



# Ft. Hood Resilience Training TMA Demonstration Project Preventive Psychological Health

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# Introduction

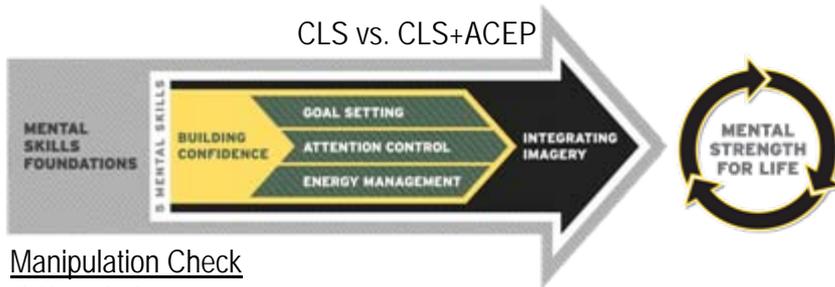
- Evidence-based look at resilience
- Refining definition
- Operational leadership role
- TMA studies: DCoE projects, TMA/FHP&RP  
Preventive Psychological Health Demo Projects



# Study Design, Model, & Hypotheses

## Independent Variable

CLS vs. CLS+ACEP



### Manipulation Check

- ↑ Knowledge
- ↑ Valuation
- ↑ Usage

## Mediators

- ↑ Hardiness
- ↑ Resilience

## Primary Outcomes

↓ Mental Health Risk

↑ Performance



# Methods

- Participants: 1800 deploying Soldiers enrolled in CLS at Fort Hood
- Assignment:
  - quasi-experimental
  - natural scheduling
  - alternating weeks for experimental and control groups
- Procedures:
  - multi-method assessment (self-report, observation, database, focus groups)
  - augmented training intervention (CLS vs. CLS+ACEP)



# Measures & Data Collection

Construct	Measure/ Database	T1: baseline/ pre-training		T2: interim/ post-training		T3: post - deployment	T4: 6 mos. Post- deployment	T5: 12 mos. Post- deployment
Moderators		X	<b>CLS TRAINING</b>		<b>DEPLOYMENT</b>			
Manipulation Checks		X		X				
<b>Hardiness</b>	<b>PVS III-R</b>	<b>X</b>		<b>X</b>				
<b>Resilience</b>	<b>CD-RISC-10</b>	<b>X</b>		<b>X</b>				
<b>Mental Health Risk</b>	<b>PDHA/PDHRA</b>	<b>X</b>				<b>X</b>	<b>X</b>	
<b>Performance</b>	<b>CLS Written/Practical</b>			<b>X</b>				
Qualitative feedback	Focus groups			X				
Axis I & II Diagnoses							X	
Healthcare Utilization					X		X	



# Why Combat Life Saver training?

## Classroom:



## Simulated Battlefield:





# Expected Outcomes of the Study

- **Analysis of ACEP training on CLS performance and post-deployment mental health**
- **Enhance training to obtain desired effects**
- **Reduced post-deployment mental health risk**



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