

Data Collections

SELF-REPORT SURVEYS	
All of the self-report survey data is collected through a secure web-based survey tool.	
<ul style="list-style-type: none"> • 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.	
<ul style="list-style-type: none"> • 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.	
<i>Apple Watch – Vital Signs</i>	
• 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.
<i>Apple Watch – Mindfulness and Sleep</i>	
• Mindful Session	Having recorded doing a session of mindfulness.
• Sleep Analysis	Having recorded sleeping.
<i>Apple Watch – Activity</i>	
• 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 – Hexoskin Shirt	
• Heart Rate	Number of times per minute the heart beats
• Heart Rate Recovery (HR2)	Length of time it takes your heart rate return to resting heart rate after exercise.
• Heart Rate Variability (HRV)	Variation in the time between heart beats.
• QRS	The name of the curve in an electrocardiogram (ECG). An ECG is a graph of the electrical activity of the heart.
• RR interval	Elapsed time between two R-waves of the QRS in the ECG. Measurement of time between heart beats.
• Breathing Rate	Number of breaths a person takes per minute.
• Tidal Wave Volume (L)	Volume of air inhaled or exhaled in each breath
• Minute Ventilation (L/min)	Volume of air inhaled or exhaled in a minute
• Breathing Expiration Event	
• Breathing Inspiration Event	
• Actigraphy	Monitoring rest and activity
• Activity Classification	
• Step Counting	
• Cadence	Strides per minute