



Ministry
of Defence

Navy Command FOI Section
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Ref. 2016-09651

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Via Email [REDACTED]

10 November 2016

Dear [REDACTED]

Release of Information

Thank you for your correspondence dated 17 October 2016 in which you requested the following information:

'Those who work in submarines for extended periods are at risk of similar medical conditions to those who work nightshifts, often called "shift work disorder". The confined spaces and lack of personal space also place those who work on submarines at risk of being victims of behaviour like that associated with domestic abuse (including domestic violence) and other problems associated with "shift work disorder."

I would therefore be grateful if you could confirm what supplements and medical interventions are prescribed to personnel who man submarines.

In particular I would like to know if any of the the following are prescribed:

- * Calcium supplements*
- * Vitamin D supplements*
- * Mood stablisiers*
- * Anti-psychotics*
- * Anti-depressants*
- * Wakefulness-promoting agents*

Also, I could be grateful if you could confirm whether any of the following are used:

- * Phototherapy*
- * Cognitive behavioural therapy*
- * Eye Movement Desensitisation and Reprogramming*
- * Other forms of counselling and psychotherapy'*

Your enquiry is considered to be a request for information in accordance with the Freedom of Information Act 2000.

A search has now been completed within the Ministry of Defence (MOD) and I can confirm that information in scope of your request is held.

Royal Navy submariners are routinely offered vitamin D supplementation. There are no other supplements or medications that are routinely prescribed and no other medical interventions that are offered to Royal Navy submariners in general. Any other supplements, medications or interventions offered to individual patients would be based on an assessment of their particular clinical needs. This information applies to personnel on all the classes of submarine currently in service with the Royal Navy.

If you are not satisfied with this response or you wish to complain about any aspect of the handling of your request, then you should contact me in the first instance. If informal resolution is not possible and you are still dissatisfied then you may apply for an independent internal review by contacting the Information Rights Compliance team, 1st Floor, Zone K MOD Main Building, Whitehall, SW1A 2HB (e-mail CIO-FOI-IR@mod.uk). Please note that any request for an internal review must be made within 40 working days of the date on which the attempt to reach informal resolution has come to an end.

If you remain dissatisfied following an internal review, you may take your complaint to the Information Commissioner under the provisions of Section 50 of the Freedom of Information Act. Please note that the Information Commissioner will not investigate your case until the MOD internal review process has been completed. Further details of the role and powers of the Information Commissioner can be found on the Commissioner's website, <http://ico.org.uk>.

Yours sincerely,

Navy Command - FOI Section