



The Veterans Metrics Initiative

Using Program Common Components for the Social Relationships Domain to Predict Study Outcomes, July 2020 Menu 5E



BACKGROUND

- Wave 1-5 participants nominated social relationship programs they used since they discharged from the military or deactivated from Active Duty. 7% reported using a program in the social domain at Waves 1 or 2, 9% at Wave 3, 11% at Wave 4, 10% at Wave 5, and 10% at Wave 6.
- Programs with verified URLs and nominated by 3 or more veterans were coded using the common components analysis technique to predict social relationship outcomes at Waves 2-6.

CONTENT COMPONENTS

Content components assess what a program teaches or what information it provides.

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| • Veteran group - 16% | • Relationship skills - 3% |
| • Volunteering - 12% | • Family reintegration post-combat - 3% |
| • Veterans centers - 11% | • Creating & affiliating with a group - 3% |
| • Leadership and team communication skills - 10% | • Programs for families & children - 2% |
| • Community engagement event - 10% | • Religious activity - 1.5% |



PROCESS COMPONENTS

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

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| • Socializing casually: 0-17% of content | • Mentor/coach: 0-3% of content |
| • Direct instruction: 0-8% of content | • ≤ 2% of content: interactive online tool, outdoor activity, animal contact, role playing, peer learning |
| • Reading online: 0-4% of content | |
| • Networking group: 0-4% of content | |

SOCIAL ISOLATION & SOCIAL ACTIVITIES

Of the full sample, 9.6% had none or a little social support at Wave 1. Veterans who had a problematic financial status, traumatic brain injury, PTSD symptoms, or probable depression were more likely to be socially isolated at Wave 1. **Among veterans who screened for social isolation at Wave 1, the following social activities made them less likely to report social isolation at Wave 2:**

- Visiting a veteran center at Wave 1
- Regularly participating in religious activity in Wave 2
- Regularly participating in a community group that share similar hobbies in Wave 2
- Volunteering in Waves 1 or 2



EFFECTIVE ACTIVITIES FOR WAVE 6 OUTCOMES

Among veterans who screened for social isolation at Wave 1, **the following social components made them less likely to report feelings of social isolation at Wave 6:**

- Participating in activities with a community group that shares similar hobbies
- Attending broader community-based events
- Spending time with relatives (other than one's significant other or children)
- Volunteering
- Programs with leadership/team communication content taught via reading online or homework
- Programs focused on families and children

