



WRAIR FORWARD



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COMMANDER'S CORNER

Science has its own language. And the military has its own language. Imagine the dual language proficiency required when the mission is military science!

As military scientists, we often find ourselves talking in military acronyms and at the same time using the linguistic equivalent of shorthand with our colleagues. So what happens when we try to communicate outside of the field and the organization...? The potential to miss our audience is significant.

If we want to be effective in our communication, we have to remember to speak the right language. Here are some tips that I've picked up over the years:

- Know your audience. It is at the heart of effective public speaking. You would naturally take different approaches explaining your big study to a 12 year old than to a professional colleague or senior leader.
- Whoever you are trying to communicate with, use a narrative. Everybody (12 year old, colleague or senior leader) likes a good story. Stories engage the listener and enhance communication.
- Be able to answer the "so, what?" question. If you can't answer the "so what" question about your study (i.e., why it matters), you'll lose your audience. The twelve year old may roll their eyes or even worse, you may not get the support of that senior leader.
- A common practice in the business community is the 'elevator pitch'.

The challenge is that we have to be able to follow these tips and be relatively brief.

Imagine the following scenario: You are alone on an elevator with a key leader and you have until the elevator reaches the 12th floor to explain why your study matters. What would you say?

Honing a 60-second elevator pitch can help prepare scientists to communicate effectively and efficiently. Practicing these skills also reminds us at USAMRU-E to keep translating the language of military science into user-friendly English.

LTC Jeffrey L. Thomas

BENEFIT FINDING AND LEADERSHIP MODERATE PTSD SYMPTOMS POST-COMBAT

(New Publication)

Wood, M. D., Foran, H. M., Britt, T. W., & Wright, K. M. (2012). The impact of Benefit Finding and Leadership on Combat-Related PTSD Symptoms. *Military Psychology, 24*, 1-13. DOI: 10.1080/08995605.2012.736321.



FOLLOW-UP SURVEYS FOR ARmysMART AND CSF2-PREP RANDOMIZED TRIAL

Units that participated in this summer's group randomized trial on Advanced Transition Training Strategies received follow-up surveys in Fairbanks, AK (primarily 22-26 OCT 12). The randomized trial is designed to validate two training interventions relative to a survey only comparison condition. One intervention, Army-SMART, is focused on behavioral health outcomes; the other intervention, Comprehensive Soldier and Family Fitness-Performance and Resilience Enhancement Program (CSF2-PREP) is focused on mental skill development.



Surveys were administered 3 months following the initial training portion of the study and approximately six months after the Brigade returned from a year-long deployment to Afghanistan.

Besides surveys, the data collection included

computer-based assessments of anger bias, using a new tool developed at Tel Aviv University (see photo). This tool presents faces that range from happy to angry; individuals rate the degree to which these faces are happy or angry as a method of detecting interpretation bias in the relatively ambiguous faces. More than 200 Soldiers completed the morphed faces task and more than 500 Soldiers completed the survey. Initial results were briefed to LTC Gottmeier, Deputy Commander, 1-25 SBCT, and the Brigade Surgeon's office (26 OCT 12; Fairbanks, AK).

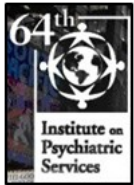
The data collection was conducted by a combined USAMRU-E and Military Psychiatry Branch research team.



TTCP MEETING

The mid-year meeting of The Technical Cooperation Program's (TTCP's) Technical Panel 13, Mental Health and Operational Effectiveness, discussed broadening the conceptualization of stigma and barriers to seeking clinical care in the military. COL Bliese (US lead) and Dr. Adler met with representatives of other TTCP nations in Ft. Hamilton, NY (OCT 12).

The panel then conducted a symposium at the 64th Institute of Psychiatric Services; COL Bliese served as a discussant.



Adler, A. B., Kim, P., Riviere, L., Thomas, J. L., & Britt, T. W. (2012, October). Barriers to Seeking Mental Health Care in US Soldiers Returning from Combat: Beyond Stigma. In M. Zamorski (Chair), *Special Access, Special Barriers, and Special Opportunities: Lessons from a Decade of Military Research in Three Nations*. Paper presented at the 64th Institute of Psychiatric Services, New York, NY.



GOVERNMENT CANCELS CONFERENCE PARTICIPATION



ISTSS MAJ Wood's symposium at International Society for Traumatic Stress Studies (ISTSS) was cancelled due to a new DoD policy prohibiting participation in conferences through the end of the year. MAJ Wood's symposium would have featured papers by Dr. Wright, Dr. Foran and MAJ Wood.

Dr. Britt conducted a symposium and presented Dr. Adler's talk on her behalf.

Adler, A. B., & Castro, C. A. (2012, November). Implications of an Occupational Health Model on Behavioral Health Care Utilization in Soldiers. In T. W. Britt (Chair) Barriers and facilitators of behavioral health care utilization in a military context: Implications for intervention. ISTSS, Los Angeles, CA.

ABCT The DoD policy also resulted in the cancellation of Ms. Eckford's poster presentation on health care utilization and MAJ Wood's poster presentation on leadership and benefit finding at the Association of Behavioral and Cognitive Therapies (ABCT) meeting in Baltimore, MD.

NATO MEETING IN BERLIN

Dr. Adler, LTC McGurk and COL Castro (Chair) participated in a NATO meeting as part of RTG 203 on Mental Health Training (26-30 NOV 12; Berlin). The meeting focused on refining a NATO prototype for mental health training during basic training. This prototype was informed by a NATO-wide survey of basic training Soldiers in 10 nations.

ENERGY DRINKS LINKED TO SLEEP PROBLEMS DURING DEPLOYMENT

(New Publication)



Toblin, R. L., Clarke-Walper, K., Kok, B. C., Sipos, M. L. & Thomas, J. L. (2012, November). Energy Drink Consumption and its Association with Sleep Problems Among U.S. Service Members on a Combat Deployment - Afghanistan, 2010 Morbidity and Mortality Weekly, 61, 895-898.

SHORESH MEETING IN FREDERICK

Dr. Adler was invited to the biennial Shoresh meeting in which military medical research is discussed between US and Israeli counterparts (15-17 OCT 12; Frederick, MD):

- Adler, A. B., & Harada, C. Randomized Controlled Trials in Performance Psychology.
- Sipos, M. L., Bliese, P. D., & Adler, A. B. Cognitive and Attention Bias Research.

These meetings have resulted in cooperative projects on cognitive bias measures of anxiety and aggression. Both these measures have been integrated into US work with Soldiers.



RESILIENCE RESEARCH PROGRAM

As part of the on-going effort to ensure that senior leaders receive evidence-based recommendations, USAMRU-E scientists provided consultation:

- Dr. Adler and COL Bliese met with COL Riddle, Director, Comprehensive Soldier and Family Fitness (CSF2), to discuss research perspectives and future projects (18 OCT 12; Crystal City, VA).
- Dr. Adler and other WRAIR scientists (COL Bliese, LTC Sipos, LTC McGurk and Dr. Hoge) were invited to participate in the VCSA Ready and Resilient Campaign Symposium (4-5 DEC 12; Ft. McNair, VA).

USAMRU-E also participated in meetings to support on-going resilience projects

- Dr. Adler attended a planning meeting with the Research Transition Office as a senior advisor (9 OCT 12; Silver Spring, MD).
- LTC Thomas and Dr. Adler participated in a planning and training development meeting for the Social Fitness Training being studied with the CA Army National Guard (CAARNG) in early 2013 by WRAIR. The training consists of about 2.5 hours of material designed to enhance group social fitness following deployment (18-20 DEC 12; Silver Spring, MD).
- Dr. Adler and COL Bliese worked with CSF2-Performance and Resilience Enhancement Program (PREP) scientist Dr. Pickering to complete a manuscript on the Ft. Jackson Basic Training trial (6-7 DEC 12; West Point, NY).

BUNDESWEHR VISITS USAMRU-E



Mr. Kreim, Head, Psychology, Bundeswehr, and Dr. Kowalski, Head, Trauma Unit, Military Station Hospital, Berlin, met with USAMRU-E researchers to obtain consultation on their development of a mental health screening program. Mr. Kreim also presented Dr. Adler with a certificate of appreciation for her contributions and support over the years to the psychological service of the Bundeswehr (see photo). The meeting took place in Heidelberg (16 NOV 12). (LTC Thomas, MAJ Wood, and Dr. Adler).

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