Defender’s Edge (DEFED) Program Evaluation Results
Camp Shelby RTC - Dec 09

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Camp Shelby DEFED Format

- Date: 3 Dec 09
- Four 30-min modules delivered to each squad
  - 2 hrs blocked for back-to-back module training
  - 2-3 squads per session, 9 squads total
- One 30-min leadership module to unit leaders
- 165 Airmen completed evaluations
## DEFED Format Changes

<table>
<thead>
<tr>
<th>Balad format</th>
<th>Camp Shelby format</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 5x 30-min modules</td>
<td>• 4x 30-min modules</td>
</tr>
<tr>
<td>• 1 module per 1-2 wks</td>
<td>• Back-to-back modules</td>
</tr>
<tr>
<td>• Program spanned 2 mos</td>
<td>• 2-hr block of training</td>
</tr>
<tr>
<td>• Psychologist embeds w/ unit to reinforce skills</td>
<td>• No psychologist embed w/ RTC training to reinforce</td>
</tr>
<tr>
<td>during training/activities</td>
<td>skill learning</td>
</tr>
</tbody>
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Overall DEFED Ratings

- Help complete mission: 72%
- Easy to understand: 86%
- Relevant to mission: 77%
- Worthwhile: 67%
- Recommend to friend: 70%
- Routine training: 70%
- Provide to all: 64%
- Use information: 73%

Graph showing the percentage of participants agreeing with various statements.
Usefulness of Modules

- Fatigue: 80%
- Adrenaline: 77%
- Mind Tactics: 79%
- Killing: 78%
Open Responses

Liked best:
• Sleep tips / strategies
• Sleep education
• Experience of facilitator
• Customization to SF

Skills most likely to use:
• 30/90 rule
• Sleep tactics and strategies
• Breathing techniques

Liked least:
• Classroom format
• Length of class
• Timing of training
• Repetition of material

Other recurring theme:
• Do not turn into computer training!!!
Conclusions / Recommendations

• Camp Shelby ratings similar to Balad ratings
• Fatigue countermeasures very popular
• Recommendations for RTC training:
  – Identify ways to spread out training across RTC
  – Maximize integration of DEFED facilitator(s)
• Recommendations for overall DEFED:
  – Develop strategies to reinforce skills in AOR
  – Re-assess ratings during and/or postdeployment