



“WR AIR Forward”



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COMMANDER’S CORNER

After a decade of war, our Nation is at a strategic turning point that will reshape our Armed Forces. Amid this realignment of priorities, Service Members are still deployed to Afghanistan. As a military research organization, our goal is to continue addressing the difficulties Service Members encounter throughout the combat deployment cycle, while anticipating challenges encountered as they adjust to a non-combat environment. We are beginning to examine the transition from a military actively engaged in combat operations to a military focused on other types of missions. To that end, this *WR AIR Forward* highlights a new study on a non-combat deployment while maintaining focus on the well-being and readiness of a deployed force.

SENIOR LEADERS BRIEFED

• LTG Horoho, the Army Surgeon General, met with unit staff and was briefed on the unit’s research activities (19 DEC 11; Heidelberg).

• MG Boozer, Deputy Commanding General, USAREUR, was briefed on the unit’s research activities by LTC Sipos. Dr. Adler and BG West, Commander, Europe Regional Medical Command, also attended the briefing (28 NOV 11; Heidelberg).



(L to R) SSG Martinez, PFC Bean, LTC Sipos, LTG Horoho, CPT Wood, Dr. Adler, Mr. Rahey, Ms. Kreilein, Ms. Eckford

LAND COMBAT STUDY

CPT Wood assisted the WR AIR Military Psychiatry Branch in conducting a behavioral health assessment of redeploying Soldiers of the 4/3ID as part of the Land Combat Study (10-16 OCT 11; Ft Stewart, GA).

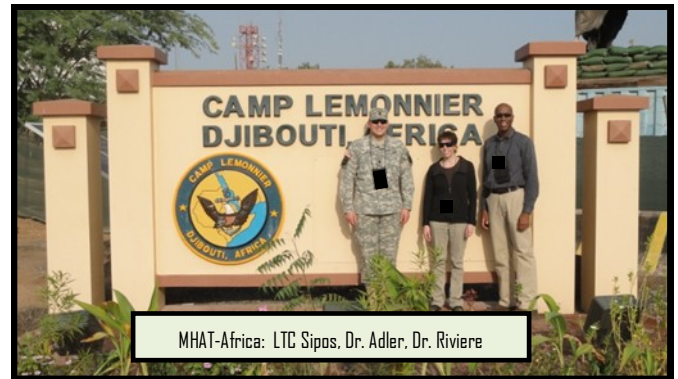
TTCP MID-YEAR MEETING

Dr. Adler attended the mid-year meeting of TP-13 meeting (1-2 NOV 11; Frederick, MD). COL Castro chaired the meeting which focused on developing a multi-national assessment of post-deployment resilience training.

LEADERS INFLUENCE STIGMA AND BARRIERS TO CARE

(New Publication)

Britt, T. W., Wright, K. M., & Moore, D. (2011). Leadership as a predictor of stigma and practical barriers toward receiving mental health treatment: A multilevel approach. *Psychological Services*, 67, 1240-1258. doi: 10.1037/a0026412



MHAT-Africa: LTC Sipos, Dr. Adler, Dr. Riviere

MENTAL HEALTH ADVISORY TEAM-AFRICA: PRE-ASSESSMENT SITE VISIT

As requested by AFRICOM, USAMRU-E led AFRICOM’s first Mental Health Advisory Team (MHAT). LTC Sipos (team lead), USAMRU-E Commander, Dr. Adler (USAMRU-E) and Dr. Riviere (Military Psychiatry Branch, WR AIR), conducted a site visit to Camp Lemonnier, Djibouti (30 NOV to 3 DEC 11) to identify behavioral health and behavioral health resourcing issues.

Following in-briefs with RADM Franken, Commander, Combined Joint Task Force-Horn of Africa (CJTF-HOA), CAPT Greenhalgh, CJTF-HOA Surgeon, and Camp Lemonnier leadership, the team conducted focus groups with enlisted Service Members and officers across the Air Force, Army, Marine Corps, and Navy. The team also met with medical providers, chaplains, the Camp Safety Officer, the Medical Evacuations Officer, and the Director of the Fleet and Family Support Center. The results are being used to develop a survey that targets issues relevant to Service Members at Camp Lemonnier and in other sites across Africa. USAMRU-E will administer the survey in JAN/FEB 2012 and plan to outbrief results shortly thereafter.



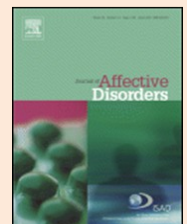
KEY NOTE FOR BUNDESWEHR SPONSORED CONFERENCE

Dr. Adler conducted a keynote address for the International Military Mental Health Conference sponsored by the Bundeswehr (6 DEC 11; Berlin). The talk was entitled “Reconceptualizing Combat-Related PTSD from an Occupational Health Perspective.”

THE PHYSICAL TOLL OF COMBAT-RELATED GRIEF

(New Publication)

Toblin, R. L., Riviere, L. A., Thomas, J. L., Adler, A. B., Kok, B. C., & Hoge, C. W. (2011). Grief and physical health outcomes in U.S. soldiers returning from combat. *Journal of Affective Disorders*. doi: 10.1016/j.jad.2011.10.048





CALIFORNIA NATIONAL GUARD

NATIONAL GUARDSMEN PARTICIPATING IN THE
LAND COMBAT SURVEY



LTC Sipos helped conduct a study assessing the mental health, well-being and command climate in California National Guard units preparing to deploy to Afghanistan (Leads: Dr. Riviere and MAJ(P) Thomas). The study also assessed a program in which civilian behavioral health providers are assigned to specific Guard units. Guard units were also administered a computer-based measure of cognitive bias and anxiety (26-30 OCT 11; Paso Robles, CA).

This is the first time that the research program has administered these kinds of computer-based measures of anxiety with Soldiers preparing to deploy. This strategy follows a computer-based assessment with 1AD Soldiers conducted at post-deployment in APR 11.

RESILIENCE RESEARCH COORDINATED

Dr. Adler co-chaired the Comprehensive Soldier Fitness (CSF)/WRAIR Research Steering Committee meeting (24 OCT 11; Crystal City, VA) to prioritize research studies and provide recommendations to the Military Operational Medicine Research Program about proposed projects.

WRAIR researchers LTC McGurk, MAJ(P) Thomas, and Dr. Adler met with Dr. Cacioppo, University of Chicago, and his team to provide consultation on the development of social fitness training being tested in a group randomized trial in 2012 (17 NOV 11; Silver Spring, MD).

At the request of the Officer Candidate School (OCS), Dr. Adler and the Research Transition Office (LTC McGurk, Chief) delivered a training support package for two hours of resilience training. This training is integrated with the resilience training provided as part of the Comprehensive Soldier Fitness Program TRADOC modules (31 OCT 11).

CONFERENCE POSTERS

Posters presented at the 2011 Association for Behavioral and Cognitive Therapies Conference in Toronto, Canada, reported on data from a study conducted in Kosovo by USAMRU-E.

- Barnes, J. B., Stein, N. R., Adler, A. B., & Litz, B. T. (2011, November). *Categories of traumatic events in U.S. Service Members deployed on a peacekeeping mission.*
- Barnes, J. B., Dickstein, B. D., Adler, A. B., & Litz, B. T. (2011, November). *Perceived organizational support during a peacekeeping mission moderates the effect of PTSD symptom severity on later aggression.*

PERSONNEL UPDATES

Ms. Stephens began working as a GS-5, Support Services Assistant on 07 NOV 11.

PROGRAM MANAGEMENT UPDATES

A Task Area Manager meeting for the research initiatives on benchmarking the psychological impact of combat deployments and validating resilience training was chaired by Dr. Adler and attended by LTC Sipos as well as researchers from the Center for Military Psychiatry and Neuroscience (COL Bliese, LTC McGurk, MAJ(P) Thomas, Dr. Wilk, and Dr. Riviere; 15-16 NOV 11; Silver Spring, MD).

- Dr. Adler and COL Bliese coordinated and participated in a meeting on mindfulness with BG Cornum, Director, CSF, and Dr. Jha, University of Miami (24 OCT 11; Crystal City, VA).
- Dr. Adler attended the Millennium Cohort Study Strategic Planning Meeting to support the Millennium Cohort Study's plan for the out-years (27-28 OCT 11; Frederick, MD).
- Dr. Adler attended COL Bliese's Steering Committee Meeting on Psychological Return to Duty with representatives from WRAIR, US Army Aeromedical Research Laboratory, and US Army Research Institute of Environmental Medicine (18 NOV 11; Silver Spring, MD).



STUDY RESULTS PRESENTED AT SPORT PSYCHOLOGY CONFERENCE

The results of the Mental Fitness Study (led by USAMRU-E) were presented in Honolulu, HI at the annual Association for Applied Sport Psychology conference:

- Hammermeister, J. J., Pickering, M. A., Holliday, B., Harada, C., Ohlson, C.J., Csoka, L. & Adler, A (2011, September). Drawing evidence from a randomized control trial:

Influence of mental fitness training on Soldier mental skill development and performance. In J. Metzler et al. (Chairs), Building and crossing the bridge between science and practice in performance psychology: Execution of evidence-based practice within the United States Army.

In addition, the Journal of Consulting and Clinical Psychology paper on Battlemind published in 2009 was selected for reprint in the first volume of the new journal *Sport, Exercise, and Performance Psychology* (AUG 11).

SCIENTISTS VISIT USAMRU-E

Dr. Brosch, Director, Office of Research Protections (ORP), MMRC and Ms. Kline, ORP, met with LTC Sipos and Ms. Eckford to discuss IRB-related activities (6 NOV 11; Heidelberg).

ERMC COMMANDER'S CONFERENCE

LTC Sipos and SSG Martinez attended the annual Europe Regional Medical Command (ERMC) Leaders Conference (Heidelberg) followed by an ERMC Commander Staff-Ride with BG West (31 OCT-3 NOV 11; Schoenenbourg, France).

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