



Resources for the DCoE February 2016 Psychological Health Webinar

The [Army Study to Assess Risk and Resilience in Servicemembers \(Army STARRS\)](#) is the largest study of mental health risk and resilience ever conducted among military personnel. Army STARRS investigators are looking for factors that help protect a Soldier's mental health and factors that put a Soldier's mental health at risk. Army STARRS ran from July 2009 through June 2015. During that time, research findings were reported to senior Army leadership as the findings became available so the Army had the ability to apply them to ongoing health promotion, risk reduction, and suicide prevention efforts.

The [National Center for PTSD](#) is a Department of Veterans Affairs database designed to research and educate on trauma and PTSD. They work to assure the latest research findings help those exposed to trauma.

The [National Institute of Mental Health](#) is 1 of 27 institutes or centers within the National Institutes of Health. Its goal is to transform the understanding and treatment of mental illness via scientifically astute research and innovative thinking with hopes of finding ways for prevention, treatment, recovery, and reintegration of individuals with mental illness.

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2. Kees, M. & Rosenbaum, K. (2015). [Evaluation of a psychological health and resilience intervention for military spouses: A pilot study](#). *Psychology Service*; 12(3), p.222-230. doi: 10.1037/ser0000035
3. Kim, J., Seok, J.H., Choi, K. Jon, D.I., Hong, H.J., Hong, N. & Lee, E. (2015). [The Protective Role of Resilience in Attenuating Emotional Distress and Aggression Associated with Early-life Stress in Young Enlisted Military Service Candidates](#). *Journal of Korean Medical Science*; 30 (11), p1667-1674. doi: 10.3346/jkms.2015.30.11.1667
4. Southwick, S. (2013). [Transcript for: Resilience to Stress and Trauma](#). Veterans Affairs National Center for PTSD. [Podcast retrieval](#).
5. Szivak, T.K. & Kraemer, M.J. (2015). [Physiological Readiness and Resilience: Pillars of Military Preparedness](#). *Journal of Strength, Conditioning and Resilience*; 11, p.34-39. doi: 10.1519/JSC.0000000000001073.

6. Walsh, M.V., Armstrong, T.W., Poritz, J., Elliot, T.R., Jackson, W.T., & Ryan, T. (2016). [Resilience, Pain Interference and Upper-Limb Loss: Testing the Mediating Effects of Positive Emotion and Activity Restriction on Distress](#). *Physical Medicine Rehabilitation*; In print. doi: 10.1016/j.apmr.2016.01.016