



‘WRAIR Forward’

March 2000, NO. 11

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

It is a basic fact that science never “proves” anything. Proof is only found in such disciplines as logic and mathematics, where initial conditions are defined. Indeed, the public is mistaken that science *does* prove things. Science is a knowledge system based on empiricism. This means that science is concerned with the testing of hypotheses. Research studies are executed in order to collect data that either support or refute a particular hypothesis to determine truth, not “prove” something to achieve it. Thus, the path from theory to prediction must be defined, and the mechanical processes and material products specified. Without this, predictions cannot be tested with empirical methods (i.e., the scientific method). This is no easy feat, and this is what makes science a rewarding and challenging endeavor.

-MAJ Carl A. Castro

Human Dimensions Research Teams Deploy to South West Asia & Kosovo

The objective of the OPTEMPO/PERSTEMPO study is to determine the impact of the USAREUR’s current high operations and personnel tempo on soldier and unit



Soldiers from the 69th Air Defense Artillery completing surveys at Al Jaber.

readiness. The unit has identified 10 company-size units that are being followed over a two-year period while they are in garrison, participating on deployments and in training exercises.

As part of the third of eight data collections, a research team led by the commander recently deployed to South West Asia (SWA). MAJ Castro, Ann Huffman, and Paige West surveyed and conducted interviews with the soldiers of the B, 5-7, 69th ADA, a Patriot Missile battalion on a 5-month deployment in support of Operation Provide Cover. CPT Bienvenu led another research team to Kosovo to survey the soldiers of C Company, 201st Forward Support Battalion (FSB), 1ID. The 201st FSB’s seven and a half month mission was preceded by nearly two years of training and field exercises, making them especially qualified to address the effects of high OPTEMPO on soldiers.

CPT Bienvenu is scheduled to lead another team back to Kosovo to observe the 201st FSB in early May.



Two members of the Kosovo Team, on left, Coleen Crouch and SGT Mitchell at Camp Bondsteel.

In keeping with the aim of assessing the effects of OPTEMPO in three different military environments, the unit deployed two research teams to collect data during training exercises, and five research teams to study units in garrison.

Huffman, A. H., Adler, A. B., & Castro, C. A. (2000, February). **USAREUR/7A OPTEMPO and PERSTEMPO Study. In-Progress Report (IPR 2).** Briefed to MG Campbell, CofS, BG Kussman, Command Surgeon, and CSM Lady, USAREUR.

Senior Leader Study

In cooperation with the Commanding General, European Regional Command, the USAMRU-E is studying the workload of senior leaders in USAREUR. As of March, data collection for the Senior Leader Study is complete, and the data are currently being prepared for presentation.

Heidelberg Public Affairs Office. (2000, February 29). Medical researchers study Army leaders. Insert in **The Stars and Stripes** (6th ASG’s The Citizen).

2nd International Conference on Military Deployments

The unit has organized a call for presentations and is assembling a distinguished list of participants as part of its 2nd International Conference on Military Deployments to be held 5-7 September in Heidelberg. The title of the conference is: “The Future of Warfare: Sustaining Military Performance in an Environment of High Operations Tempo.”

Papers that examine the impact of workload on soldier health and performance are especially encouraged. We are interested in attracting foreign military scientists from NATO/PPF nations. You may submit your abstract of 300-500 words electronically: carl.castro@hbg.amedd.army.mil

USAREUR Kosovo Soldier Study

The USAREUR Soldier Study entered its final phase with the post-deployment data collection in March 2000. 1st Infantry Division soldiers and officers (N=1,215) completed surveys in Germany 1-2 months after their return from a six-month deployment to Kosovo. In addition to survey data, several interviews were conducted with key leaders and small groups of enlisted soldiers. Merged data sets reveal that 666 soldiers responded on both the mid-deployment and post-deployment surveys, while 186 responded to all three surveys.

Findings will be reported in April and will be integrated with results from the pre- and mid-deployment data collections.

Gulf War Illnesses Research Program

As part of Department of Army's Gulf War Illnesses Research Program, formerly referred to as the "Medical Surveillance" program, the USAMRU-E processes the primary and secondary screens used to measure symptoms associated with traumatic stress, depression, and alcoholism. Although the screening ended in October 1999, the USAMRU-E continues to receive and process the surveys of soldiers re-deploying from "Operation Joint Forge" (OJF).

As commanders continue to recognize the value of the screening, the USAMRU-E has received new requests for post-deployment and re-deployment screening surveys. Currently, we are working with the IID Surgeon to produce a screening instrument that will assess acute psychological distress at re-deployment. We have also written a proposal for a new research project aimed at measuring psychological readiness at three distinct phases of deployment—pre, re and post.

Activities conducted this quarter:

- Completion of, and translation into German and French, USAMRU-E Research Report #28.
- Submitted an abstract, "Assessing psychological readiness in U.S. soldiers following NATO operations," to the XXXIII International Congress of Military Medicine.
- At the request of COL Dombroski, IID Surgeon, produced an "acute stress" re-deployment survey for administration to IID soldiers re-deploying through Macedonia from Kosovo.
- At the invitation of COL Doyne, U.S. liaison officer assigned to the German Armed Forces Medical Academy (Sanitätsakademie) in Munich, Dr. Martinez presented at the Deployment Medicine Course to 20 military physicians from Germany and Estonia.
- Completion of data analysis and technical brief for the 1AD Iron soldier psychological post-deployment screening program.

Huffman, A. H., Martinez, J. F., Adler, A. B., & Castro, C. A. (2000, January 4). **Post-deployment psychological screening of 1AD soldiers serving in Albania, Kosovo, and Macedonia.** Technical Brief prepared for the Commanding General, 1AD, & Division Surgeon, IAD.

Martinez, J. F. (2000, February 18). *Iron soldiers: Psychological screening of soldiers supporting Task Force Hawk.* **USAMRU-E Research Report #28.**

USAMRU-E staff attend 71F PPSCP

MAJ Castro and CPT Bienvenu participated in this year's Research Psychologist (71F) Professional Postgraduate Short Course Program.

Castro, C. A. (2000, February 23-25). Complementarity theory and organizational change: A case study. Presented at the **Research Psychologist (71F) Professional Postgraduate Short Course Program (PPSCP)**. Walter Reed Army Institute of Research, WASH, DC.

Commander, USAMRU-E presents at the Medical Surgical Conference

MAJ Castro presented data on the mental and physical health of soldiers, as well as on the role of medical research in understanding combat readiness issues.

Castro, C. A. (2000, March 26-30). Impact of military deployments on the mental and physical health status of male and female soldiers. **Medical Surgical Conference**, Sonthofen, Germany.

Castro, C. A. (2000, March 26-30). The role of medical research in enhancing the combat readiness of the forward-deployed soldier: The U.S. Army Medical Research Unit-Europe. **Medical Surgical Conference**, Sonthofen, Germany.

Hail & Farewell

- Congratulations to Dr. Amy B. Adler, in her new position as Science Coordinator and Research Psychologist, GS-13, effective 13 March 2000.
- Ms. Kristine Winstead began her tenure as a research assistant on 1 April 2000.

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). This issue was approved by HQ, WRAIR for release. Editorial views and opinions expressed herein are not necessarily those of the Department of the Army. Visit our homepage at <http://www.hqusareur.army.mil/medicalresearchunit/> to view our most recent briefs and reports. For information on our research initiatives, contact: carl.castro@hbg.amedd.army.mil.
Commander, USAMRU-E
Editor

MAJ Carl A. Castro
Evelyn H. Golembe