

**THE WALTER REED ARMY INSTITUTE OF RESEARCH**

## United States Army Medical Research Unit-Europe USAMRU-E

USAMRU-E, currently located in Heidelberg, Germany, conducts applied psychological research for the purpose of protecting, optimizing, and enhancing warfighter psychological resilience. USAMRU-E studies factors that can moderate the impact of these stressors on Soldier and Family behavioral health as well as unit readiness and resilience. USAMRU-E focuses on command-directed behavioral health assessments and the development and validation of resilience training for the deployment cycle and the professional military education system.

Soldiers are exposed to a range of stressors that can negatively impact their behavioral health and well-being. Approximately 20% of Soldiers report significant behavioral health problems upon returning from a combat deployment. USAMRU-E studies factors that can moderate the impact of these stressors on Soldier and Family behavioral health as well as unit

### ***Major Accomplishments***

- Since 2005, USAMRU-E members have deployed to Iraq and Afghanistan in support of Mental Health Advisory Teams (MHATs), which assess the extent of behavioral health problems during deployment, examine

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### *Major Accomplishments continued*

- USAMRU-E researchers led the first randomized trials to assess the efficacy of post-deployment resilience training, resulting in the first mandated Army-wide training in 2007 now integrated into the Army's Comprehensive Soldier Fitness resilience training program. USAMRU-E validated the impact of performance psychology techniques on enhanced Soldier performance and increased use of mental skills.
- Through their participation in conducting a series of blind validation

### *Future Directions*

- Assess impact of alternate reintegration strategies following combat deployment
- Expand behavioral health assessment to include neurocognitive measures

To learn more, visit us on the web: [www.usamru-e.hqusareur.army.mil](http://www.usamru-e.hqusareur.army.mil)

Phone: 49-6221-17-2626

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