



U.S. Department  
of Veterans Affairs

The VA provides free, confidential support 24/7 for Veterans and their family and friends. If you are in crisis, contact the **Veterans Crisis Line** by dialing 988 (Press 1), or dialing 1 (800) 273-8255 (Press 1), or texting 838255, or visiting <https://www.veteranscrisisline.net>. If you are homeless or at risk of homelessness, contact the **National Call Center for Homeless Veterans (NCCHV)** by dialing 1 (877) 424-3838 or visiting <https://www.va.gov/HOMELESS/>. Send comments regarding this burden estimate or any other aspect of this information collection, including suggestions for reducing this burden to Vets-Experience@va.gov. VA will not disclose your personal information to third parties outside VA without your consent or when immediately responding to an expressed concern or need for immediate information or resources.

OMB Number: 2900-0876  
Expiration: 02/28/2026  
Estimated Burden: 3 minutes

## Help us serve you better.

We want to hear about your experience with your recently completed VIP Bootcamp program. By responding to this survey, you will directly help us improve the program, and provide better support to you and Veterans like you. Your well-being is important to us!

This voluntary survey should take you approximately 3 minutes to complete.

How has your quality of life changed since completing VIP Bootcamp? (Select all that apply)

Required

- |   |
|---|
| <input type="checkbox"/> Feeling more energized about life                    |
| <input type="checkbox"/> Having more confidence in practicing healthy changes |
| <input type="checkbox"/> Connecting with people more often                    |
| <input type="checkbox"/> Returning to activities I had stopped                |
| <input type="checkbox"/> Trying new activities                                |
| <input type="checkbox"/> Meeting daily challenges with more ease              |
| <input type="checkbox"/> I've seen no change in my quality of life            |

Which of these practices are you doing regularly to help improve your sleep? (Select all that apply)

Required

<input type="checkbox"/> I did not attend the Improving Sleep module
<input type="checkbox"/> Strengthening sleep drive (filling up sleep bucket/blowing up sleep drive balloon)
<input type="checkbox"/> Regular rise times
<input type="checkbox"/> Paying attention to light, temperature, wind-down time
<input type="checkbox"/> Stimulus control (bed is for sleep, sleep is for the bed)
<input type="checkbox"/> Changing thoughts about sleep from unhelpful to helpful
<input type="checkbox"/> Scheduling a worry-time or problem-solving time
<input type="checkbox"/> Changing my caffeine or alcohol timing/use
<input type="checkbox"/> None of the above

Which of these practices are you doing regularly to help reduce your pain? (Select all that apply)

Required

<input type="checkbox"/> I did not attend the Outsmarting Chronic Pain module
<input type="checkbox"/> Understanding chronic pain differently
<input type="checkbox"/> Pacing to break the Push-Crash-Burn cycle
<input type="checkbox"/> Daily BOMB (Breathe, go Outside, Move Body)
<input type="checkbox"/> Engaging in exercise/walking program
<input type="checkbox"/> Changing thoughts about pain from unhelpful to helpful
<input type="checkbox"/> Engaging in pleasant events
<input type="checkbox"/> Approaching things that had been avoided
<input type="checkbox"/> Working more effectively with emotions such as anxiety/fear or anger
<input type="checkbox"/> None of the above

Which of these practices are you doing regularly to help reduce your stress? (Select all that apply)

Required

<input type="checkbox"/>	I did not attend the Rewiring Your Brain module
<input type="checkbox"/>	Emotions: "Name it to Tame it"
<input type="checkbox"/>	Emotions: What's the Function of that feeling?
<input type="checkbox"/>	Engaging in activities that fill up your fuel-tank
<input type="checkbox"/>	Pausing, shifting thoughts (cognitive flexibility and Catch it, Check it, Change it)
<input type="checkbox"/>	Pressing the brake
<input type="checkbox"/>	Being the BOMB (Breathing, going Outside, Moving your body)
<input type="checkbox"/>	Paying attention to choices and moving towards values
<input type="checkbox"/>	None of the above

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The following questions relate to how you *feel about VIP Bootcamp overall*.

Please rank order the following aspects of the VIP Bootcamp by how helpful they were in moving you toward your values and goals. *1 is the most helpful, 5 is the least helpful*

— ▼	Practices (breathing, mindfulness, relaxation, imagery)
— ▼	Pausing, checking-in with yourself
— ▼	Education
— ▼	Connecting with other veterans
— ▼	Noticing or Sharing Wins

**VIP Bootcamp leaders explained things in a way that I could easily understand.**

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

**VIP Bootcamp leaders explained things in a way that really held my interest.**

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

**I felt that the VIP Bootcamp leaders understood my needs well.**

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

**I felt that the VIP Bootcamp leaders really cared about my progress.**

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

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The following questions relate how we can *improve VIP Bootcamp*.

After completing VIP Bootcamp I feel more hopeful about my future.

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

After completing VIP Bootcamp I feel more effective and capable.

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

I would recommend VIP Bootcamp to other Veterans.

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

I trust VA to teach me tactics to improve chronic pain, sleep, and/or stress

Required

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1	2	3	4	5

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In which VA system did you attend VIP Bootcamp?

<input type="radio"/> Tennessee Valley Healthcare System
<input type="radio"/> Mt. Home
<input type="radio"/> Louisville
<input type="radio"/> Memphis
<input type="radio"/> Lexington

What modules have you completed (3 out of 4 sessions of a module)? (Select all that apply)

<input type="checkbox"/> Outsmarting Chronic Pain
<input type="checkbox"/> Rewiring Your Brain
<input type="checkbox"/> Improving Sleep

Please select your age range.

<input type="radio"/> Under 20 years old
<input type="radio"/> 20-29 years old
<input type="radio"/> 30-39 years old
<input type="radio"/> 40-49 years old
<input type="radio"/> 50-59 years old
<input type="radio"/> 60-69 years old
<input type="radio"/> Over 70 years old

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Finish

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**Thank you for choosing VA.**

The U.S. Department of Veterans Affairs uses these surveys to collect your feedback in order to continuously improve your experience with VA Services.

Please visit [VA.gov](https://www.va.gov) to explore benefits, resources, and information at VA.