

SUPPLEMENTAL MATERIALS

eTable 1. Army STARRS Q2–4 2011 All Army Study (AAS) items assessing reasons for not seeking mental health treatment

Question stem: How important was each of the following reasons for you not getting counseling or treatment or joining a self-help or support group in the past 12 months?

Reasons	AAS item
No perceived need:	
Did not think treatment was needed	Was there a time in the past 12 months when you thought you might need to see a professional or go to a self-help or support group because of problems with your emotions, nerves, mental health, behavior, or substance use?
Low perceived need:	
Problem not serious or got better	The problem was not serious or got better.
Structural reasons:	
Financial	Treatment cost too much money.
Civilian treatment unavailable or unaffordable	You wanted to get treatment that the Army would not know about, but you could not find or afford a civilian treatment provider.
Inconvenient	You had problems with time, transportation, or scheduling.
Unsure where to go or could not get appointment	You were unsure where to go or who to see. You could not get an appointment.
Leaders discouraged treatment	Your leaders discouraged you from getting treatment.
Attitudinal reasons:	
Wanted to handle on own	You wanted to handle the problem on your own.
Perceived ineffectiveness	You did not think treatment would help.
Stigma	You worried it might harm your career, your unit leadership might treat you differently, or you would be seen as weak
Embarrassed	You were embarrassed.
Other barriers:	
Talked to friends or relatives instead	You talked to friends or relatives instead.
Some other reason	Some other reason.

eTable 2. Army STARRS Q2–4 2011 All Army Study (AAS) items assessing reasons for discontinuing mental health treatment

Question stem: How important was each of the following reasons for you stopping treatment?

Reasons	AAS item
Low perceived need:	
Did not need help anymore or problem got better	You didn't need help anymore or the problem got better
Structural reasons:	
Financial	Treatment cost too much money.
Inconvenient	You had problems with time, transportation, or scheduling.
Attitudinal reasons:	
Wanted to handle on own	You wanted to handle the problem on your own.
Perceived ineffectiveness	The treatment did not work.
Stigma	You worried it might harm your career, your unit leadership might treat you differently, or you would be seen as weak.
Embarrassed	You were embarrassed.
Other reasons:	
Talked to friends or relatives instead	You talked to friends or relatives instead.
Some other reason	Some other reason.
