



‘WRAIR Forward’

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COMMANDER’S CORNER

William James, the founder of modern psychology, wrote nearly 100 years ago, “*preparation for war by nations is the real war*, permanent, unceasing, and that the battles are only a sort of public verification of mastery gained during the ‘peace’ interval.” Military leaders know this statement to be true. As the pace of military operations continues to increase, however, less and less time is spent on preparation during this “peace” interval.

The main objective of the U.S. Army Medical Research Unit-Europe’s USAREUR Operations/Personnel Tempo Study is to determine precisely how this increase in the number of military operations affects soldier and unit readiness. We do this by measuring a variety of readiness outcomes and relating them to unit and soldier activity. War planners can then use this information to help ensure that the combat readiness of the forward-deployed soldier remains high.

-MAJ Carl A. Castro

OPTEMPO/PERSTEMPO Study is Underway

The unit began its initial data collection for the U.S. Army, Europe, & 7th Army OPTEMPO study in June at a rapid pace. The assessment involves 10 companies from the 1st Armored Division (1AD), 1st Infantry Division (1ID), V Corps, 21st Theater Support Command (21st TSC), U.S. Army Southern European Task Force (USASETAF), and



battalion, brigade, and divisional staff sections. The same ten companies will be followed over a 2-year period. The goal will be to assess each company in

Soldier Study of Units Deploying to Kosovo

At the request of GEN Meigs, Commanding General, USAREUR, and in cooperation with the MG Hickerson, DCSPER, USAREUR, the unit designed a soldier study conducted with 1st ID units in Germany. A technical brief based on the responses of 2,094 soldiers was presented to the DCSPER, USAREUR, on 28 April 1999. The study is a longitudinal assessment (pre-, mid- and post deployment) of soldiers deployed to Kosovo. Plans for the mid-deployment assessment are in progress. A partial summary for the predeployment phase is as follows:

- Soldiers are extremely well-led and ready to deploy.
- Soldiers with deployment experience had more soldier pride than those with no deployment experience.
- Soldiers report that 2 deployments in a 3-year period, with the deployment lasting 5 to 5½ months, is ideal.
- Deployment load was higher for combat arms units than for CS, CSS, and headquarters units.
- 42% of soldiers reported that they would remain in the military beyond their current obligation.

Castro, C. A., Huffman, A. H., Adler, A. B., & Bienvenu, R. B. (1999, May 10). **USAREUR Soldier Study.**

Senior Leader Study

Following approval by USAREUR and identifying volunteers for the study, the unit began data collection for an approved study which proposes to characterize the personnel tempo (workload) of senior leaders in USAREUR, and to obtain their views on how the pace of operations in USAREUR affects soldier readiness. Workload will include movement (as measured by the actigraph monitor), locomotion (as measured by the boot strike monitor), salivary measures of stress, and perceived

Announcing USAMRU-E's Homepage

The URL address for the unit's homepage is:

<http://www.hqusareur.army.mil/MedicalResearchUnit>

For comments, contact USAMRU-E's webmaster, Ms. Terry Aaron. Special thanks are extended to LTC Davis, SPC Krayenhagen, SGT Eiadah, and SSG Welch, USAREUR Public Affairs Office, for their support.

Joint “Medical Surveillance” Program

The USAMRU-E serves as the organization which processes the primary screens on post-traumatic stress symptoms, depression, and alcohol problems, as well as the secondary interview screens completed by soldiers at base camps throughout the Bosnia area of operations. Activities conducted this quarter:

- Received 5,347 surveys from the 1st CAV in the period 11 MAR – 5 JUL 99.
- The database contains approximately 67,000 cases.

Consultations & NATO Contacts

- Dr. Barbara Hauröder, microbiologist/electron microscopist, Central Institute of the German Armed Forces Medical Service, 30 April, in Heidelberg.
- LTC (Reserves) Ludwig Uhlmann, scientific director, Center for Leadership, 21 May, in Heidelberg.
- COL Peter Wittels, M.D., Austrian Foreign Missions Command, and Dr. Bernd Johannes, Department of Physiology, Free University of Berlin, 28-29 May, in Berlin.
- John Matthern, Europe Regional Medical Command (ERMC), consult on the development of a USAAA civilian care survey, ongoing, in Heidelberg.
- LTC Kevin Watson, DA, DCSPER, re: research exchange regarding the Rand Corporation's analyses on PERSTEMPO and other readiness indicators.

Review & Analysis by the RAIII

The unit participated in a comprehensive review of its research programs, operating costs, and core budget conducted by LTC Karl Friedl and LTC Michael Leggieri, U.S. Army Medical and Materiel Command, Ft. Detrick, on 13-15 May.

Publications

Adler, A. B., Huffman, A. H., & Castro, C. A. (1999, March 19). **Psychological screening with deployed and nondeployed soldiers**. DTIC ADA361535.

Britt, T. W., & Adler, A. B. (1999, April). Stress and health during medical humanitarian assistance missions. **Military Medicine**, **164** (4), 275-279.

Castro, C. A., & Adler, A. B. (in press). The impact of operations tempo on soldier and unit readiness. **Parameters**.

Castro, C. A., & Adler, A. B. (1999, May 24-28). Military deployments and soldier readiness. **Proceedings of the 35th International Applied Military Psychology Symposium** (Abstract). Ministero della Difesa, Firenze, Italy.

Huffman, A. H., Adler, A. B., & Castro, C. A. (1999, March 19). **The impact of deployment history on the well-being of military personnel**. DTIC ADA361109.

Presentations

Castro, C. A., & Adler, A. B. (1999, May 27). Military deployments and soldier readiness. **35th International Applied Military Psychology Symposium**. Ministero della Difesa, Firenze, Italy.

Castro, C. A., Adler, A. B., Huffman, A. H., & Bienvenu, R. V. (1999, May 24). The physical and mental health of soldiers in garrison compared to military personnel in Bosnia. Presented by A. H. Huffman & R. V. Bienvenu at the **MSC Symposium**, Weinheim.

Castro, C. A., Adler, A. B., Huffman, A. H., & Bienvenu, R. V. (1999, May 26). The physical and mental health of soldiers in garrison compared to military personnel in Bosnia. Presented by A. H. Huffman at the **MSC Symposium**, Weinheim.

Hail & Farewell

- Ms. Shelley Robertson and Ms. Paige West, research