



WRAIR FORWARD

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COMMANDER'S CORNER

It is a reality of any organization--especially of the military--that there are personnel transitions; staff members depart. This Commander's Corner is dedicated to honoring a USAMRU-E colleague, mentor and friend, Dr. Kathy Wright, who retired from federal service after serving the Army for 29 years. The latter half of those years were spent here at USAMRU-E, where she made lifelong contributions to military medicine and to enriching the lives of Soldiers and Families. Chief among these contributions was Kathy's leadership of the Psychological Screening studies. From 2002 to 2010, Kathy led a series of validation studies on psychological screening around the deployment cycle for Soldiers that greatly informed the development of the DOD-wide Post-Deployment Health Reassessment. Her diligence, intelligence, and professionalism as the lead scientist resulted in one of the biggest contributions USAMRU-E has made to the Army and DOD. Along with her level of productivity, Kathy was a friend and an advisor to everyone in the unit, the quiet voice of reason amidst the unrelenting demands of planning, budgeting, and executing applied military research. We wish her a well-earned, healthy, and prosperous retirement!

-LTC Jeffrey L Thomas

TRANSFORMATION STUDY HITS FULL SPEED

Transformation study results on the Army communities that closed in Germany in 2013 were briefed by LTC Thomas and MAJ Wood (study lead) to Ms. Marin, Director, Installation Management Command, Europe (26 JUN 2014). The closing communities included Heidelberg/Mannheim, Schweinfurt, and Bamberg. Findings included actions leaders could take to help community members adapt to transformation challenges. Specifically, actions such as providing information about closure and actively demonstrating concern for community members were associated with fewer sleep and psychological problems in community members. In addition, community cohesion and support from local Army services were also associated



SPC Lee (left) discusses the survey with a Spouse at April's Military Child Fair in Kaiserslautern

with fewer sleep and depression problems, less anxiety and anger reported by Soldiers, Family members and Army civilians.

The Transformation study focus has now shifted to military communities increasing in size, including Kaiserslautern and Wiesbaden. These gaining communities potentially experience issues such as lack of

space or lack of medical appointment availability. Numerous data collections took place in the Kaiserslautern area throughout the quarter, with over 80 surveys collected from Soldiers and more than 100 surveys distributed to Spouses at the Military Child Fair (see photo above) at Pulaski Barracks (Ms. Salvi, SPC Lee; 26 APR 14).

In June, MAJ Wood, along with Ms. Salvi, Ms. Eckford, and Mr. Rahey, proctored surveys with various units in the Wiesbaden community, yielding 345 Soldier, 9 Spouse and 92 Civilian surveys collected. Key leader and focus groups were also conducted. Data collection with this community is ongoing.

MOTIVATION AND RESPECT: DRILL SERGEANT QUALITIES ASSOCIATED WITH BETTER MENTAL HEALTH DURING BASIC TRAINING

(New Publication)

Foran, H. M., & Adler, A. B. (2014). Trainee perceptions of drill sergeant qualities during basic combat training. *Military Psychology, 25*, 577-587. doi:10.1037/mil0000023



FUNCTIONAL IMPAIRMENT LINKED TO BEHAVIORAL HEALTH SYMPTOMS ONE YEAR AFTER COMBAT DEPLOYMENT

(New Publication)

Wright, K. M., Cabrera, O. A., Adler, A. B. & Bliese, P. D. (2014). Functional Impairment as a Variable in Adjustment Post-Combat. *Military Psychology, 25*, 545-556. doi: 10.1037/mil0000018



SOLDIERS WITH UNIT SUPPORT REPORT FEWER PTSD SYMPTOMS AND REDUCED STIGMA

(New Publication)

Kelley, C. L., Britt, T. W., Adler, A. B., & Bliese, P. D. (2014). Perceived organizational support, posttraumatic stress disorder symptoms, and stigma in soldiers returning from combat. *Psychological Services, 11*, 229-234. doi:10.1037/a0034892



DEPUTY SURGEON GENERAL VISITS UNIT



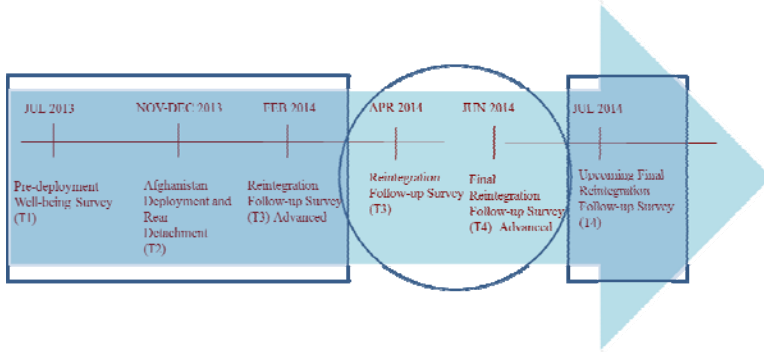
L to R: Ms. Kreilein, SPC Lee, Mr. Rahey, LTC Thomas, MG Lein, MAJ Wood, Dr. Adler, Ms. Eckford, SPC Thomas, & Ms. Salvi.

MG Lein, Deputy Surgeon General, Operations, US Army Medical Command, visited USAMRU-E and was briefed on the unit's program and mission (20 MAY 14).



2CR STUDY: POST-DEPLOYMENT PHASE CONTINUES

Data Collection Timeline



The post-deployment phase of the 2CR Behavioral Health Leadership study progressed this quarter. In April, Dr. Adler (study lead) and LTC Thomas, along with the USAMRU-E team (Ms. Eckford, Ms. Kreilein, Ms. Stephens, SPC Thomas, and SPC Lee), returned to Vilseck (21-25 APR 14), and collected reintegration survey data (Time 3) from nearly 3,000 Soldiers returning from deployment to Afghanistan. Dr. Adler and LTC Thomas met with COL Sims, 2CR Commander, to update him on the study (24 APR 14). Additional assistance with survey processing was provided by Mr. Kim and Mr. Kok from the Military Psychiatry Branch at WRAIR (26 APR-10 MAY 14).

The 4-month post-deployment phase of the study (T4) kicked off when Dr. Adler, LTC Thomas, Ms. Kreilein, Ms. Stephens, and SPC Thomas, returned to administer the final survey with one of the Squadrons that had returned early from deployment (2-5 JUN 14; Vilseck). More than 550 surveys were collected during this final iteration. The team will conduct the final survey with the remainder of the brigade in July.

Dr. Adler provided COL Sims with a brief on T1 and T2 findings (22 MAY 14) and discussed these results with him on 18 JUN 14; CPT Saboe, Military Psychiatry Branch, served as lead data analyst.

NATO CONFERENCE



Dr. Adler delivered a keynote/invited address at the NATO Force Health Protection conference (23-24 JUN 14; Budapest, Hungary). The presentation was entitled "Promoting Psychological Resilience in the Military: An Occupational Health Perspective." The presentation highlighted the importance of considering the military cultural context for understanding and improving Service Member behavioral health.

INTERNATIONAL RESEARCH DOWN UNDER



Dr. Adler served as the US representative at The Technical Cooperation Panel (TTCP), Technical Panel 13, Mental Health and Operational Effectiveness, annual meeting (7-11 APR 14; Sydney, Australia). During the meeting, Dr. Adler and other TP-13 members addressed a meeting of senior Australian Defence Force policy makers, researchers, and clinicians regarding emerging priorities and findings.

USAMRU-E PARTICIPATES IN ERMIC CHANGE OF COMMAND

LTC Thomas and SPC Thomas represented USAMRU-E on the parade field during the Europe Regional Medical Command (ERMIC) Change of Command (22 MAY 14; Sembach).

MEETINGS AND WORKSHOPS

Dr. Adler led a research a program steering committee meeting at WRAIR; LTC Thomas participated as well (13 MAY 14).

LTC Thomas attended the Suicide Research IPR at Fort Detrick (14-15 MAY) as the new Task Area Manager on suicide research (W-3).

LTC Thomas and MAJ Wood attended the 71F Research Psychology Professional Short Course at WRAIR (27-29 MAY 14).

LTC Thomas attended the virtual WRAIR Strategic Workshop (19 JUN 14).

FUTURE COLLABORATIONS

Dr. Adler and MAJ Wood along with LTC Sipos met with Army Research Institute (ARI) leaders at Fort Hood, MAJ Wood's future duty station, to discuss potential collaborative projects (14-15 APR 14; Killeen, TX).



COMBAT OPERATIONAL STRESS CONTROL LEADERSHIP BEHAVIORS LINKED TO BETTER SOLDIER HEALTH

Adler, A. B., Saboe, K. N., Anderson, J. A., & Thomas, J. L. (2014, May). *The Role of Leaders in Sustaining Mental Health in US Troops Preparing for Deployment*. Paper presented at the European Psychiatric Association 17th annual section meeting Epidemiology and Social Psychiatry, Ulm, Germany.

PERSONNEL UPDATES

- SPC Blackwell ETSed from the Army (30 APR 14).
- SGT Whiseant, NCOIC, returned to his job at ERMIC, and SPC Thomas became the USAMRU-E NCOIC (30 APR 14).
- LTC Thomas was appointed to the *Journal of Military Behavioral Health* Editorial Board (4 MAY 14).
- SPC Lee attended the Warrior Leader Course at Grafenwoehr (2-27 JUN 14), graduating on the Commandant's List.



Dr. Kathleen (Kathy) Wright, USAMRU-E's Director of Force Health Protection Program, retired after 29 years of government service (30 APR 14). She was awarded the Meritorious Civilian Service Award signed by LTG Horoho (Army Surgeon General), and she received letters of appreciation from LTG Horoho and MG Carvalho (MRMC Commander). Dr. Wright now resides in Maryland where she is continuing to do science part time.

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