

“WRAIR Forward”

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COMMANDER'S CORNER

It is difficult for me to believe that I have been in command for over a year now. While the learning curve has been steep, the professionalism and dedication of the USAMRU-E team has made the learning process enjoyable and satisfying. Although our work often requires us to develop new materials and approaches, it always requires us to work together as a dedicated team. Both Dr. Adler and Dr. Wright credited the strength of the USAMRU-E team as critical to their success when they were recognized for their outstanding accomplishments this year.

Congratulations...we are proud of both of them! Throughout my tenure here working on a range of projects, one thing that has remained consistent is the relevance of our mission and how engaged senior leaders are in hearing about our work supporting the Warfighter. In this edition of the *WRAIR Forward*, we describe the next generation of research projects that are being conducted in support of deployed Service Members. From ArmySMART to AFRICOM, our work supports Service Members deployed around the globe.

-LTC Maurice Sipos

BUNDESWEHR COLLEAGUES VISIT UNIT

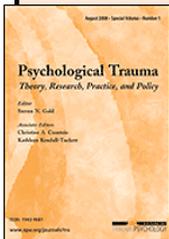
Mr. Kreim (Director, Defense Psychology Defense Department Bonn) and Dr. Kowalski (Director of Research, Federal Armed Forces Station Hospital Berlin) consulted with Dr. Adler regarding the development of the Bundeswehr's applied psychology research program (8 AUG 11; Heidelberg).



PRE-DEPLOYMENT IMPAIRMENT PREDICTS POST-DEPLOYMENT SYMPTOMS

(New Publication)

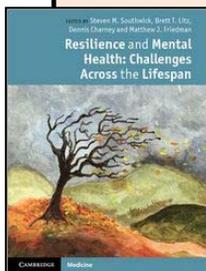
Wright, K. M., Cabrera, O. A., Eckford, R. D., Adler, A. B., & Bliese, P. D. (2011, June 27). The Impact of Predeployment Functional Impairment on Mental Health after Combat. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. doi: 10.1037/a0024373



LESSONS LEARNED IN DEVELOPING AND IMPLEMENTING MENTAL HEALTH TRAINING

(New Chapter)

Castro, C. A., & Adler, A. B. (2011). Military mental health training: Building resilience. In S. M. Southwick, B. T., Litz, D. Charney, & M. J. Friedman (Eds.). *Resilience and Mental Health: Challenges Across the Lifespan* (pp. 323-339). Cambridge, UK: Cambridge University Press.



NEW STUDY PILOTS ADVANCED POST-DEPLOYMENT TRANSITION TRAINING

A combined USAMRU-E and Center for Military Psychiatry and Neuroscience team conducted a pilot study with 32 101st



LEFT TO RIGHT: MS. MERRILL, DR. HOGE, LCDR TOBLIN, LTC MCGURK, MS. ECKFORD, DR. ADLER, PFC BEAN, MR. KOK, AND MAJ BOUCHER

Soldiers in July at Fort Campbell (protocol #1826A; PI: Dr. Adler). Two groups of Soldiers were provided 9 hours

of advanced transition training (Army Stress Management and Resilience Training [ArmySMART] material) at post-deployment. ArmySMART, designed for units that experienced high levels of combat, includes information on recognizing and regulating physical, emotional and cognitive reactions during the post-deployment phase. In addition to the training, baseline, post-session and follow-up surveys were administered. Soldiers gave the training uniformly high ratings and provided specific feedback about ways to improve the training material. This feedback will be used to inform a group randomized trial assessing training efficacy. In-briefs were conducted with two Battalion Commanders and out-briefs are scheduled for October.

NEW WEBSITE LAUNCHED



USAMRU-E launched a new website with research, publication, and WRAIR Forward highlights.

USAMRU-E.AMEDD.ARMY.MIL

TRANSITION PREDICTS RISK-TAKING AFTER DEPLOYMENT

(New Publication)

Adler, A. B., Britt, T. W., Castro, C. A., McGurk, D., & Bliese, P. D. (2011). Effect of Transition Home from Combat on Risk-taking and Health-related Behaviors. *Journal of Traumatic Stress*. 0, 1-9. DOI 10.1002/jts





NATO RESEARCH GROUP ON SUICIDE

Dr. Wright attended the NATO HFM-RTG-218 Suicide meeting

along with US colleagues Dr. Holloway (co-Chair), COL Castro, and COL(Ret.) Gahm. The group is working on developing and disseminating best practices related to the management of suicide in military units (6-10 JUL 11; Paris)

WRAIR CHANGE OF COMMAND

LTC Sipos participated in the Change of Command between outgoing commander COL Kester and incoming commander COL Erickson, former CENTCOM Surgeon (21 JUL 11). LTC Sipos then briefed COL Erickson on the unit's activities (22 JUL 11; Silver Spring, MD).

SENIOR LEADERS BRIEFED

- LTC Sipos briefed MG Horoho, incoming Army Surgeon General, on USAMRU-E research activities (16 SEP 11; Heidelberg).
- USAMRU-E team met with COL Erickson, Commander, WRAIR, and SGM Adams, WRAIR to discuss unit research and activities, including USAMRU-E's move to Sembach scheduled for summer 2013 (26 SEP 11; Heidelberg).
- LTC Sipos, Dr. Adler, and CPT Wood briefed COL Collins, ERMC Chief of Staff, concerning USAMRU-E's research activities (30 SEP 11; Heidelberg).

UNIT COORDINATES WITH AFRICOM

- LTC Sipos conducted a site visit to AFRICOM to develop research initiatives (18 AUG 11; Stuttgart).
- LTC Sipos and the WRAIR Command team (COL Erickson, LTC Blow, and SGM Adams) met with the AFRICOM Surgeon (Col Miller), the NAVEUR/NAVAF Surgeon (CAPT Chapman), and the CJTF-HQA Surgeon (CDR Barrion) to discuss USAMRU-E's involvement in a mental health assessment of service members stationed at Camp Lemmonier, Djibouti (28 SEP 11; Stuttgart).

KEYNOTE SPEECH

Dr. Adler delivered the keynote address entitled *Supporting Soldier Resilience Across the Deployment Cycle: How to Get there Matters* at the 8th Annual Conference on Applied Psychology supported by The National Science Foundation and Clemson University (3 AUG 11; Clemson, SC).



PROGRAM MANAGEMENT UPDATES

- Dr. Adler served as a subject matter expert at the Military Operational Medicine Research Program (MOMRP) In-Progress Review of resilience research (19-20 JUL 11; Frederick, MD).
- Dr. Adler attended MOMRP's Integrating Integrated Product Team meeting (18-19 AUG 11; Fort Lauderdale, FL).
- Dr. Adler co-chaired the Comprehensive Soldier Fitness (CSF)/WRAIR Research Steering Committee meeting (22 JUL 11; Silver Spring, MD) and, along with COL Bliese and MAJ(P) Thomas, served as a consultant to CSF in reviewing their program evaluation results (21 SEP 11; Silver Spring, MD).

WRAIR RESEARCH IN ARMY TEXTBOOK (New Chapter)

Hoge, C. W., Adler, A. B., Wright, K. M., Bliese, P.D., Cox, A., McGurk, D., Milliken, C., & Castro, C. A. (2011). Walter Reed Army Institute of Research contributions during Operation Iraqi Freedom and Enduring Freedom: From research to public health policy. In E. C. Ritchie (Ed.), *Combat and Operational Behavioral Health* (pp. 75-86). In M. K. Lenhart (Ed.), *The textbooks of military medicine*. Washington, DC: Department of the Army, Office of the Surgeon General, Borden Institute.

LAND COMBAT STUDY SURVEYS 3,000

CPT Wood and Dr. Foran assisted WRAIR's Military Psychiatry Branch in surveying over 3,000 Soldiers as part of a post-deployment assessment of behavioral health with the 1-101st BCT in Ft. Campbell, Kentucky (24-29 JUL 11). Dr. Riviere and MAJ(P) Thomas served as study leads.

NEW RESULTS PRESENTED AT APA

Dr. Adler and COL Bliese chaired the symposium, "New Directions for Moderating the Impact of Combat Deployments on Mental Health" at the American Psychological Association Conference, in Washington D. C. (4-7 August 2011). LTC Sipos, Dr. Foran, and CPT Wood presented as part of this symposium:

- Sipos, M. L., Foran, H. M., Wood, M. D., Britt, T. W., Adler, A. B., & Bliese, P. D. Perceptions of Morale and Deployment-Related Mental Health
- Britt, T. W., Adler, A. B., Bliese, P. D., & Moore, D. Morale as a Moderator of the Combat Exposure-PTSD Relationship: A Resource Perspective
- Wood, M. D., Foran, H. M., Britt, T. W., & Wright, K. M. Buffering Effects of Benefit Finding in Combat Veterans
- Britt, T. W., Wright, K. M., Edens, E. & Wood, M. D. Stigma, Barriers to Care, and Negative Attitudes Toward Treatment as Predictors of PTSD Following Combat: A Multilevel Approach
- Adler, A. B., Riviere, L., & Wilk, J. Peri-traumatic Emotional Responses to Combat-Related Events and Mental Health Adjustment
- Foran, H. M., Adler, A. B., McGurk, D., & Bliese, P. D. Soldiers' Perceptions of Resilience Training and Post-Deployment Adjustment: The Importance of Both Resilience Training Content and Training Process

Other presentation co-authorships included:

- Sinclair, R. R., Wright, K. M., Eckford, R. D., & Burnette, C. M. Crossover effects of post-deployment mental health among soldiers and their children. In L. A. Riviere, & Merrill, J. C. (Chairs), *The implications of soldiers' combat deployments and mental health for family members and close relationships.*

SCIENTISTS VISIT USAMRU-E

- LTC Sipos met with COL Joyce, Europe Regional Dental Command Chief of Staff, to discuss research design and statistical consultation (17 AUG 11; Heidelberg).
- Dr. Reifman (Director, Biotechnology HPC Institute, MRMC) visited the unit (29 AUG 11; Heidelberg)

PERSONNEL UPDATES

- Ms. Salvi attended the LandWarNet conference (23-25 AUG 11; Tampa, FL)
- SSG Martinez attended the AMEDD Advanced Leaders Course in San Antonio, TX (23 AUG – 16 SEP11).
- Ms. Kreilein began working as a research associate on 7 SEP11.
- CPT Wood and PFC Bean participated in the USAMMA Staff Ride to Normandy, France (19-22 SEP 11).
- Dr. Wright received an Outstanding Performance Award and Dr. Adler received the Superior Civilian Service Award (26 SEP 11; Heidelberg). COL Erickson, Commander, WRAIR, presented the awards; BG West, Commanding General, ERMC, was also present.



DR. ADLER AND COL ERICKSON

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