

Dear Guard Member:

You have already participated in a telephone interview for the Ohio National Guard Study and the interviewer told you about a genetics study, for which we will pay you \$25 to participate. This genetics study involves completing the enclosed kit materials and using the pre-paid mailing envelopes to send back your information.

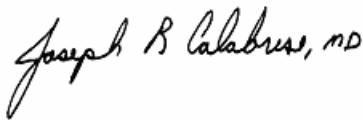
The purpose of this study is to create a bank of genetic (DNA) samples of military personnel and then to look for genes which may be involved in resilience and/or risk for problems associated with deployment- and combat-related stress, such as posttraumatic stress disorder (PTSD) and other psychological problems. A bank of DNA is called a “repository.” This repository will advance our understanding of these problems, and perhaps lead to better treatments and open the door to preventative interventions.

Your saliva sample will be sent to the Ann Arbor VA for storage and analysis without any of your identifying information (such as name or address). **One** copy of the signed consent form and the self-report survey will be sent back to Abt SRBI, Inc. You should keep the other copy of the consent form. You can simply choose not to return the kit materials if you do not wish to participate in this part of the ONG Study.

We very much appreciate your willingness to participate in the ONG study. The information you and other participants have provided will help us gain a much better understanding of the experiences of Guard Members.

Thank you again for your help.

Sincerely,



Joseph R. Calabrese, MD  
Principal Investigator  
University Hospitals Case Medical Center  
Case Western Reserve University



Israel Liberzon, MD  
Director, Genetics Repository  
Ann Arbor VA Healthcare System  
University of Michigan Medical School

**Please refer to the Genetics Study Instructions on the next few pages to participate.**

**If you have any questions, please call Abt SRBI, Inc. at 1-888-590-6064 and reference “Ohio National Guard Study # 4182.”**

# Genetics Study Instructions

Included are the necessary materials for the Genetics Study which can be done in your home:

- Two copies of a consent form (one for your records).
- One pencil-and-paper survey.
- One saliva collection kit.
- Two U.S. Postal Service prepaid envelopes addressed to:
  - Abt SRBI, Inc.
  - Veterans Affairs Medical Center.

*Please read through the entire instructions before beginning the first step. If you do not wish to participate you simply do not have to do anything.*

## **First Step: Consent Form**

We have enclosed two identical copies of the consent form. Please carefully read one of them (yellow or blue).

If you would like to participate, please complete and sign the “Consent to Participate” section on the last page of the consent forms. Place the yellow copy in the yellow envelope addressed to Abt SRBI. The blue copy is for you to keep.

**If you have any questions, please call Abt SRBI, Inc. at 1-888-590-6064 and reference “Ohio National Guard Study # 4182” before going any further.**

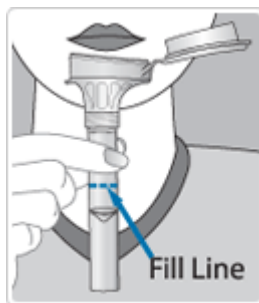
## **Second Step: Self-report Survey**

Please complete the pencil-and-paper survey (yellow) and place it in the yellow US Postal Service prepaid envelope addressed to Abt SRBI, Inc. along with your signed consent form (yellow copy). Please seal the envelope.

### **Third Step: Saliva Collection**

**Please do not eat, drink, smoke or chew gum for 30 minutes before giving your saliva sample. Do NOT remove the plastic film from the funnel lid.**

**1. Spit saliva into the empty container as shown in the picture below. Spit until the amount of liquid saliva (not bubbles) reaches the fill line shown in the picture.**

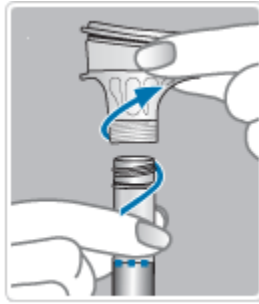


Be patient: On average, it takes approximately 2 to 5 minutes to provide a saliva sample. Some people may find it hard to spit the recommended amount of saliva. To make more saliva, close your mouth and wiggle your tongue or rub your cheeks. It is easier to spit more if you place a few grains of plain white sugar on your tongue.

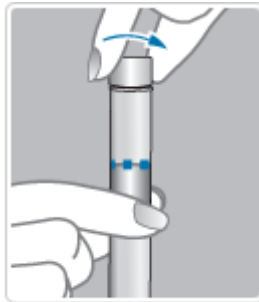
**2. Hold the tube upright with one hand. Close the lid with the other hand (as shown below) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the saliva. Make sure that the lid is closed tightly.**



3. Hold the tube upright. Unscrew the tube from the funnel.



4. Pick up the small cap for the tube. Use the small cap to close the tube tightly.



5. Shake the capped tube for 5 seconds. Discard or recycle the funnel and box.

### **Sending your Saliva Sample and Forms**

Place the collection tube into the plastic bubble-wrap bag and insert into the white U.S. prepaid envelope addressed to the **Veterans Affairs Medical Center** and seal. Please place in the mail the **same day** the sample is collected.

Place both U.S. prepaid envelopes into any U.S. Post Box or anywhere else you mail letters. **Do not** put your name, address, or any identifying information on the envelopes.

Your \$25 check will be mailed to you when we receive your envelopes.

If you have any questions or concerns at any time during the Genetics Study or afterwards, please call Abt SRBI, Inc. at 1-888-590-6064 and reference "Ohio National Guard Study # 4182."

**Thank you for your time!**