

Post deployment Quiz. Please **do not** write down your name.

1. How would you describe your mood these past few weeks? (ex, happy, depressed, elated, irritable, calm)
2. How would you describe your mood prior to this deployment?
3. How is your appetite?
4. Did your appetite change during or post deployment?
5. Have you gained or lost any weight? If so, how much?
6. Do you have sleep changes since deployment? If so, what kind of sleep changes?
7. Did you experience or witness a life-threatening event while deployed?
If no, skip to #10.
8. Please describe the life-threatening event:
9. How did witnessing the event affect you?
10. Do you feel more alert or “on-guard” since deployment?
11. Has anyone complained about your irritability or anger since deployment?
12. Has your use of alcohol changed since deployment? If so, how?
13. Has your use of tobacco products changed since deployment? If so, how?
14. Have your important relationships changed? If so, how?
15. Were you satisfied with the support you received from your squadron, workplace, peers, while deployed? Why or why not?
16. How has your work satisfaction changed since deployment? Are you happier, more irritable, calmer, more grumpy at work?
17. Has your spiritual and/or religious life been affected by the deployment?
If so, how?
18. Were your finances affected by the deployment?
If so, how?

What did I forget to ask that is important to know about your physical or mental health since deployment? (use back if necessary)

