



'WRAIR Forward'

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COMMANDER'S CORNER

Our two-year study of operations tempo of soldiers in USAREUR/7A is underway, and we have just completed the first of eight scheduled data collections. While some of our findings will be quite obvious ones, others will not be. As D.O. Hebb and W.R Thompson astutely, and succinctly, noted over fifty years ago, "everyone knows a lot of things that are not true." One task of military scientists is to sort out among the obvious facts the true from the untrue, the useful ideas from the useless. A main objective of our OPTEMPO Study is to determine what the facts really are and to present these facts in the simplest form possible. The reason for keeping things simple is that, when things get rough, it is far too easy to postulate complex explanations that possess absolutely no predictive power. Our goal is to develop simple models that accurately predict the impact of operations tempo on soldier and unit readiness.

-MAJ Carl A. Castro

USAREUR OPTEMPO Study In-Progress Report (IPR)

Based on the first data collection, the initial findings for the U.S. Army, Europe, & 7th Army (USAREUR/7A) OPTEMPO and PERSTEMPO study provide empirical support for a research model that predicts levels of operations and personnel tempo that **both** enhance and decrease soldier readiness. Important relationships between the tempo measures and military outcomes are emerging, but the precise relationships require further analyses and model development.



Soldiers from the Southern European Task Force (SETAF), Vicenza, Italy, complete the OPTEMPO survey.

Arabia (January 2000). The next IPR is planned for January 2000. The technical brief that follows summarizes

The second data collection effort is scheduled from October to December 1999. Two deployments involving the study's units have been planned to Kosovo (December 1999) and to Saudi

the preliminary findings for the first data collection effort of the 2-year study.

Castro, C. A., Huffman, A. H., Bienvenu, R. V., & Adler, A. B. (1999, August 31). **USAREUR/7A OPTEMPO and PERSTEMPO Study. In-Progress Report (IPR) - September 1999.** Technical Brief presented to BG Kussman, Command Surgeon, USAREUR, & MG Hickerson, DCSPER, USAREUR.

USAREUR Kosovo Soldier Study

This soldier study is in support of 1st Infantry Division (1ID) units deploying to Kosovo on Operation Joint Guardian "TF Falcon". The USAMRU-E deployed a human dimensions research team (MAJ Castro as team leader, CPT Bienvenu, CPL Calhoun, and MAJ Warrington, ODCSPER, USAREUR) to Camp Bondsteel, Kosovo (7-9 September) in preparation of the mid-deployment data collection effort. Another deployment to administer surveys and conduct interviews is planned for the first week of October. A technical brief summarizing the findings for the Kosovo mid-deployment assessment is being finalized.

Senior Leader Study

The Senior Leader Study is designed to assess the workload and wellbeing of senior leaders in Europe. This study involves the use of interviews, surveys, the actigraph (sleep) monitor, and the BootStrike (caloric expenditure) monitor. The study is being conducted at locations in Germany and Italy. The survey and interview include physical and psychological health indicators, and workload and personnel tempo measures. The study is approximately 30% complete.

USAMRU-E's Homepage

For an introduction to our research activities, please check our homepage. Our URL address is:

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

New material added to the homepage includes:

- USAREUR/7A OPTEMPO and PERSTEMPO Study.
- USAREUR/7A Kosovo Soldier Study – Pre-deployment.
- USAREUR/7A Kosovo Soldier Study – Mid-deployment.

Gulf War Illnesses Research Program

As part of the Department of Army's Gulf War Illnesses Research Program, formerly referred to as the "Medical Surveillance" program, the USAMRU-E collects, processes and analyzes data from primary and secondary screens used to measure symptoms associated with traumatic stress, depression, and alcoholism. Psychological screening surveys and secondary screening interviews are completed by soldiers participating in "Operation Joint Forge" at base camps throughout the Bosnia area of operations prior to redeploying. The USAMRU-E also processes surveys and interviews completed by 1AD Iron Soldiers returning from Task Force Hawk. Activities conducted this quarter:

- Received 2,513 surveys from Operation Joint Forge in the period 5 JUL-4 OCT 99.
- The updated database contains approximately 70,000 processed cases.
- Collected 1,078 Task Force Hawk post-deployment "Iron Soldier" surveys from 1AD.

Adler, A. B., Huffman, A. H., & Castro, C. A. (1999, August). Psychological screening with deployed and nondeployed soldiers. Poster presentation for the **Annual Conference of the American Psychological Association**, Boston, MA.

Huffman, A. H., Adler, A. B., & Castro, C. A. (1999, August). The impact of deployment history on the well-being of military personnel. Paper presented at the **Annual Conference of the American Psychological Association**, Boston, MA.

Crow, B. D., & Castro, C. A. (1999, 29 August -3 September). Redeployment psychological screening for Operation Joint Guard. Presented at the **Behavioral Science Short Course**, Bethesda, MD.

Air Force Garrison Study Takes Off

In September, CPT Bienvenu and Ms. Huffman met with U.S. Air Force-Europe (USAFE) personnel stationed in Lakenheath to assist with an OPTEMPO study for Air Force personnel in garrison. Data collection is now underway. Non-deployed Air Force personnel are completing the psychological battery questionnaire that screens those airmen in need of follow-up mental health referrals. To date, 767 surveys have been processed from Ramstein Airbase. The study should be complete by early 2000.

On another USAFE initiative, Ms. Huffman prepared a statistical report for MAJ Richard, USAFE, which summarizes the results of a survey, "Operation Allied Force OPTEMPO." This survey, administered by USAFE personnel, was completed by 497 airmen in Aviano, Italy.

Request for Research Assistance

At the request of MG Hickerson, DCSPER, USAREUR, and COL Hale, Chief, MPPD, MAJ Castro and Dr. Adler are helping summarize USAREUR research on leadership for the upcoming USAREUR Senior Leader Conference.

Cooperative Study Moves Forward

COL (Dr.) Peter Wittels, Austrian Foreign Missions, coordinated a second planning meeting for the International Cooperative Study to begin in the spring of 2000. This study brings together researchers from Austria, Germany, France, and the U.S. in an effort to look at the psychophysiological functioning of Austrian Special Forces soldiers. In meetings held 20-22 September in Vienna, MAJ Castro and Dr. Adler reviewed the Austrian research protocol with COL Wittels, met with the Commander of the Austrian Military Hospital, and briefed the Commander of the Special Forces unit that will be participating in the study.

Parameters Article on OPTEMPO

The theoretical model of the unit's OPTEMPO research program is described in a recent publication by Major Castro and Dr. Adler.

Castro, C. A., & Adler, A. B. (1999, Autumn). OPTEMPO: Effects on soldier and unit readiness. *Parameters*, 86-95.

USAREUR Family Circular

Responding to a request from units preparing to deploy to Kosovo, Ms. Golembe has facilitated a reprint of **USAREUR Circular 608-2, U.S. Army Families in USAREUR, Coping with Separation**. The circular, based on USAMRU-E's family research, is also available on the web:

<http://www.aeaim.hqusareur.army.mil/library/home.htm>

Hail & Farewell

- SGT Marta Mitchell, newly assigned USAMRU-E NCOIC, reported for duty on 5 August 1999.
- Mr. Tommy Jackson, Ms. Angela Salvi and Ms. Sharon Swarner, research assistants, and Dr. Jack Martinez, principal investigator, joined the staff on 1 October.
- Ms. Lisa Chandler, research assistant, ended her position 30 September 1999. We wish her well in her new activities.

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Editorial views and opinions expressed herein are not necessarily those of the Department of the Army.

Commander, USAMRU-E

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