



Context

Differential characteristics and experiences of transition influencing participation and engagement

- Individual participant characteristics
- Socio-cultural influence of civilian-military divide

Implementation

- Format: Psycho-educational, group-based
- Facilitation: co-facilitated between veteran (peer) & Psychologist
- Group Characteristics: (e.g., male only, female only, age early service leavers)
- Setting: Community venues in Exeter & Plymouth
- Delivery: In person using VCP Delivery Manual v1.0

Change Techniques

- Group level**
- Establish positive group climate
 - Review session material
 - Evaluation of Health benefits
 - Prompting development of social identities
 - Discussion of benefits of group memberships
- Individual level**
- Identification of existing/desired social ties with Social Identity Map
 - Reflection on self
 - Identification of personal resources to support action plan

Change processes

- Group dynamic**
- Identity leadership
 - Social Identification with VCP group
 - Group Engagement
 - Cohesion
- Interpersonal change processes**
- Peer support
 - Social validation
 - Sharing experiences
 - Develop understanding
 - Reduce stigma
 - Motivation
- Intrapersonal change processes**
- Identity shift
 - Increasing self-efficacy
 - Identifying individual barriers and problem solving
 - Practising new skills
 - Developing self-insight about health benefits of groups

Behaviour Change

- Develop and adhere to new health-promoting norms
- Participating actively in group activities, hobbies, community groups
- reduce use of stereotypes in workplace and communities (civilian-military)
- Self-monitoring of mental health
- Adapt learning to express social needs
- Providing peer support to others
- Advocating for benefits of groups for health

Outcomes

- Primary Outcomes**
- Increased mental wellbeing/ reduced loneliness
 - Increased group membership
- Secondary Outcomes**
- Increased self-efficacy for managing social relations
 - Increased military-civilian adjustment
- Health- Economic Outcomes**
- Attendance/ drop out
 - Reduced healthcare utilisation
 - Increased health-related-quality-of-life