

This article and any supplementary material should be cited as follows: Duvall J, Kaplan R. Enhancing the well-being of veterans using extended group-based nature recreation experiences. *J Rehabil Res Dev.* 2014;51(5):XX–XX. <http://dx.doi.org/10.1682/JRRD.2013.08.0190>

## APPENDIX 1. Partner organization and program information.

Partner Organization	Organization Description	Program Description	Program Length	Veterans Participating <sup>1</sup>
Higher Ground Sun Valley	Higher Ground (HG) uses therapeutic recreation to facilitate a change in perspective, giving injured service members the physical skills, confidence, and coping strategies necessary for a successful reintegration into their families and home communities. HG serves military personnel and veterans with Traumatic Brain Injuries, Post Traumatic Stress Disorder and other polytrauma.	Fly Fishing; Island Park, Idaho	5 days	5
		Kayaking, Whitewater Rafting; Pettit Lake, Idaho	5 days	10
		Fly Fishing, Whitewater Rafting; Salmon River, Idaho	7 days	6
Wasatch Adaptive Sports	The mission of Wasatch Adaptive Sports is to promote healing, health and well-being among combat veterans coping with physical, cognitive and emotional difficulties. War disrupts the most basic beliefs of personal safety, trust, mastery, and sense of control. Creating venues beyond the traditional medical center setting is essential in engaging and promoting healing for some veterans. Wasatch Adaptive Sports and the George E. Wahlen Dept. of Veteran Affairs Medical Center create outdoor healing opportunities for local veterans.	Backpacking; Wasatch Mountains, Utah	4 days	10
		Whitewater Rafting; Wasatch Mountains, Utah	4 days	10
		Hiking, Mountain Biking, Fishing; Wasatch Mountains, Utah	5 days	9
		Hiking, Mountain Biking, Fishing, Paddle boarding; Wasatch Mountains, Utah	5 days	5
Wilderness Inquiry	Wilderness Inquiry (WI) serves veterans through special trips and events designed to help veterans, of all abilities and backgrounds, enjoy the great outdoor freedoms they've helped provide for us all. WI provides outdoor adventure training trips designed to build on veterans' leadership experience and promote lifelong outdoor recreation skills. WI also provides outdoor experiences through sponsored veteran exchange trips.	Canoeing, Kayaking; Everglades, Florida	5 days	5
		Canoeing, Kayaking; Boundary Waters, Minnesota	6 days	10
		Canoeing, Kayaking; Yellowstone Lake, Wyoming	6 days	8
		Canoeing, Kayaking; Boundary Waters, Minnesota	7 days	7
Women's Wilderness Institute	Women's Wilderness Institute works with female veterans and women spouses/domestic partners of veterans by offering wilderness-based retreats. These retreats offer women the opportunity to heal many of the wounds of war, learn life skills and coping strategies, and connect with other women with shared experiences.	Backpacking; Medicine Bow Mountains, Wyoming	5 days	5

<sup>1</sup>Pretest data was not collected from all program participants.

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## APPENDIX 2. Psychological well-being, social functioning, & life outlook measures.

Category name and items included	Mean	S.D.	Alpha
PERCEIVED STRESS (4-items)	2.60	.79	.79
Things were going your way? (Rev)			
You were not able to control the important things in your life?			
Difficulties were piling up so high that you could not overcome them?			
Confident about your ability to handle personal problems? (Rev)			
ATTENTIONAL FUNCTIONING (9-items)	2.73	.82	.93
Keeping your mind on what you are doing.			Following through on your plans.
Remembering to do all the things you started.			Keeping your mind on what others are saying.
Doing things that take time and effort.			Making your mind up about things.
Being patient with others.			Getting started on activities (tasks, jobs) you intend to do.
Keeping yourself from saying/doing things you did not want to say or do.			
POSITIVE AFFECT (8-items)	3.15	.66	.89
Enthusiastic			Determined
Strong			Inspired
Interested			Excited
Active			Proud
NEGATIVE AFFECT (10-items)	2.77	.79	.92
Upset			Nervous
Distressed			Guilty
Afraid			Jittery
Scared			Irritable
Ashamed			Hostile
TRANQUILITY (3-items)	2.93	.84	.86
Relaxed			Peaceful
Calm			
SOCIAL FUNCTIONING (6-items)	3.06	.95	.89
Isolated from others? (Rev)			Connected to the people around you?
Like an outsider? (Rev)			That you lack companionship? (Rev)
Like you have been left out? (Rev)			In tune with the world?
LIFE OUTLOOK (9-items)	3.19	.78	.90
I feel my life is going pretty well.			
It's easy to think of ways to get the things in life that are most important.			
I think the things I have done in the past will help me in the future.			
I feel optimistic about the future.			
When I have a problem, I can come up with lots of ways to solve it.			
I am doing just as well as other people my age.			
Even when others want to give up, I feel I can find ways to solve a problem.			
My life is in my hands and I am in control of it.			
I feel something I can't quite define is missing from my life. (Rev)			