

Consent Intro



General Consent Form (Veterans)

Title of Project: Veteran Connection Programme – Assessing feasibility and acceptability of the Veteran Connection Programme (and trial), designed to enhance mental health amongst military veterans through social connectedness.

Invitation and brief summary:

This study aims to understand how service leavers and veterans' identities change after they leave the military. The findings will help us develop the Veteran Connection Programme (VCP). This programme is designed to support veterans' well being and their adjustment to life after service. It does this by focusing on two things: (1) how groups and identities shape people's experiences during life changes, and (2) how strengthening current social networks, and creating new ones, can help people manage change and loss. This research will test the VCP

and adapt it for wider use with UK veterans.

You are being invited to take part because your views will help us see whether the programme works as intended, whether it is useful for veterans and service leavers, and whether it needs changes.

Before you decide if you would like to take part in this research, please read the participant information provided at the link below carefully before continuing. You should clearly understand the risks and benefits of taking part in this study so that you can make a decision that is right for you. This process is known as ‘Informed Consent’.

[Veteran Connection Programme Participant Information \[LINK TO PIS ON WEBSITE\]](#)

Contact Details of Researcher:

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Consent Form

CONSENT FORM

**Veteran Connection Programme – Empowering Veterans to manage identity
change**

1. I confirm that I have read the Participant Information Sheet dated 10/08/2026 version no 4.0 for the above project. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.

☐ Yes

☐ No

2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason and without my legal rights being affected.

☐ Yes

☐ No

3. I understand that relevant sections of the data collected during the study may be looked at by members of the research team, individuals from the University of Exeter, University of Queensland, Nottingham Trent University, where it is relevant to my taking part in this research. I give permission for these individuals to have access to my records.

☐ Yes

☐ No

4. I understand that taking part involves anonymised questionnaire responses, interview transcripts to be used for the purposes of the following:

- ☐ inclusion in a password-protected and secure online data archive
- ☐ inclusion in reports published in academic journals, in the Veteran Connection Programme website-social media site(s), and/or in the media
- ☐ inclusion in public engagement activities such as talks and workshops

5. I understand that my confidentiality may be breached if I disclose information during the study that raises concerns about harm, risk, or illegal activity.

☐ Yes

☐ No

6. I understand that I will be asked to complete a Consent Form for each specific aspect of the study I engage in (interviews/focus group and surveys)

☐ Yes

☐ No

7. I agree that my email address can be kept securely and used by researchers from the research team to contact me during the research process about future research projects.

☐ Yes

☐ No

8. I agree to take part in the above project.

☐ Yes

☐ No

Please provide us with your name:

Please enter your email address:

Would you like us to send you a copy of your consent form?

☐ Yes

☐ No

Please sign with your full name.

×

SIGN HERE

clear

Please click on the arrow below to answer some demographic questions.

Block 3

In order to get a baseline understanding of whether the Veteran Connection Programme is right for you, we now need to ask you a few questions about your current mental health.

Over the last two weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	☐	☐	☐	☐
Feeling down, depressed, or hopeless	☐	☐	☐	☐
Trouble falling asleep, staying asleep, or sleeping too much	☐	☐	☐	☐

	Not at all	Several days	More than half the days	Nearly every day
Feeling tired or having little energy	☐	☐	☐	☐
Poor appetite or overeating	☐	☐	☐	☐
Feeling bad about yourself – or that you're a failure, or have let yourself or your family down	☐	☐	☐	☐
Trouble concentrating on things, such as reading the newspaper or watching the television	☐	☐	☐	☐
Moving or speaking so slowly that other people have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	☐	☐	☐	☐
Thoughts that you would be better off dead or of hurting yourself in some way	☐	☐	☐	☐

Demographics

Just before we finish, we would like to ask you some demographic questions.

First, how old are you? Please indicate your age (in years).

What is your gender?

- ☐ Female
- ☐ Male
- ☐ Non-binary/ third gender
- ☐ Prefer to self-describe (Please specify):

How long were you in the **UK Armed Forces** (in years)?

How long since you have **separated from the UK Armed Forces**?

Was your separation from the Armed Forces **voluntary, or involuntary**?

- ☐ Voluntary
- ☐ Involuntary
- ☐ Other (please describe)

What is your racial or ethnic identity?

- ☐ White British
- ☐ White Other
- ☐ Mixed/Multiple ethnic
- ☐ Asian/Asian British
- ☐ Arab/Middle Eastern
- ☐ Black/African/Caribbean
- ☐ Other (please describe)

What is your relationship status?

- ☐ Single
- ☐ Married/relationship
- ☐ Separated/divorced
- ☐ Widowed

Thank you so much for agreeing to participate in the Veteran Connection Programme (VCP), and for answering our questions on this page. The VCP team will

be in touch in due course with further information.

Please click the arrow below to complete this form and record your responses.

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