



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





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	CLS TRAINING		DEPLOYMENT				
Manipulation Checks		X		X					
Hardiness	PVS III-R	X		X					
Resilience	CD-RISC-10	X		X					
Mental Health Risk	PDHA/PDHRA	X				X	X		
Performance	CLS Written/Practical			X					
Qualitative feedback	Focus groups			X					
Axis I & II Diagnoses							X		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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