**Attitudes and Awareness of Web-based Self-care Resources in the Military: A Preliminary Study**


48 Service members and 26 providers participated in a survey examining the use of self-care Web-based resources, general attitudes about these resources, and usage behaviors. A majority of Service members and providers use the Internet often, use Internet self-care resources, and are willing to use additional Web-based resources and capabilities.

### Key Findings:

- Most of the Service members and providers currently use online self-care resources and are willing to use additional resources.
- Both Service members and providers perceived Internet-based tools as additions to in-person care.
- 96% of the Service members indicated they have internet capabilities at home.
- Service members indicated they are more likely to use self-care Web sites for medical/physical health concerns than mental/psychological issues.
- Providers reported that the following three websites were especially helpful: WebMD.com, MilitaryOneSource.com, and VA.gov.

### Implications for Programs:

- Programs could encourage Service members and their families to consider using self-care websites in addition to their in-person consultations.
- Programs could compile a list of reputable self-care websites for distribution to Service members and their families.
- Programs could offer free internet access in their facilities to allow Service members and families to access websites while at the appointments.

### Implications for Policies:

- Policies could allocate funding to evaluate the effectiveness of these websites.
- Policies could develop military specific self-care websites.
- Policies could provide professional development for providers in use of Internet based technology in their practice.

### Avenues for Future Research:

- Future research could address the effectiveness of Web-based programs in the military.
- Research could examine how smartphones can be used as a component of care.
- Future research could explore how to create awareness of useful self-care websites for users.
Service members were recruited at a personnel administrative center at a large military installation. Providers were sent surveys via interoffice mail; 26% of providers participated. Participants completed questionnaires about internet usage, attitudes about Web-based resources, and comfort/willingness to use Web-based self-care resources.

48 Service members participated (83% male). Average age = 30.50 years (SD=8.20 years). 83% were enlisted Soldiers, 17% were commissioned officers. 26 providers participated; 45% of them were physicians. Racial/ethnic composition of the Service members: 60% White, 19% Hispanic/Latino, 13% Black/African-American.

The sample size is small and results may not generalize. The surveys did not use validated measures. Minimal demographic information about the providers was presented.

### Research Design and Sample

The design of the study (e.g., research plan, sample, recruitment) used to address the research question was...

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### Research Methods

The research methods (e.g., measurement, analysis) used to answer the research question were...

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### Limitations

The limitations of this study are...

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### Implications

The implications of this research to programs, policies and the field, stated by the authors, are...

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Not applicable because authors do not discuss implications.

### Overall Quality Rating

Overall Quality Rating: ☐ ☒ ☐ ☐