



**ARMED  
SERVICES  
TRAUMA  
REHABILITATION  
OUTCOME  
STUDY**

### **Timeline Mapping and Interview Topic Guide**

#### **ADVANCE - INVEST Study - Injured Veterans' Experiences of Transition**

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Thank you so much for agreeing to take part in an interview for the ADVANCE-INVEST Study.

#### **Before your interview**

There are a couple of things we invite you to do before your interview to help it go smoothly. Firstly, we would be grateful if you could give us an idea of the key events that have happened in your life since your injury using a “timeline map”. Secondly, we would be grateful if you could reflect upon the topics we will ask you about in your interview.

#### **Timeline map**

Creating a timeline map is a way of remembering the important events that have happened in your life using a drawing or list. The timeline map is there to help you remember what happened and when, before the interview. It will also help the interviewer tailor the interview to your personal circumstances.

To make your timeline map, you can use a piece of blank paper and pens, or a digital document to remember key dates from the point of your injury to the present day – the dates can be approximate, they don't need to be exact. There are no strict rules about how a timeline map should look but there are a couple of examples on the following pages and some digital templates have also been provided for you to use if you'd like to.

It would be helpful if you could include some key dates, such as:

- the year your injury occurred;
- when you left the military;
- house moves;
- dates for jobs you have had since leaving the military;
- any other important events that have happened since.

We realise that there will be details of your life and career which occurred before your injury which are important. Unfortunately, we won't be able to go into the depth of these during your interview but if there is anything you think is essential for understanding your journey, please do add these too.

Once you have finished your timeline map, please send it to us (using the prepaid envelope provided, including your signed Informed Consent Form). If it is handwritten, please take a photograph of it, making sure that all text is legible. Then please send the photo or Word document to us at: [advance-invest@kcl.ac.uk](mailto:advance-invest@kcl.ac.uk) – please keep the original copy for reference during our interview.

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### **During your interview**

We are going to ask you about different experiences you've had since your injury occurred. These will include:

- the process of leaving the military and any challenges you've faced since;
- the support you may have received to help you during this time;
- experiences you've had with civilian employment;
- the impact of your injury on your sense of self and relationships;
- your hopes and plans for the future;
- and any recommendations you would like to make to help others in similar situations.

We are grateful for your time and look forward to hearing your reflections on these topics when we meet for your interview online. Meanwhile, if you have any questions or concerns about the study, please contact us on [advance-invest@kcl.ac.uk](mailto:advance-invest@kcl.ac.uk) or call/text us on 07521043464.

With all our best wishes,

The ADVANCE-INVEST Study Team

Examples of hand-drawn timeline maps



- injured . Mar 2011
- operation in hospital Mar 2011
- back to work Jun 2011
- Physio Jun 2011
- Posted to Aldershot July 2011.
- operation in hospital Jan 2012
- Wife operation Feb 2012  
Parents came to stay to help.
- Rehabilitation Mar 2012
- Sick at home Apr 2012
- Started Resettlement courses Dec 2012
- Wife . hospital operation Mar 2013.
- Discharged from R.A.F. Jun 2013
- moved to Kent. Jul 2013
- Son joined Army Aug 2013
- P.I.P. awarded. Feb 2014.
- Job at Compass Jun 2014
- Left Compass Sep 2014
- Wife - operation Sep 2014.
- Referred to NHS mental health Dec 2014
- Volunteering for RBL Feb 2015

Timeline map template

