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

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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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