



So what does VShade involve?

STEP 1

Quiz

5min



The first step is to check if you are eligible to participate by clicking on the quiz. This will ask you a few questions about your service history, how you are feeling in yourself, and your drinking habits.

STEP 2

Pre-SHADE
assessment

30min



If you are eligible to participate you will then be forwarded to the Pre-SHADE assessment. This online survey asks more detailed questions about how things are going for you right now, including your mood, your daily activities, drinking and other drug use, and your experience of stressful situations. Most of these questions are multiple choice, yes/no, or drop down options. You won't be required to provide detailed information about your experiences. You can also opt out of some parts of this assessment if you wish.

The reason for asking you these questions is that it gives us a starting point for how things are going for you right now. When you finish the program, we ask you some of these questions again. This will help us figure out whether being involved in the project has been helpful for you.

Your answers will be completely confidential and any personal details, which may identify you in any way, will not be passed to the Department of Veterans' Affairs. Your answers will not in any way affect any pension, benefits or health services which you are entitled to from DVA, or to which you may become entitled in the future.

STEP 3

Start SHADE
+/- Breathing Space

5min



Once you have completed the Pre-SHADE assessment, you will then be randomly allocated to one of the two treatment conditions.

If you are allocated to SHADE only, you will be given access to a 10 session online program that you can work through at your own pace and at a time that suits you. The program consists of information and interactive components, including case vignettes and in-session exercises which you can access via the internet on a computer or your phone. It will give you tips for reducing alcohol consumption and for improving your mood.

If you are allocated to SHADE + Breathing Space you will also get access to a social networking site (BreathingSpace) which is similar to a Facebook group (except that it will be anonymous). You can ask questions, post your thoughts, messages of support, update your status, tell stories, share self-assessment results, and report on progress related to your mood and alcohol use (successes and challenges). Only veterans in the research project allocated to this condition will have access to this site.

STEP 4

Post-SHADE quiz

30min

After you have completed the treatment program, you will be contacted to complete some follow up assessments. These assessments are online, and are similar to the ones you did when joining the study. These assessments will help us understand whether your situation has changed since joining the project, and whether the treatments are helpful to people like yourself.