to leave the British military?
   Prompts: When decision was made? How did you feel about the decision?

7. What are your plans for the future?
   Prompts: Is there anything you have wanted to do since your injury but haven’t got around to doing?

8. We talked about your experiences of mTBI. Would you like to add anything else to what we have been talking about?
Appendix N

Pre-Interview Screening and Interview Procedure for the Study on Service Personnel’s Experience with the Injury
Recruitment Advertisement for the Study on Service Personnel’s Experience with the Injury

Traumatic Brain Injury In the British Military

- Have you been on a tour of duty to Iraq and/or Afghanistan?
- Were you involved in a bomb blast?
- Were you diagnosed with traumatic brain injury (TBI)?

If you answered yes to all of the above questions, I would like to invite you to take part in a study on traumatic brain injury in the British Military. If you’re interested in taking part in the study, please call 01483 68 2884 or email vn00015@surrey.ac.uk for a pre-screening assessment interview.

- The study has received a favourable opinion from the University of Surrey’s Ethics Committee.

Your responses would be kept confidential.

Thank you.
Appendix P

Ethics Submission and Approval for the Study of Service Personnel’s Experience with the Injury

Vicknaeshwari Marinuther
Department of Psychology

29 May 2012

Dear Vicknaeshwari Marinuther

Lived Experiences of Traumatic Brain Injury in the Military EC/2011/148/FAHS

I am writing to inform you that the Chairman, on behalf of the Ethics Committee, has considered the Amendments requested to the above protocol and has approved them on the understanding that the Ethical Guidelines for Teaching and Research are observed. Please be advised that the Ethics Committee is able to audit research to ensure that researchers are abiding by the University requirements and guidelines.

If the project includes distribution of a survey or questionnaire to members of the University community, researchers are asked to include a statement advising that the project has been reviewed by the University’s Ethics Committee.

Date of confirmation of ethical opinion: 13 January 2013.
Date of favourable ethical opinion of amendment to protocol: 29 May 2012

The list of amended documents reviewed and approved by the Chairman is as follows:

<table>
<thead>
<tr>
<th>Document</th>
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<td>Participant Information Sheet</td>
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Yours sincerely

Glenn Moulton
Secretary, University Ethics Committee
Academic Registry

cc: Dr MA Gallagher, Chairman, Ethics Committee
Appendix Q

Transcript of Case Study Interview for the Study on Service Personnel’s
Experience With the Injury

Abbreviations used:

I: Interviewer, in this case, the researcher.
P: Participant, service personnel with the injury.

*Names have been changed so as to protect the participant’s identity. He chose these names himself. He said the names reflected Noah’s Ark and new beginnings. His wife thought of the names with him.

…… refers to the pauses in the conversation.

^ refers to the support session meetings.

# Dates are left blank at the request of the participant who felt that specific information would identify him. The researcher has left a space followed by the # sign when there were references to dates.
The First Interview:

I: Hello, how are you doing today?
P: I’m alright. How are you?
I: I’m alright, thanks. First of all, thank you for agreeing to be interviewed. I’m going
to begin the interview now and all this is already being recorded since we agreed to
that when we walked into the room. I know I mentioned this earlier and got your
permission before I pressed the record button, but I have to mention this here for
recording purposes. Is that okay?
P: Go ahead. Is it recording?
I: Let’s check again. The numbers are moving so yes.
P: Ah interesting. Ehm Vicky, I’m sorry I didn’t c all about the interview. I forgot
about it. I was meaning to call Noah* as ……I was wondering if I had spoken to
some lady about a research but I couldn’t remember anything else.
I: Yes, I remember, you mentioned uh thinking thinking of calling Noah* to talk
about a phone conversation you thought you had with someone. I’m sorry I didn’t
call you earlier to follow up as I thought you needed time to review the information
sheet and consent form.
P: No that’s okay, I forgot too. I can’t seem to remember things
I: Well it was only when I called Noah* to find out if I could attend the support
group and mentioned that I couldn’t seem to get in touch with you that he mentioned
that with the injury brain injury I need to know people forget and it’s okay to remind
them. I. fact he said I should remind you.
P: Yeah I forget all the time. I forgot about meeting my wife after the meeting^ the
other day. She sort of mentioned it today again or I would totally forget.
I: Ah, I guess that’s what I hadn’t thought about. Well going back to the interview,
Adam*, I need to ask you this, when did you sustain your injury? We talked about
this when I called you and did the pre – interview assessment…
P: We talked about this? I can’t remember…When?
I: Yes. Okay, just to recap, I during the phone interview I mean, I asked you about
your injury… I mentioned that my research is on how British service personnel, such
as yourself for example, how you experienced the injury. When did you sustain a
brain injury? Before you answer though, let me tell you again that if you feel upset or
angry at any point feel free to tell me to stop the interview, it’s fine.
P: Okay.
I: When was your injury? I mean to say….. When did you get a brain injury?
P: Well, uhh, I think it was let’s see around about three to four years ago. It was in
__________# I had been in a blast while on patrol. I woke up in hospital. I’d been
out for some time. My buddies thought I was gone.
I: Oh no. You were in a blast and they thought you were dead…
P: Yes..
I: What happened after the blast? ….When they found out you weren’t dead I mean?
P: I …. I lost consciousness it seems. So so I was out for some time…..
I: Uhhumm. How long were you unconscious for? Do you know? Did anyone tell
you?
P: I think…well they said it was half an hour but it sure felt like I a lot….
I: How do you mean? I don’t understand… it it felt like a lot?
P: uhhh It felt like I’d been out for days. I couldn’t remember anything at first.
Remembered patrolling but but I couldn’t remember anything else. They said I’d
been in a blast and that… that I was there on the ground, lying on the ground,
unconscious…. But I couldn’t remember.
I: Uhm you couldn’t remember. What happened at that point? I mean in the
hospital…. What kind of injuries did you have?
P: I had dislocated my arm…from the impact I suppose. My head needed stitches.
Other than that they said I was fine.
I: You said they said you were fine. Who are they Adam? Just so I understand who
are the they who said you were fine?
P: hmmn? What was that?
I: Errr…. What I meant was who told you that you were fine?
P: Those at the hospital when I woke up… you know from the blast.
I: Ah okay… so when did you find out I mean so when did you find out that you had
sustained a brain injury? I mean uuh when were you told you had had a brain injury?
P: uhhmm… They didn’t tell me when I was there.
I: They didn’t? So then how did you know? When were you told?
P: They didn’t tell me when I was there or when I returned. We came through Selly
Oak’s. I had these bad headaches and then they sent me to Headley Court.
I: Oh okay…. So did they tell you when they sent you to Headley Court?
P: No that’s the thing…. You’d think they’d tell you won’t you, they but they didn’t. They didn’t tell me at in Iraq and they didn’t tell me here when I got back.

I: So how did you get sent to Headley Court?

P: You see….I had been back a few weeks when I had terrible headaches. Couldn’t move. It felt like something was banging against my head. I kept asking the doctors at Selly Oaks right and they and then they referred me to Headley Court.

I: What was your experience in Headley Court? I mean, were you diagnosed with your brain injury there?

P: They didn’t want to tell me I had brain injury. They just told me the headaches would go away. They didn’t.

I: They didn’t? I’m sorry I’m confused. Just to clarify…. who’s the they?

P: Huh..?

I: You mentioned they didn’t want to tell you you had brain injury...

P: Right ...

I: You also said they told you the headaches would go away and that they didn’t. So the they here is referring to the who… I mean is it referring to those who told you about brain injury or your headaches cos’ I’m confused…

P: Ah … I get why you were confused … No I didn’t mean the headaches but the them… those who didn’t tell me about the injury… I meant that they didn’t want to tell me about the injury…

I: Ah okay… Thanks for clearing that up…. So you’re saying they didn’t want to tell you about the injury?

P: That’s right. They didn’t tell me anything. I went back there three times in the next two years.

I: You went back three times. To Headley Court…why, I mean how was that?

P: I had a hard time. My head ached. I couldn’t understand. Understand what was going on. Nobody told me what was happening.

I: Adam, let me understand this, are you are saying no one told you you had a brain injury?

P: Yes. ..

I: So how did you know you had one?

P: One of the guys heard about the troubles I was having. He suggested I speak to them about it?
I: Who did he suggest you speak to?
P: What was that? I can’t hear very well.
I: You mentioned one of the guys suggesting you speak to someone…
P: Yes..
I: Who was it you spoke to?
P: I spoke to the people at Headley Court. I was not having any more of being sent home, headaches will pass. I mean I had headaches and I had neck pains and I couldn’t remember things. It was all too weird.
I: uhhumm how was it weird?
P: They said my head had opened. See the scar here.
I: Yes, was this where you injured your head?
P: Yes, so I couldn’t understand how how with this this scar right, they were saying it was alright. I stayed for more than a few weeks each time. I think it was more. And I came back within a few months.
I: What was that? What was more?
P: The time that I stayed.
I: At Headley Court?
P: Yes..
I: Ah ok. How long did you stay?
P: A few months I think. About a month the second time and third time.
I: Uhmm. Ok. What happened each time?
P: What do you mean?
I: What was it like each time you stayed at Headley Court? Your experience I mean..
P: I wasn’t told anything. None nothing at all. Not one thing. Just headaches will go away. They weren’t helpful. You know how you hear about the Americans getting lots of help..you read about it on their websites and on YouTube.
I: On website and YouTube?
P: Yes.. they talk about how they are helped, what the hospital did for them… but…But there’s no support here. I’m told it’ll go away. That’s it. When though? I had to rely on my buddies to get information on who to see and where.
I: I’m not sure what you mean? I’m sorry. By when are you referring to…
P: The headaches.
I: Ah okay. Do you mean, you meant the headaches not going a away? I mean not going away…

P: Yes.

I: So when you didn’t understand about staying at Headley Court for awhile and your headaches didn’t go away, did you find out why?

P: Yes. It took a long time.

I: How long did it take?

P: I can’t remember the exact time. Can’t remember things these days. Not the same as before. I think it was months later even then they wouldn’t fill it out on my form.

I: You mentioned a form they wouldn’t fill? Where was that?

P: At Headley Court…

I: What form is that?

P: Oh that… when I wanted to leave, they didn’t fill it in. They didn’t want to write that I had brain injury.

I: Why was that? Did they say that?

P: They didn’t but I can’t seem to get recognition for it. Having a brain injury means nothing. I was still expected to be able to recover and move on. They told me about the injury, some papers but they didn’t write it anywhere else. No confirmation. That was what I needed. I needed to know what was going on. I mean… I needed to know for sure. To know what was going on...

I: uhmm. You mentioned recognition? What..

P: Ah you know... knowing where I could go for help. To know what was going on. I had some papers but I didn’t know anything else…

I: By papers what do you mean?

P: Some information, they had on brain injury. That was it though. There was nothing else. I had to look for places by myself.

I: uhhmm..

P: Places to help me understand what was going on. Even the support group, I found it by myself. The people are really friendly.

I: Yes they are friendly at the support group. Adam, you mentioned not knowing where to go, like not knowing where to go for help. When you were discharged how did you find things as you said?

P: I don’t get what you mean. You mean like how did I cope?
I: Yes, that’s uhmm… How did you cope?

P: Since I was told at Headley Court and by the friend I mentioned, my wife and I started to look for people who would tell me more. That’s how I came across Headway. I finally got to see this doctor who referred me to Headway. They have a branch here and everyone was helpful. It’s funny how my GP did what Headley Court didn’t… You know I’ve been in the military since 18 and I thought they’d be with me for life… sort of till death do us part…

I: Uh hmmnn…

P: I mean I’ve been on tour and spend more time in Iraq then with my family… but then then…. then all of a sudden I’m cut loose.. not told why or anything. They were not willing to help me…to to find out what was going on.. you know… with me.

I: Uhhmm. Adam, could I just interrupt you here?

P: Yes sure..

I: You mentioned your GP. You were diagnosed by your GP?

P: No what… ah no. I was diagnosed at Headley Court but my GP he…he..he talked to me, understood what I was trying to tell, trying to say about my situation. I needed someone to talk to. It was all too strange. This was good. Having him to talk to.. He linked me up with the right people.

I: The right people?

P: Oh the support group and even disabilities benefits. Did you know I can’t get compensation or payouts for my brain injury?

I: You can’t? I didn’t know that..

P: No you can’t. I have to use a separate provision, with the disabilities to get my money. I can’t work. How am I supposed to… I never seem to remember things…

My mobile was in my pocket the whole time and I was looking for it since I didn’t know where it was. I didn’t remember that I had put it there. My wife found it when I got home.

I: Oh no, you mean you didn’t realise it was there?

P: Yes, didn’t have a clue, I was looking for it all afternoon. Didn’t even think to check there. Things I would have done before all gone out the door. Everything’s new now.

I: Adam, what’s not the same as before?

P: Uh? What’s that again? You need to say it again. I can’t hear.
I: Oh ok. You were talking about things being new...
P: Oh…. I can’t remember things. I was supposed to meet my wife the other day and
she said she was trying to reach me. I forgot and was walking around town, not
knowing why I was there. It’s like you know. It’s like Alzheimer’s …. Scary at first
but now it’s an adventure. I never know when I’m going to forget and what happens
then.
I: That’s an interesting way to describe your experience. An adventure and like
having Alzheimer’s.
P: Yeah, my wife and I call it that. Our friends at church laughed. I guess everyone’s
relieved that things are better now…
I: Why would you describe it like having Alzheimer’s? What I mean it… what has
the injury been like… You mentioned things are better now…
P: Uhhh I can’t remember, Have problems remembering…
I: Uhhmm..
P: Can’t hear. Used to hear very well now I… everyone has to talk loudly. It’s good
that our friends are understanding and no one minds me not remembering things. It
was a shock at first.
I: Uhhum. It was shocking for you?...
P: It was shock… for the wife, our children and my friends. Me as well. I didn’t only
have stitches from the injury, I couldn’t remember, and I couldn’t hear…. I felt old
all of a sudden…you hear about hearing loss at old age but I didn’t think I’d get it
now.
I: You mentioned the shock everyone felt. How did the family or friends see you?
P: Well, it.. got to the the point where my wife, well she wondered what else was
new…. They were all very worried, the family and friends. Whether the worst was
over after surviving death or was the worst on its way. Can’t blame them really. They
got a call and rushed to the hospital. Followed me to Headley Court as well… I was
discharged and had to go back a few months later. I mean what was that…I didn’t
understand it, neither did they. We were all lost. Didn’t know what was going to
happen next. I woke up thinking the same each day.
I: What was that? …You were thinking the same? …why why was that?
P: I thought more parts of coming undone. It was scary not knowing what tomorrow
would bring.
I: Are things still the same now? As scary I mean? How are things now?
P: Things are a lot better these days. I just treat it as a new adventure. My family
knows it too. Friends know it as well. Losing my memory means I get to be
fashionably late… Couldn’t do that before with the lads….
I: You mentioned the lads. Are you in touch with your friends from the military?
P: Yes. After the injury, a mate was the one who told me about where to go…I meet
some of them occasionally. The lads are what was great about the military…
I: You mentioned meeting occasionally. How often is that?
P: We meet when they’re back from Iraq and some are in Afghanistan. Some of them
are there now.
I: Okay.. How did they see you? I mean after the injury, how do they see things?
P: At first it was strange. I would say something and it would be quiet.
I: Why was that…Why was it quiet?
P: Ah…We don’t talk about the injury. We don’t talk about the blast. I guess they
think I might get upset.
I: Would you get upset? Do you think if you talk about the blast and the injury
would you get upset?
P: I do get upset sometimes when I talk about the blast. The injury makes things
difficult at times. I can’t do things I used to do before.
I: Uhmm..What do you mean by that…
P: I’m like I’m not independent like before. My wife has to meet me when I go out
and…. I can’t remember things. Uhhh… Not everybody understands that.
I: You said your wife had to meet you when you go out? Could you explain that a
little? Did she meet you before whenever you went out, before, before..the injury I
mean?
P: No. not then….she does that.. she does now though since she’s afraid I’ll forget. I
mean I write things down but then forget where I wrote it… so it’s better when she’s
there. To remind me and all…I mean she’s here right now in the kitchen….
I: Yes, I spoke to her earlier. We talked about my research and your participation. So
the lads, your friends you mentioned earlier, how do they take to that? Having your
wife there… and your forgetting that you mentioned?
P: ….Well…. they… they you see… it isn’t something they see elsewhere. If you’re
not injured you don’t see it. You’re out there doing the usual, doing what we do.
What I used to do…anyway….. You don’t think about the injury. At least I didn’t. I didn’t know brain injury then. If you got hit, you got fixed. That’s what I’d thought… I don’t think it’s so simple now.

I: What isn’t simple now?

P: Now I know know that you don’t really get fixed…it gets worse instead. You’re left with questions that have no answers.

I: You mentioned knowing now. What about your mates in the army? I mean…As they haven’t seen the injury elsewhere as you said, how do they see you after the injury? I mean, in what way, do they find you’ve changed, if you have changed, that is?

P: ……hmmm how…..I’m slower now I guess…. I’m not that quick when I say things…. or when I reply. That’s what everyone says. Sometimes they don’t say it…but they repeat stuff..to me I mean… little things like that…I may be slower….but…I’m I mean I’m not dumb so I pick up on their body language and the way they have changed towards me.

I: uhhuumnn.. You mentioned they changed… How have they changed towards you?

P: They haven’t changed totally. They’re still my mates… It’s just that our lives are now … like parallel….things are different. I’m not there anymore. I’m moving at a different pace I guess…..Vicky I’m going to take a break. Is that ok?

I: Yes, that’s fine. Are you tired? Sorry I should have noticed.

P: No.. that’s okay.

I: Thank you for doing this interview. I’ve got one last question though…. It’s about the next session …Would you rather we schedule the next session another day or do you want a half an hour’s break and completing the whole interview today….?

P: Uhhmmm No…. I think can we do the rest another day. You can email me or call me.

I: When would you like to hold the next session?

P: Next week?

I: Okay what day and time?

(The researcher and participant have agreed on a time for the next interview. Session concluded here as participant was tired).

Second Interview

I: Hello Adam, how are you?
I: Thank you for agreeing to do the interview. I’m going to recap some of the things we talked about the last time. This is so that we know about what we talked about and then I’ll ask you some more questions. Is that okay?

P: Fine.

I: We talked about your injury, when you were diagnosed, how family and friends saw you and how things were after the injury….I thought we could talk about when you left the military….. Uhhmm are you working at the moment?

P: No. I’m not working right now… Haven’t worked since the injury actually. It’s difficult being employed when you have a brain injury…..People look at you differently. They think you must be crazy or not fit in some way……..so……..uh.. it’s difficult getting a job. I was in the army so long... I don’t know anything else. Signed up at eighteen and never looked back as they say…. well I guess till now that is…..

I: Adam, what made you decided to leave the military? You said you signed on and have been there so long…. So when did you decide to leave?

P: I left when I was about to go back .. to Iraq that is…

I: Oh…

P: Yes… I was given the all clear to go back but the headaches were just too damn frequent, uh… sorry Vicky.

I: That’s alright..

P: I felt I couldn’t go back. I wanted to go. Be back with the lads… I mean these were my mates but I couldn’t do things like I used to. My wife thought I won’t make it back this time. I didn’t want to scare the kids and her again. This time was enough. I didn’t want them to worry.

I: Uhmm. It must have been scary for them… worrying about you, the possibility of your going, being on tour again to Iraq again.

P: Yeah…. It was worrying for all of us.

I: So when did you leave the military.

P: About three months after coming out of Headley Court for the third time, so two years.

I: Two years from the injury?
P: Yes… I felt it was about time. I couldn’t be the old me. The me now couldn’t do what I used to. Quit while I still can. No point coming home in a body bag and upsetting everyone.

I: Yes.. well I guess that’s what everyone was worried about…

P: Yes. My family thought about that all the time. If you go, the next call might mean… you know…. Death.. didn’t want to do that to them.

I: uhhmmn..

P: Not that they didn’t think that before but now..after Selly Oaks and Headley Court, they know the phone can ring.. It’s more real now than ever before.

I: Uhhmmm I see.. Well Adam, we talked about your leaving the military, what are your plans for the future?

P: For now, I’m going on holiday with my wife. I’m not going to plan too far ahead. Take a few weeks off. I didn’t get to spend time with her before. Now I see her all the time. When you nearly die, your perspectives change. Your plans change. Before it was see you next vacation now it’s see you later…that very day and we’re going on vacation together, it’s not just my vacation any more.

I: That must be nice, to be able to vacation together. Where are you going?

P: Well. I can’t remember. She knows (calls out to his wife: Where are we going? I think she’s stepped out for awhile)…Yes.. she needs the break. Since she’s watching over me, she needs to be able to rest.. though since I’m going too.. she’s probably going to have to watch over me there as well. That’s the way it is now.

I: Well Adam, we talked about your experiences of mTBI. Would you like to add anything else to what we’ve been talking about so far? …Such as anything I didn’t ask that you thought I might have or should have asked?

P: ..No… I don’t know…..

I: .. Well, we talked about when you had the injury, how everyone was after the injury, how you were after the injury, how others saw you, your reasons for leaving the military and what you were planning to do now…. Is there anything else you would like to add?

P: Oh seems like that’s all.

I: Okay then. I’ll end the interview here. Thank you for your time Adam. Thank you for taking time to do this interview. I mean I’ve been a caregiver to my mum who had the injury as I mentioned before but each experience is different. I’ve learnt a lot.
today. I’ll email you once I’ve worked on the themes so you can let me know what you think of them and if you disagree.
P: I can do that? … Disagree…that’s interesting.
I: Yes, the method I am using to look at the interview means I ask you what you think of my interpretation of your answers to my questions…
P: Interesting. I learnt something as well then Vicky and also about Singapore too.
I: Ah yes. Thank you again Adam. Goodbye. Have a good trip with your family.
P: Thanks Vicky. Bye.