



WRAIR FORWARD

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COMMANDER'S CORNER

Bridging the Valley: Ensuring Evidence-based Research Transitions to Knowledge Products

In the management of military science and technology, a gap often exists between validating research findings and implementing that research. This gap is often referred to as the "valley of death" -- where good ideas and un-transitioned technology go to die. I'd like to highlight the efforts of our own program to ensure a bridging strategy to address this potential gap.

Our program recognized a few years ago that we needed an internal capability to transition products. As a result, the Research Transition Office (RTO) was established as a branch within the Center for Military Psychiatry at WRAIR. In part, the RTO's mission is to transition WRAIR's behavioral health and resilience knowledge to organizations such as Comprehensive Soldier and Family Fitness (CSF2), the Army Medical Department Center and School (AMEDDC&S), and the Training and Doctrine Command. In turn, these organizations implement training that is based on research. With the help of the RTO, our program has a means to ensure science-based knowledge and information is provided to organizations supporting Soldiers and Families.

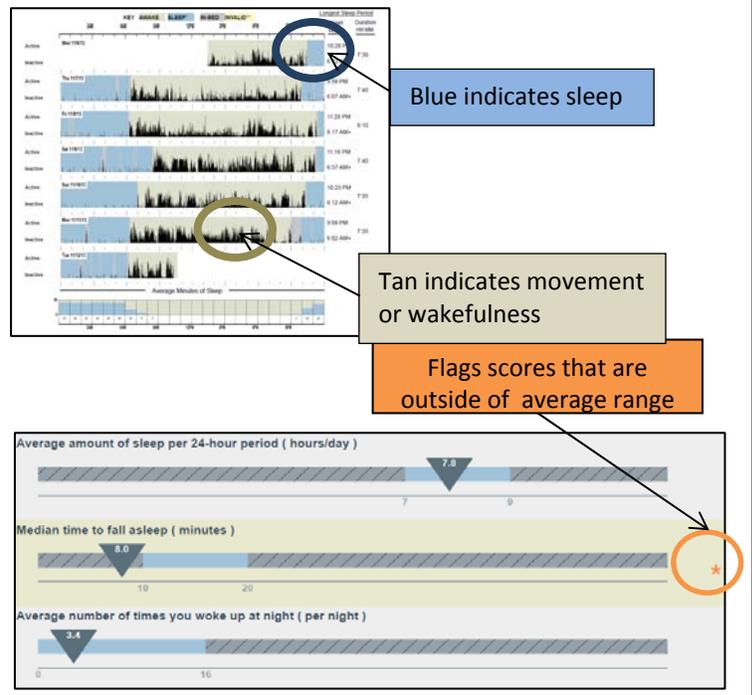
LTC Jeffrey L. Thomas



2CR STUDY: REINTEGRATION PHASE, ACTIGRAPH SLEEP WATCHES UTILIZED

Dr. Adler (study lead) and LTC Thomas led the USAMRU-E team (Ms. Eckford, Ms. Kreilein, Ms. Stephens, and SPC Lee) to Vilseck for the 3rd iteration of the 2CR study as 1st Squadron returned from deployment to Afghanistan (Data collection: 17-19 FEB 14). The team collected more than 450 surveys. In addition, 113 participants from 1st Squadron volunteered to wear Actigraph sleep watches over a 3-week period. These wrist watches, worn day and night, record movement which is then coded as being awake or asleep depending on an algorithm developed by Fatigue Science.

ACTIGRAPH SLEEP REPORT FROM FATIGUE SCIENCES: AN EXAMPLE



WHAT DO SOLDIERS WANT FROM THEIR COMMUNITY AT POST-DEPLOYMENT?

(New Publication)



Wright, K. M., Foran, H. M., & Wood, M. D. (2014). Community needs among service members after return from combat deployment. *Journal of Community Psychology*, 42, 127-142. doi: 10.1002/jcop.21598; 10.1521/jscp.2013.32.9.917

INTERNATIONAL TEAM FINDS US AND UK RATES OF PTSD SIMILAR AT POST-DEPLOYMENT

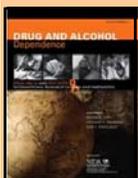
(New Publication)

Sundin, J., Herrell, R. K., Hoge, C. W., Fear, N. T., Adler, A. B., Greenberg, N., Riviere, L. A., Thomas, J. L., Wessely, S. & Bliese, P. D. (2014). Mental health outcomes in US and UK military personnel returning from Iraq. *British Journal of Psychiatry*, published online January 16, 2014.



ALCOHOL MISUSE LINKED TO DEPLOYMENT

(New Publication)

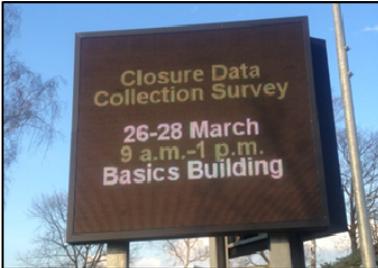


Russell, D. W., Russell, C. A., Riviere, L. A., Thomas, J. L., Wilk, J. E., & Bliese, P. D. (2014). Changes in alcohol use after traumatic experiences: The impact of combat on Army National Guardsmen. *Drug and Alcohol Dependence*, published online March 15, 2014. doi: <http://dx.doi.org/10.1016/j.drugalcd>

Returning three weeks later, the USAMRU-E team, with assistance from CPT LoPresti and Mr. Kim from WRAIR's Center for Military Psychiatry and Neuroscience, collected the watches from participants and provided them with reports of their sleep activity (17-21 MAR). These reports code sleep level (see the blue area in the diagram above) and activity level (tan area). Participants can use the report to identify whether they are in the "normal" range of sleep patterns (see orange area in the diagram above), and consider changes to their sleeping habits. Actigraph participants also completed a short sleep survey which included ratings of their satisfaction with the sleep report.

DEPLOYMENT MEDICAL STAFF STUDY INFORMS NEW TRAINING

Dr. Adler and LTC Thomas briefed COL Nishimura, 30th MED BDE Commander, on the results of the Deployed Medical Staff Study (27 JAN 14; Sembach). Results from this study are included in the Master Resilience Trainer-Medical material currently being developed by WRAIR's Research Transition Office in conjunction with CSF2 and AMEDDC&S. Dr. Adler also attended the MRT-Medical training development meeting (3-5 FEB 14; Silver Spring, MD).



TRANSFORMATION STUDY CONTINUES THROUGHOUT GERMANY

SCHWEINFURT. MAJ Wood (study lead), with the support of Ms. Salvi and SPC Lee, conducted a

follow-up data collection in the Schweinfurt military community (10-13 MAR 14). Surveys were collected with 321 active duty Soldiers, 64 DA Civilians, and 10 military Spouses.

BAMBERG. The same Transformation Study team concluded the second of two data collections in the Bamberg community (26-28 MAR 14). Approximately 45% of the military population participated (125 Soldiers). In addition, 43 Civilian employees and 5 Spouses completed surveys. Overall, the survey numbers reflect a substantial turnout for a community slated to close in the next months.

KAISERSLAUTERN. February marked the beginning of data collections in the Rheinland Pfalz region. More than 600 active duty Soldiers participated, along with over 50 Civilian employees and 54 Spouses (27 FEB; 18 MAR, 21 MAR 14). Data collection efforts in this region are ongoing.

WIESBADEN. LTC Thomas and MAJ Wood briefed COL Carstens, the Wiesbaden Garrison Commander, on the Transformation Study and discussed a way-ahead within the community (6 FEB 14). The following month, COL Carstens invited MAJ Wood to present the study to the Wiesbaden Community Health Promotion Council in order to discuss the project and to coordinate future data collections (19 MAR 14).

CONTINUED PLANNING FOR RELOCATION

LTC Thomas and Mr. Rahey met with the USAMRU-E Relocation Working Group (12 FEB 14; Ft Detrick, MD) to coordinate USAMRU-E's relocation in 2015. To that end, LTC Thomas and Mr. Rahey, working in conjunction with MRMC and WRAIR, completed the AR 5-10 Stationing Package, which was approved by WRAIR Command (31 MAR 14) and is pending approval at MRMC.

MANAGING THE RESEARCH PROGRAM

- The Military Operational Medicine Research Program (MOMRP) Review and Analysis (R&A) was conducted 11-13 FEB 14 in Silver Spring MD.
 - LTC Thomas presented W3: Suicide Prevention in a Combat Environment; LTC Thomas replaced Dr. Wright, who is retiring, as Task Area Manager.
 - Dr. Adler, Task Area Manager for W1 and W1-A, presented these two Task Areas along with project leads LTC Thomas, and LTC Sipos, Dr. Wilk and Dr. Riviere (from the Military Psychiatry Branch at WRAIR)
- Dr. Adler represented COL Bliese as the Program Area Steering Committee Co-Chair for Psychological Health and Resilience at the Integrating Integrated Product Team meeting (11-12 MAR 14; Ft Detrick, MD).

WRAIR COMMANDER VISITS USAMRU-E



L to R: CSM Brooks, Dr. Adler, Ms. Kreilein, SGT Whiseant, LTC Thomas, COL Braverman, MAJ Wood, Ms. Eckford, Mr. Rahey, Ms. Salvi, Mr. Kim, LTC Chapman, SPC Lee & CPT LoPresti.

COL Braverman, LTC Chapman and SGM Brooks, visited USAMRU-E (23-25 MAR 14). LTC Thomas, along with COL Braverman, LTC Chapman, and SGM Brooks, briefed COL Mitchell, EUCOM Surgeon, on the unit's research mission (23-25 MAR 14).

PERSONNEL UPDATES

- SPC James Lee, 68X, signed into the unit (5 JAN 14).
- SGT Christopher Whiseant (68W) became acting NCOIC-on loan from ERMC's G3 section (9 JAN 14).
- LTC Thomas completed two courses for DAIWA Acquisition Certification in Dayton, Ohio; Level II (21 JAN 14), and Level III (16 MAR 14).
- Dr. Wright began transitional leave and departed Germany for the Washington DC area (31 JAN 14).
- SGT Whiseant completed the 18D Special Forces Pre-selection Course at Fort Bragg (1-21 MAR 14) and was selected for 18D training.
- Ms. Eckford was promoted to GS-12 Research Psychologist (9 MAR 14).
- SPC Tobin Thomas, USAMRU-E's newest 68X, arrived at the unit (11 MAR 14).

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