

What's the value of me participating in the survey?

The information you provide will help NZDF build a more in-depth understanding of the health and wellbeing of the partners of our military members. Serving members and their families can face a number of both unique opportunities and challenges which are associated with military lifestyles. The survey aims to build an understanding about any areas of difficulty family/ whānau may be facing and actions that NZDF can take to better support family/ whānau wellbeing. The greater the response rate means the greater confidence NZDF can have that the views expressed in the survey are representative of our broader family/ whānau population.

Why is this survey only for partners of RF and serving single parents?

The views of our broader family/whānau are important too but we needed to keep the survey a manageable length. If you fall outside of this category and would like to provide feedback on NZDFs support for families, please email integrated.wellness@nzdf.mil.nz

What happens if I want to withdraw from the research?

You can withdraw from the survey at any time while completing it (just exit).

What if I am concerned about my privacy while completing the survey?

Please be assured that your responses to the survey are anonymous.

We do ask some questions of a sensitive or personal nature, so we recommend you complete the survey somewhere private and that you feel safe in.

If you are concerned about your privacy during the completion of the survey within your home environment, you can also click on this link for [DuckDuckGo](#), a private search engine which doesn't track your searches. Once on the DuckDuckGo website, copy and paste this survey link <https://tinyurl.com/FamilyNZDF> into the search engine to complete the survey.

The survey asks some personal questions, why is this?

We expect that some families may be experiencing challenges in relationships or with financial circumstances. It is important for NZDF to understand the prevalence and nature of potential difficulties so that we can address areas where possible and ensure that adequate information and support is in place for those who may be experiencing any difficulties.

Please be assured the answers you provide are anonymous. Results will only be referenced in terms of what we find across groups or trends we find in the data. No information that could potentially identify individuals would be included.

What should I do if I find completing the survey distressing?

Some questions are of a personal nature and if you find involvement in this survey distressing, or if you have concerns about your health and wellbeing or that of someone else, information about support options available is provided at the beginning and end of this survey.

If you currently have concerns about your wellbeing or that of others please reach out to someone. If it is an emergency please contact 111.

Alternatively NZDF4U Wellbeing Support (0800 693 348 or text 8881 or call +64 9 414 9914 from overseas) offers 24/7 confidential wellness support for the NZDF community.

You can also contact NZ Healthline 0800 611 116 or for health advice and information, or the national mental health line 1737.

Who can I contact for support?

If you have concerns about your wellbeing or that of others please reach out to someone. NZDF4U Wellbeing Support (0800 693 348 or text 8881 or call +64 9 414 9914 from overseas) offers 24/7 confidential wellness support for the NZDF community.

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What's the point of doing surveys when nothing ever seems to happen with the results of these?

Your input will help contribute to shaping initiatives for supporting NZDF family's wellbeing and priority needs. We'll follow up in 2 years time to see what is working and what still needs improvement from the perspective of our families.

When will the results be available?

A high level summary will be made available on the F4F website as soon as possible, but no later than by the end of the year. If you would like to receive a copy of the survey result summary you can do this by emailing integrated.wellness@nzdf.mil.nz.

When does the survey close?

The survey is currently scheduled to remain open over the period 19 July – 16 August but will be extended if necessary until we attain a representative sample size. A good response rate is important to being confident that we have appropriately captured the voice of our families/ whānau.

Can I send the survey invite/link to other NZDF partners to fill the survey out?

YES! Please do, the more people completing the survey the better.

Other questions?

Please contact the research team - integrated.wellness@nzdf.mil.nz.