



# “WRAIR Forward”

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## COMMANDER'S CORNER

It is difficult for me to believe that this is my last Commander's corner. I am absolutely amazed at what we have accomplished since I assumed command in 2010. From Heidelberg to Afghanistan to the Horn of Africa, USAMRU-E has conducted applied research of the highest caliber to support the Warfighter. It has been an absolute honor and privilege to have been a part of that tradition and to work with this amazing team of professionals whose dedication, support, and contributions have improved the lives of so many of our Service Members. I thank the USAMRU-E team for making my time in command a fantastic experience and the highlight of my career.

Thanks,  
LTC Maurice L. Sipos

## MHAT-AFRICA: ON-LINE SURVEYS LAUNCHED

The first on-line MHAT survey was launched this quarter as a way to increase participation among personnel dispersed across a wide geographical area. MHAT-Africa, led by LTC Sipos, benchmarked behavioral health and behavioral health resourcing in the deployed force. The on-line MHAT survey was designed to reach all services; 490 paper surveys were already collected from an Army National Guard unit. The outbrief to the Combined Joint Task Force-Horn of Africa (CJTF-HPO) leadership is scheduled for July.



## MHAT-8 DEPLOYS TO AFGHANISTAN

SSG Martinez deployed to Afghanistan as a member of the Joint-Mental Health Advisory Team-8 (J-MHAT 8; 18 MAY 12). JMHAT-8 has been tasked by USFOR-A to assess the behavioral health of the deployed force and behavioral health resourcing. The team, led by former USAMRU-E Commander LTC McGurk, is scheduled to collect surveys and conduct focus groups with platoons across a range of maneuver units.

## ARTICLE IN SCIENCE HIGHLIGHTS USAMRU-E CONTRIBUTIONS

An article published in *Science* (8 June 2012) highlighted several studies conducted by USAMRU-E, including research by Wright and colleagues on the importance of leadership in determining stigma across units and studies by Adler and colleagues demonstrating the efficacy of resilience training with Soldiers at post-deployment. *Science*, one of the premier science magazines, addressed the issue of whether strides have been made to reduce the risk of Post-Traumatic Stress Disorder in service members.

HUMANCONFLICT  
[http://scim.ag/hum\\_conflict](http://scim.ag/hum_conflict)

PERSPECTIVE

### ARE WE WINNING THE WAR AGAINST POSTTRAUMATIC STRESS DISORDER?

Richard J. McNally

The most methodologically rigorous epidemiological study on American military personnel deployed to Iraq and Afghanistan found that 4.3% of troops developed posttraumatic stress disorder (PTSD). Among deployed combatants, 7.6% developed PTSD, whereas 1.4% of deployed noncombatants did so. The U.S. Department of Veterans Affairs has launched a program ensuring that all veterans with PTSD will receive evidence-based cognitive-behavioral therapy, and the Army has developed Battlemind postdeployment early interventions that reduce risk for the disorder.



## NATO-WIDE STUDY

Dr. Delahaj, TNO, The Netherlands, met with Dr. Adler to prepare a manuscript on a NATO-wide study of basic training and resilience training as part of RTG 203 (18-19 JUN 12; Heidelberg).

## FACE-TO-FACE INTERVIEWS PREFERRED BY AT-RISK SOLDIERS

(New Publication)

Sipos, M. L., Foran, H. M., Wood, M. D., & Wright, K. M. (2012). Post-deployment behavioral health screening: Face-to-Face versus virtual behavioral health interviews. *Military Medicine*, 177, 525-530.



## TRAINING CONTENT AND PROCESS MATTER AT POST-DEPLOYMENT

(New Publication)

Foran, H. M., Adler, A. B., McGurk, D., & Bliese, P. D. (2012). Soldiers' perceptions of resilience training and post-deployment adjustment: Validation of a measure of resilience training content and training process. *Psychological Services*. Advance online publication. doi: 10.1037/a0028178



## INTERNALIZING BEHAVIORS, ENVIRONMENT AND COMBAT PREDICT EXTERNALIZING BEHAVIORS

(New Publication)

Wright, K. M., Foran, H. M., Wood, M. D., Eckford, R. D., & McGurk, D. (2012). Alcohol problems, aggression, and other externalizing behaviors after return from deployment: Understanding the role of combat exposure, internalizing symptoms, and social environment. *Clinical Psychology*. Advance online publication. doi: 10.1002/jclp.21864



## NEW ERMIC COMMANDER

LTC Sipos and SSG Martinez participated in the Europe Regional Medical Command (ERMIC) Change of Command between outgoing Commander BG West and incoming Commander COL(P) Clark.

LTC Sipos, Dr. Adler and CPT(P) Wood conducted an in-brief with COL(P) Clark, Commander and CSM Luciano, ERMIC (4 JUN 12; Heidelberg).



## COGNITIVE ASSESSMENT OF ANGER: STUDY KICK-OFF MEETING

An initial planning meeting was conducted to develop a cognitive bias measure of anger as part of the W1 core extramural funded program being leveraged by the Task Area on Psychological Resilience. Participants included Dr. Bar-Haim and graduate student Keren Maoz, Tel Aviv University, COL Bliese, Director, Center for Military Psychiatry and Neuroscience, LTC Sipos and Dr. Adler (5-6 JUN 12; Heidelberg). The Tel Aviv University and WRAIR scientists developed plans to pursue a series of studies that assess and reduce post-deployment anger using a computer-based measure of cognitive bias.

## COMPREHENSIVE SOLDIER FITNESS CONSULTATION



At the request of the Director, Comprehensive Soldier Fitness, Dr. Adler represented the Army at the Joint Service Resilience Chief's Meeting conducted by The Defence Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury (22 MAY 12; San Diego, CA).

Dr. Adler also attended a CSF planning meeting to launch a new CSF/WRAIR Curriculum Steering Committee (29 JUN 12; Silver Spring, MD).



Dr. Adler gave an invited talk at the 2012 Navy and Marine Corps Combat & Operational Stress Control Conference (COSC; 23-24 MAY 12; San Diego, CA). The talk, Occupational Health Model of PTSD, highlighted the importance of considering the occupational context in determining behavioral health-related assessment, interventions, and research.



CPT(P) Wood in background with SSG Martinez; LTC Sipos (foreground) demonstrated the respiratory system of a pig.

## USAMRU-E SUPPORTS SCIENCE IN SCHOOLS

LTC Sipos, CPT(P) Wood and SSG Martinez served up science to nearly 600 students to celebrate Science, Technology, Engineering and Math Week at Patrick Henry Elementary School (25 APR 12; Heidelberg). (see photo above)

## RESEARCH PROGRAM PLANNING

Dr. Adler held a Task Area Steering Committee Meeting at WRAIR (29 MAY 12; Silver Spring, MD). LTC Sipos participated along with other WRAIR Staff.

Dr. Adler attended an Integrating Integrated Product Team (IIPT) meeting at Medical Research and Materiel Command (26-27 JUN 12; Frederick, MD).

## UNIFORMED RESEARCH PSYCHOLOGY

### 71F SHORT COURSE

LTC Sipos and CPT (P) Wood attended the 71F (Research Psychologist) Short Course (30-31 MAY 12; Frederick, MD).

### COORDINATING WITH ARI

CPT (P) Wood and COL Bliese, Director, Center for Military Psychiatry and Neuroscience, WRAIR, met with collaborators at the Army Research Institute, Ft. Hood, TX, to discuss options for research and future co-location of a uniformed Research Psychologist (1 JUN 12; Killeen, TX).

## USAMRU-E VISITORS

Dr. Russell, Automated Neuropsychological Assessment Metrics (ANAM) Program Manager, Chief, Neurocognitive Assessment Branch at Rehabilitation and Reintegration Division, U.S. Army, visited the unit to discuss research activities (1 MAY 12; Heidelberg).

## PERSONNEL UPDATES

SGT Martinez attended the Combat Operational Stress Control (COSC) course (29 APR-4 MAY 12; Garmisch, Germany).

Mr. Rahey attended GFEBS training at WRAIR (30 APR-4 MAY 12 & 29 MAY-1 JUN 12; Silver Spring, MD).

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