



WRAIR FORWARD

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COMMANDER'S CORNER

While operational leaders value our programmatic research, when we work with units, it is important for us to also address specific questions of direct relevance to them. In this way, leaders can see immediate results related to their units while the Army learns larger lessons to inform policy and training. The latest example of maintaining this balance between strategic research and tactical feedback is a current project with the 2nd Cavalry Regiment (2CR). This quarter, USAMRU-E partnered with 2CR to identify leader behaviors that promote behavioral health and to examine sleep problems, one of the components of the Army Surgeon General's Performance Triad. Together, this information will be used to inform a larger Medical Research and Materiel Command research initiative. In turn, 2CR's leadership will receive feedback about their resilience program, Dragoon Total Fitness. This study is a prime example of how we balance the Army's strategic research needs with feedback for operational leaders.

LTC Jeffrey L. Thomas

USAMRU-E COORDINATES WITH WRAIR & ERMIC

LTC Thomas participated in the Change of Command ceremony at WRAIR on 25 JUN 13 between outgoing commander COL Erickson and incoming commander COL Braverman (Silver Spring, MD).

LTC Thomas met with WRAIR leadership to provide updates and address ongoing personnel issues (26 JUN 13; Silver Spring, MD).

LTC Thomas and SGT Mailhot attended the ERMIC Senior Leader Forum held at Public Health Command Region Europe (29 MAY 13; Landstuhl).

BEHAVIOR HEALTH LEADERSHIP: NEW STUDY

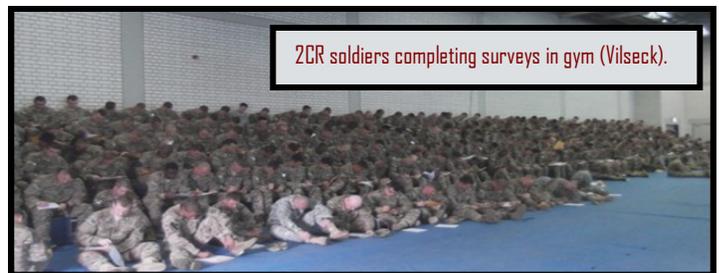
In a new study designed to address several research program goals, USAMRU-E collected survey data with 3,113 Soldiers from 2CR – both those deploying and those comprising the deployed ready reserves (25 JUN 13; Vilseck). The study team also distributed more than 50 Actigraph watches to assess sleep (21 JUN 13). The Actigraph data will be paired with a brief sleep survey in JUL and follow-up survey data will be collected during deployment and at post-deployment.



The goal of the new study is to:

- Assess the relationship between 2CR's resilience initiatives (Dragoon Total Fitness) and behavioral health outcomes;
- Design new behavioral health leadership measures to identify specific leader behaviors that promote behavioral health outcomes over time;
- Validate self-reported sleep estimates and Actigraph sleep watch results, linking sleep results to well-being over time.

The data collection team included LTC Thomas (20-21 JUN 13), Dr. Adler (Principal Investigator), Ms. Eckford, Ms. Kreilein, and Ms. Stephens from USAMRU-E. Additional help was provided by WRAIR Behavioral Biology personnel CPT LoPresti (17-26 JUN 13) and SGT Strickland, and Mr. Kok (Military Psychiatry Branch; 23 JUN -3 JUL 13).



2CR soldiers completing surveys in gym (Vilseck).

Initial discussions with COL Sims, Commander, 2CR, were conducted on 2 MAY 13 and again on 20 JUN 13 (LTC Thomas and Dr. Adler with support from CPT LoPresti). Coordination was also provided by Regimental Surgeon LTC Stanley and other key 2CR staff.

ORGANIZATIONAL SUPPORT PREDICTS PTSD SYMPTOMS OVER TIME

(New Publication)

Barnes, J. B., Nickerson, A., Adler, A. B., & Litz, B. T. (2013). Perceived Military Organizational Support and Peacekeeper Distress: A Longitudinal Investigation. *Psychological Services*, 10, 177-185. DOI: 10.1037/A0032607



SIMILARITIES IN POST-DEPLOYMENT RESILIENCE TRAINING SATISFACTION ACROSS NATIONS

(New Publication)

Foran, H. M., Garber, B. G., Zamorski, M. A., Wray, M., Mulligan, K., Greenberg, N., Castro, C. A., & Adler, A. B. (2013). Post-deployment Military Mental Health Training: Cross-National Evaluations, *Psychological Services*, 10, 152-160. DOI: 10.1037/A0032609



STRONGER LINK BETWEEN COMBAT EXPOSURE AND UNETHICAL COMBAT THAN PTSD

(New Publication)

Wilk, J. E., Bliese, P. D., Thomas, J. L., Wood, M. D., McGurk, D., Castro, C. A., & Hoge, C. W. (2013). Unethical Battlefield Conduct Reported by Soldiers Serving in the Iraq War. *Journal of Nervous and Mental Disease*, 201, 259-265. DOI: 10.1097/NMD.0b013e318288d302



TALKING ABOUT RESILIENCE IN KENYA

At the request of US Army, Africa (USARAF), LTC Thomas led a Traveling Contact Team (TCT) to Kenya to exchange information related to resilience training program development (KEN 1338). LTC Thomas and Dr. Adler participated in the information exchange with the Kenya Defence Forces (KDF) from 10-13 JUN 13 at the International Peace Support Training Centre in Nairobi, Kenya.

The 18 KDF participants were medical experts including physicians, nurses and enlisted medical staff from across the force.



M2M Group Photo (10-13 JUN 2013), Nairobi, Kenya.

The four-day exchange focused on lessons learned from the US Army's Comprehensive Soldier and Family Fitness (CSF2) program. USAMRU-E facilitated discussion related to developing resilience training across the deployment cycle and implementation strategies for initiating resilience training programs. Throughout the exchange, KDF participants discussed how to adapt the material for use with troops deploying to Somalia and south Sudan.



GOVERNMENT CANCELS PARTICIPATION IN NATO MEETINGS

Due to travel restrictions:

- Dr. Adler could not attend the NATO RTG 203 Meeting on Mental Health Training (4-6 JUN 13; Riga, Latvia) and could not participate in the final development of a prototype resilience training package for Basic Training.
- Dr. Wright could not attend the NATO RTG-218 meeting on Military Suicide (18-20 JUN 13; Tallinn, Estonia) although Dr. Wright was able to support the group's Technical Report and a web-based application of survey data from each NATO country, and co-author a presentation:

Gahm, G., Wright, K., & Holloway, M. (June, 2013). Military Suicides: Statistics and prevention. In a seminar *Preventing Military Suicides: International Experience and Best Practice*, the International Centre for Defence Studies, Tallinn, Estonia.

TRANSFORMATION STUDY LAUNCHED

MAJ Wood (Principal Investigator) initiated survey and interview data collection as part of the Transformation Study. The study is designed to assess the impact of military community transformation on the well-being of Soldiers, civilians and Family members.

Targeting the Heidelberg-Mannheim area as the first data collection site, MAJ Wood (with support from SGT Mailhot) met with the Heidelberg Community Health Promotion Counsel (2 APR 13) and spoke with the Heidelberg ACS Division Chief (8 APR 13). MAJ Wood then began disseminating surveys at various key community and unit locations. Heidelberg-Mannheim represents one of the closing communities assessed in this study, with a scheduled closing date of 30 AUG 13.

Future data collection sites include other closing sites (such as Bamberg and Schweinfurt) as well as sites that are growing as a result of transformation (such as Kaiserslautern and Vicenza). This study represents the first time the impact of military community transformation on mental health has been systematically assessed.

PRESENTATION ON MILITARY FAMILIES

Dr. Foran presented a talk at the International Research Symposium on Military Families in Indianapolis, IN (funded externally).



Foran, H. M., Wright, K. M., & Thomas, J. L. (June, 2013). Gender and Marital Status in the Military: Implications for Understanding Family Violence and Mental Health.

TRANSITION OFFICE IN TRANSITION

Dr. Adler is acting as the chief of the WRAIR Research Transition Office (RTO) – providing support since LTC McGurk, outgoing chief, became deputy director of the Military Operational Medicine Research Program, and LTC Whalen, incoming chief, is deployed in support of the Mental Health Advisory Team. Activities include guiding

- Program evaluation of in-processing Resilience Training;
- Revisions to material for the Master Resilience Trainer (MRT) course and resilience training provided during Basic Combat Training;
- Development of a toolkit to support Resilience Training Centers in local evaluations of MRTs.
- Hand-off and coordination (13-16 MAY 13; Silver Spring, MD).

PERSONNEL UPDATES

SSG Martinez PCS'd on 3 APR 13; SGT Mailhot took over as NCOIC.

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