Data Collections

SELF-REPORT SURVEYS	
All of the self-report survey data is collected through a secure web-based survey tool.	
• Baseline Survey • Annual (pre-deployment, deployment anniversary) • Monthly Surveys • Daily Surveys • Significant Event • Significant Emotion (Team 3 only) • Significant Emotion Management Practice (Team 3 only)	
ASSESSMENTS WITH CLINICAL TEAM MEMBER	
All of the assessments with a Clinical Team Member are conducted verbally with responses recorded securely through a web-based application called NView.	
• Upon arrival at Depot • Pre-Deployment • Each Deployment Anniversary	
PHYSIOLOGICAL DATA – Apple Watch	
The study only requires Vital Signs, Activity, and Mindfulness and Sleep Data, but if a participant chooses to activate the tracking of other data variables, those data will be collected by the devices and transmitted for analyses; again, the data is only associated with a participant ID. For a full list of data types please see: https://developer.apple.com/documentation/healthkit/data_types. Please note that the physiological data collected are not transmitted to the research team in real time.	
Apple Watch – Vital Signs	
• Heart Rate	Number of times per minute the heart beats
• Body Temperature	Average temperature of the human body (Generally 37°C)
• Blood Pressure	Measure of the force of the blood against blood vessel walls. Displayed as Systolic over Diastolic (for example, 120/80).
• Blood Pressure Systolic	Measure of pressure in arteries during the contraction of the heart muscle. "Top" number of blood pressure.
• Blood Pressure Diastolic	Measure of pressure in arteries when the heart relaxes between beats. "Bottom" number of blood pressure.
• Blood Glucose	Amount of sugar (glucose) in the blood
• Insulin Delivery	Tracks dose of insulin delivered for the treatment and management of diabetes.
• Respiratory Rate	Number of breaths a person takes per minute.
Vo2 Max	Maximum amount of oxygen a person can consume during exercise. This is a measure of physical fitness.
Apple Watch – Mindfulness and Sleep	
• Mindful Session	Having recorded doing a session of mindfulness.
• Sleep Analysis	Having recorded sleeping.
Apple Watch – Activity	
• Step Count	
• Distance Walked	
• Distance Cycling	
• Swimming Stroke Count	
• Distance Wheelchair	
• Distance Swimming	
• Basal Energy Burned	

• Active Energy Burned	
• Flight Climbing	
• Apple Exercise Time	
• Apple Stand Hour	
PHYSIOLOGICAL DATA – LLA Technology	
• Isovolumic contraction time (IVCT)	this measures the time from mitral valve close (found in the left side of the heart) to aortic valve open (which allows blood to leave the heart).
• Isovolumic relaxation time (IVRT	this is a short time interval between the end of aortic ejection (when the blood leaves the heart) and the beginning of when the ventricles begin to fill again.
• MVO to E wave	this is the time to fill the ventricles. The ventricles pump the blood to the lungs (via the right ventricle) and to the rest of the body (via the left ventricle)
• Rapid ejection time	this timing event is also a critical measure of your systolic or contraction performance of the heart. Taken together with both the IVRT and IVCT mentioned above, it gives us vital information on the overall performance of your heart, and force of contraction of the heart.
• Heart Performance Index (HPI)	we have calculated a simple index, called the Heart Performance Index, which is a combination of the IVRT, IVCT and the Rapid Ejection Time, to give you an overall indication on the health or fitness of your heart; both contraction and relaxation of the heart are important for heart health. If this number is changing when you are involved in this study, we will be able to better guide you in maintaining a healthy heart and intervene if needed related to mental health concerns.