



# ‘WRAIR Forward’

SEPTEMBER 1998, NO. 5

This activities report is published by the U.S. Army Medical Research Unit-Europe,  
Walter Reed Army Institute of Research, U.S. Army Medical Research and Materiel Command

## COMMANDER'S CORNER

In his book, *The structure of scientific revolutions*, Thomas S. Kuhn defines research paradigms as broad explanatory concepts that link an entire field of study. Research paradigms are important because lacking a paradigm, science can be a haphazard affair, with data collected essentially at random. Without a paradigm, scientists ignore each other's findings and new speculations appear continually. Paradigms provide scientists with very concrete decisions about problems that should be researched, the best way to perform experiments, and what experimental procedures should be used.

At the U.S. Army Medical Research Unit-Europe, we have developed a soldier and unit operations tempo (OPTEMPO) readiness model to guide our scientific investigations. Whether this new approach represents a paradigmatic shift in military medicine remains to be determined. We are confident, however, that the results generated from this research model will contribute directly to enhancing the combat readiness of the forward-deployed soldier.

-MAJ Carl A. Castro

## USAMRU-E Deploys in Support of Psychological Screening

At the request of LTC Noback, Task Force (TF) Eagle Command Surgeon, the USAMRU-E deployed to Bosnia to support on-site psychological screening. Since May 1998, TF Eagle soldiers have been screened in a new decentralized program at base camps in Bosnia. Prior to May 1998, the psychological screening for soldiers redeploying from Bosnia was centralized in Tazsár, Hungary.

A USAMRU-E clinical team, Dr. Adler (13-18 AUG) and CPL Calhoun (13 AUG-13 SEP), deployed in support of the second round of psychological screening in Bosnia. On 24 August at Eagle Base, MAJ Castro and CPT Bienvenu briefed LTC Noback and his staff on the results of the first round of decentralized screening conducted in May-June 1998. This information was also briefed to BG Kussman, CDR, ERMC/CSURG, USAREUR, and COL Cross, Deputy CDR, ERMC, on 27 August.

The brief noted that there were few significant differences among base camps in Bosnia, and that 95% of soldiers

passed through the screening without referrals. The brief also noted that the decentralized screening was a success.

Bienvenu, R. V., Adler, A. B., & Castro, C. A. (1998, August 28). **Joint medical surveillance in Bosnia: Psychological screening. Report VI: Task Force Eagle decentralized screening May-June 1998.**

## Garrison Norms Established for ‘Medical Surveillance’ Study

The Garrison Study, supported through funds from the European Regional Medical Command (ERMC), was completed in July 1998. A total of 790 soldiers in garrison were screened with psychological and physical measures used in the Joint Medical Surveillance Program in Bosnia in order to establish comparison norms. The USAMRU-E collected data from 11 different companies across Germany.

Overall, soldiers reported low rates of psychological and physical symptoms. Bosnia rates on measures of post-traumatic stress and depression were significantly lower than garrison rates. Soldiers in Bosnia also reported less physical problems than did soldiers in garrison. In FY99, the USAMRU-E plans an additional study to develop norms with nondeployed Air Force personnel.

Castro, C. A., Adler, A. B., & Huffman, A. (1998, September 8). **The physical and mental health status of soldiers in garrison compared to military personnel in Bosnia. Final Report: APR-JUL 98.**

- Briefed to BG Kussman, CDR, ERMC/CSURG, USAREUR
- Briefed to MG Hickerson, DCSPER, USAREUR, and staff (LTC (P) Nolan, LTC Degenhardt, & Mr. Siemann)

## Update: OPTEMPO Research Protocol

The USAMRU-E's research protocol, ‘A human dimensions assessment of the impact of OPTEMPO on the forward-deployed soldier’ (WRAIR #700):

- Protocol approved by the WRAIR on 3 SEP 98
- Study proposal briefed to MG Hickerson and BG Kussman

## New Research Projects in FY99

There are three research projects that are planned for execution in FY99:

- The Joint Medical Surveillance Screening Program in Bosnia and Herzegovina
- The new garrison medical surveillance study in cooperation with the Air Force
- The Operational Tempo (OPTEMPO) proposal to assess the impact of OPTEMPO on the forward-deployed soldier

These projects are dependent on outside funding, and require additional scientific and technical support and staffing.

Castro, C. A. (1998, July 16). **Joint medical surveillance in Bosnia: Psychological screening. Decision brief.** Prepared for BG Kussman, CDR,ERMC/CSURG, USAREUR.

Castro, C. A. (1998, September 25). **The impact of OPTEMPO/PERSTEMPO on the forward-deployed soldier: A research proposal.** Brief for BG Kussman, CDR, ERMC/CSURG, USAREUR.

## MG Parker, Commanding General, USAMRMC, Visits Heidelberg

MG John S. Parker, Commanding General, U.S. Army Medical Research and Materiel Command, Ft. Detrick, MD, honored the unit with a visit on 16 July 1998. Along with his staff, MAJ Castro briefed MG Parker on personnel and budget issues.



From left to right, Ann Huffman, Dr. Amy Adler, CPL Calhoun, MG Parker, MAJ Castro, Evelyn Golembe, CPT Bienvenu, & SGT Lawrence.

Castro, C. A. (1998, July 16). **Organizational relationships and personnel and budget issues.** Prepared for MG Parker, Commanding General, U.S. Army Medical Research and Materiel Command, Ft. Detrick, MD.

## Unit Visitors

MAJ Castro briefed COL Robert H. Vandre, Chief, Device Sciences Division, USAMRMC, Ft. Detrick, MD, on the unit's research activities on 29 June 1998.

COL Gregory L. Belenky, Director, Division of Neuropsychiatry, WRAIR, Washington, DC, conducted a scientific review of the USAMRU-E's research program from 13 to 17 September 1998.

COLs Vandre and Belenky were highly complimentary of the unit's research program and the staff's professionalism.

## USAMRU-E Research Reports\*

The USAMRU-E research report series now consists of a total of 27 reports. The two-page format is short, easy to read, and data-based. The series is distributed to commanders, community leaders, and mental health professionals in CONUS, OCONUS, and NATO countries.

Adler, A. B., & Golembe, E. H. (1998, March 12). **The impact of OPTEMPO on soldiers and families.** USAMRU-E Research Report #25.

Castro, C. A. (1998, August 13). **The impact of deployment length on soldier morale, cohesion, and mental health.** USAMRU-E Research Report #26.

Bienvenu, R. V. (1998, September 23). **On-site Psychological Screening in Bosnia.** USAMRU-E Research Report #27.

\*This series is also available in French and German.

## Special Recognition

CPL Calhoun was awarded the Armed Forces Service Medal and the NATO Medal for duty in support of the peacekeeping mission in Bosnia. She also received a Certificate of Appreciation from MG Ellis, CDR, Task Force Eagle.

## “Hail and Farewell”

Ms. Phyllis Cox joined the unit's administrative section on August 10, 1998.

Ms. Teresa Spohn was hosted at a farewell luncheon on 29 September. Ms. Spohn served as a research assistant from 22 June 1995 to 30 September 1998.

Mr. Christopher Reinish ended his position as research assistant on 1 October. Mr. Reinish served as a research assistant from 15 January 1997 to 1 October 1998.

This is an unofficial Army publication, authorized under the provisions of AR 360-81, and published quarterly in the interest of the U.S. Army Medical Research Unit-Europe, CMR 442, APO AE 09042 (DSN: 371-2626/2007). Editorial views and opinions expressed herein are not necessarily those of the Department of the Army.  
Commander, USAMRU-E  
Editor

MAJ Carl A. Castro  
Evelyn H. Golembe