



A Model of Psychological Resilience for the Netherlands Armed Forces



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Program for the next 30 minutes:

1. Development of model psychological resilience
2. Illustrative data gathered in Afghanistan
3. LtCol dr. Coen van den Berg:
“Influence of Resilience on long term adaptation”



1. Development of the model on Psychological Resilience

Objective:

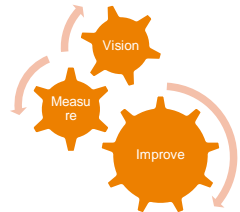
- Insight in psychosocial determinants of resilience in military domain
- Theoretical basis for projects on monitoring and interventions

Results:

- Model of determinants of psychological resilience for military domain

Approach:

- Literature review
- Interviews Defense experts





Method

› Literature review:

- › 1027 publications
- › +/- 50 psychosocial determinants

Boermans, S., Delahaij, R., Korteling, H., & Euwema, M. (2012)

› Interviews:

- › 17 in-depth interviews with Defense experts (Behavioral Sciences Institute, Military Mental Health Care, Selection, Sport Organisation, Leadership Centre, Training Physiology)

› Integration

- › 1 definition, 1 model



Model of Resilience

‘the ability to continue to perform optimally during stressful situations, shocking incidents and setbacks, and to make a positive recovery afterwards, both in the short term and in the longer term, while still having the motivation to remain in and achieve the goals of military service’.

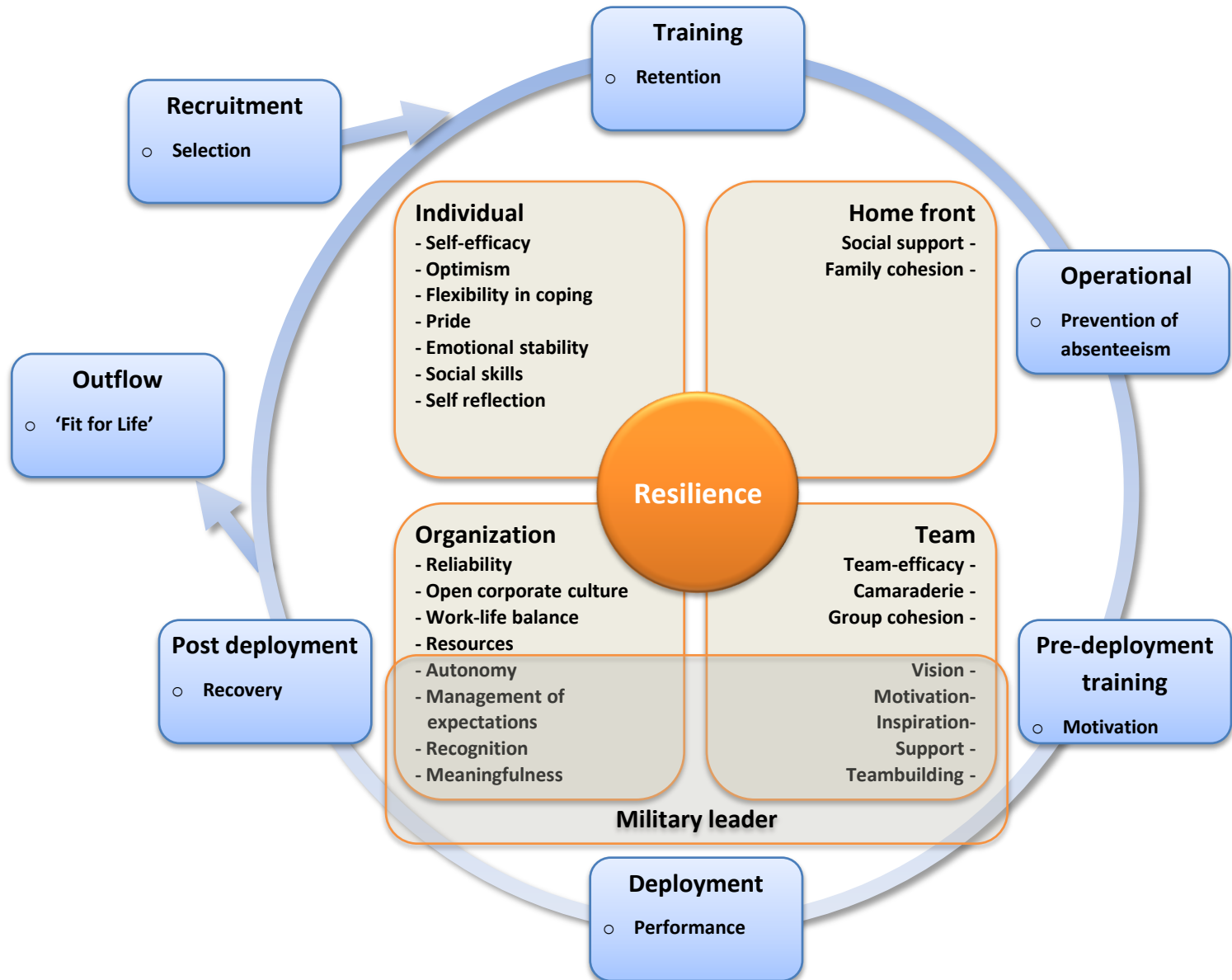




Model of Resilience

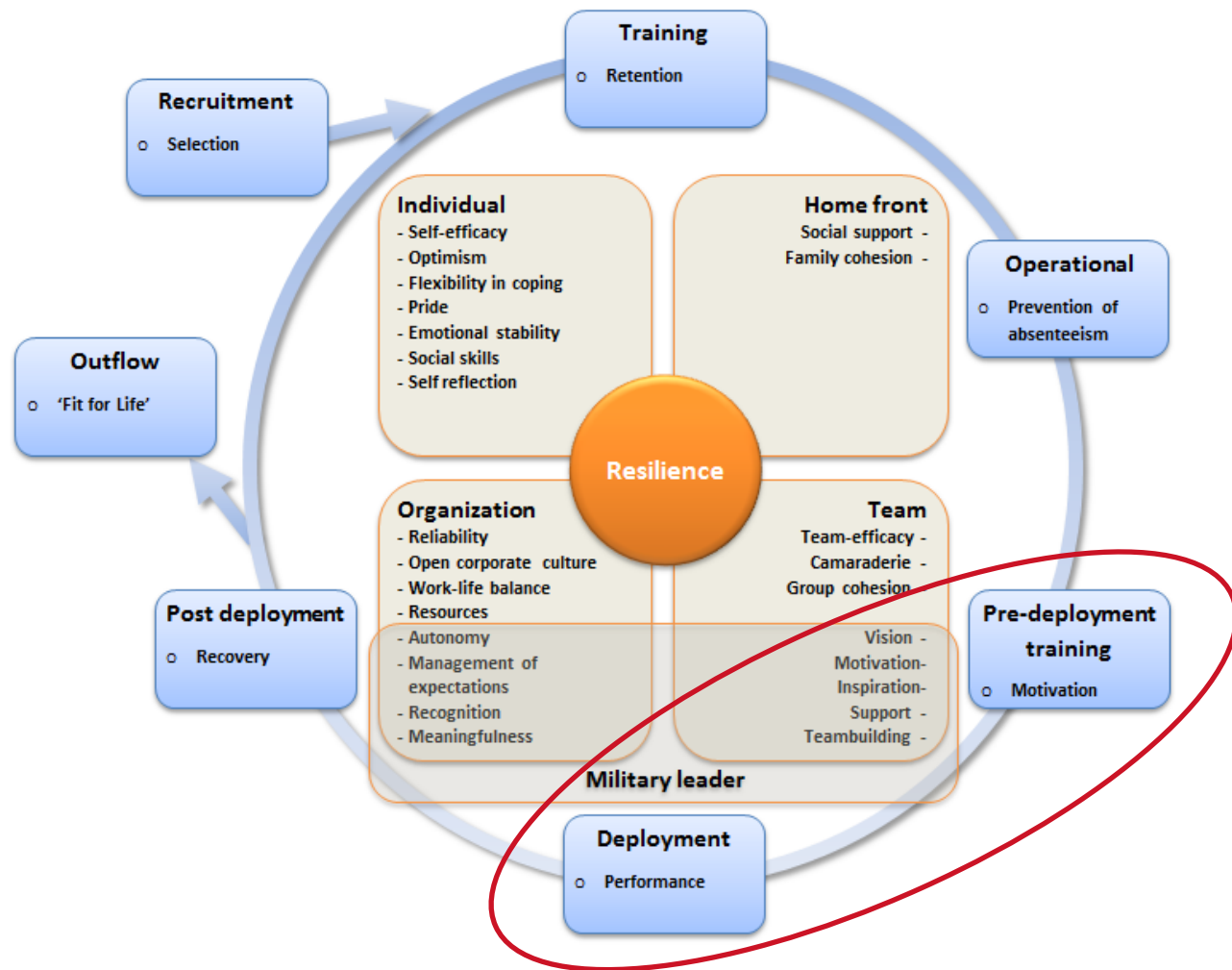








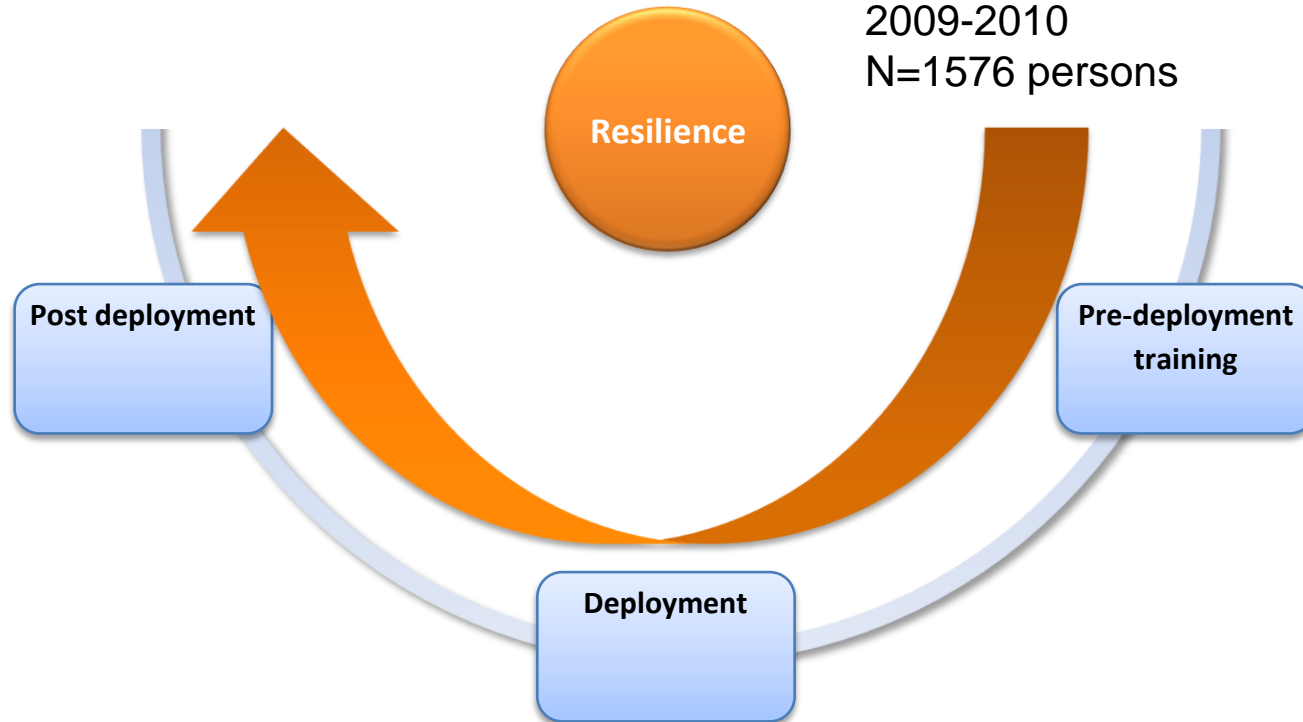
2. Illustrative data gathered in Afghanistan





Data collection

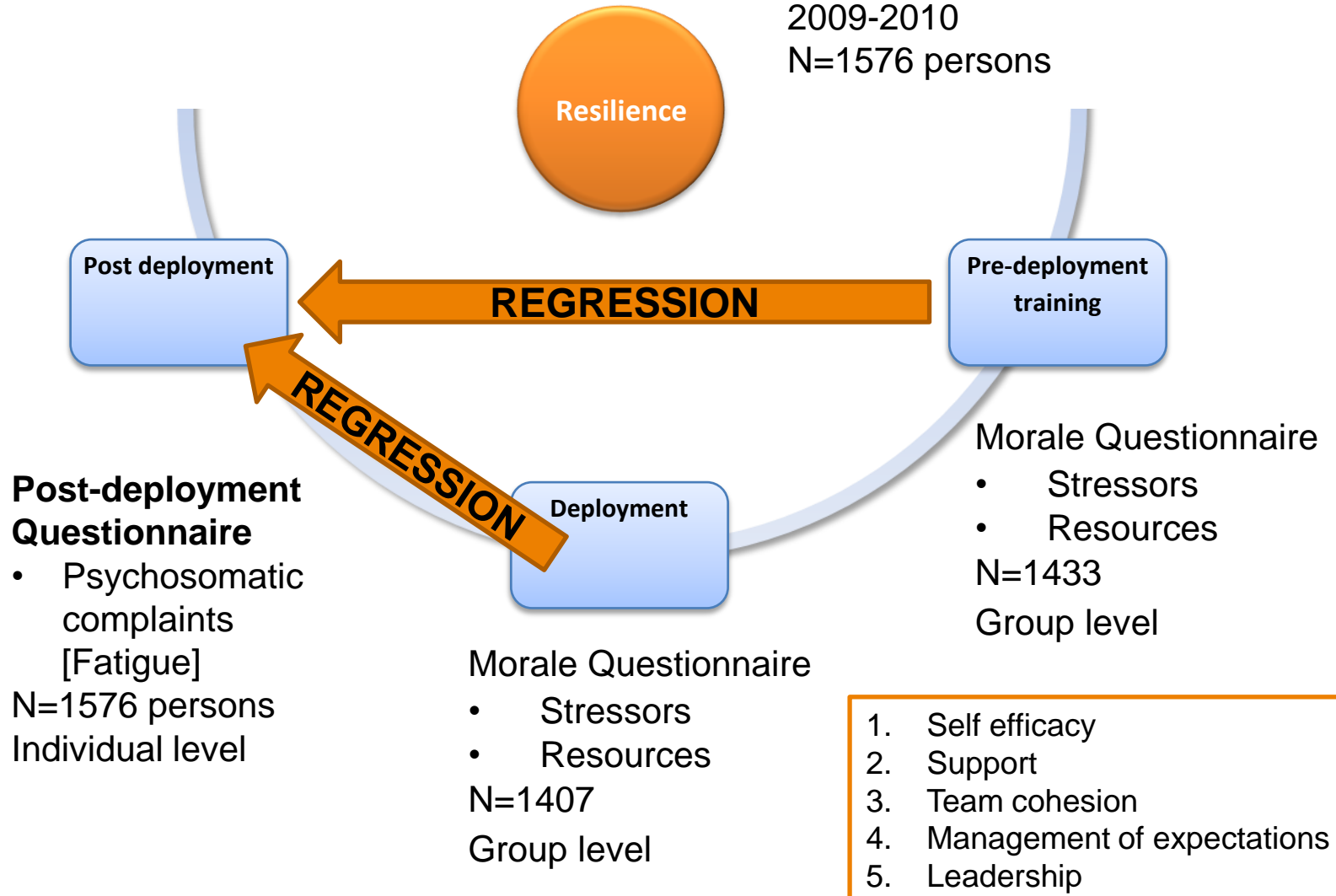
Dutch Task Forces ISAF
2009-2010
N=1576 persons

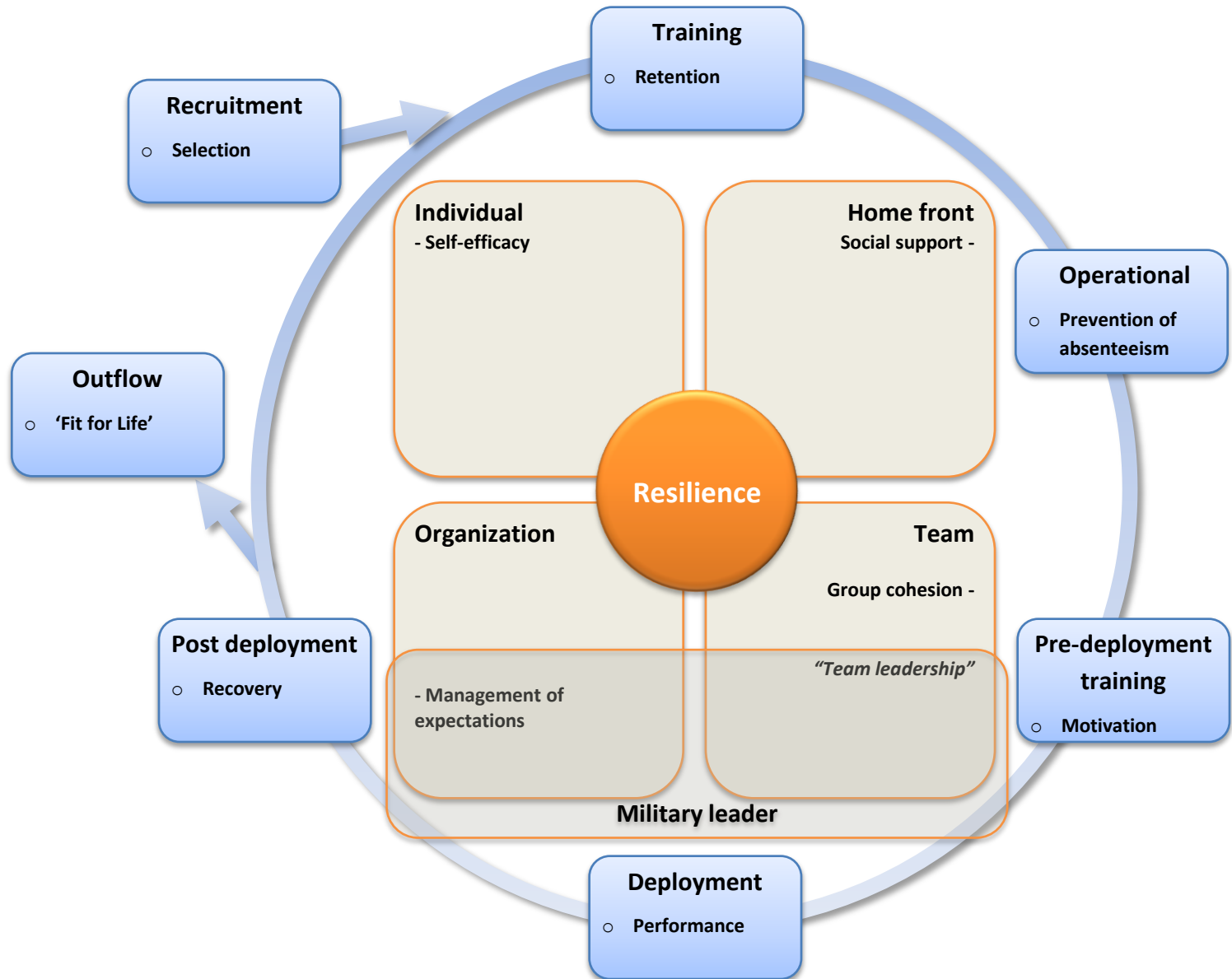


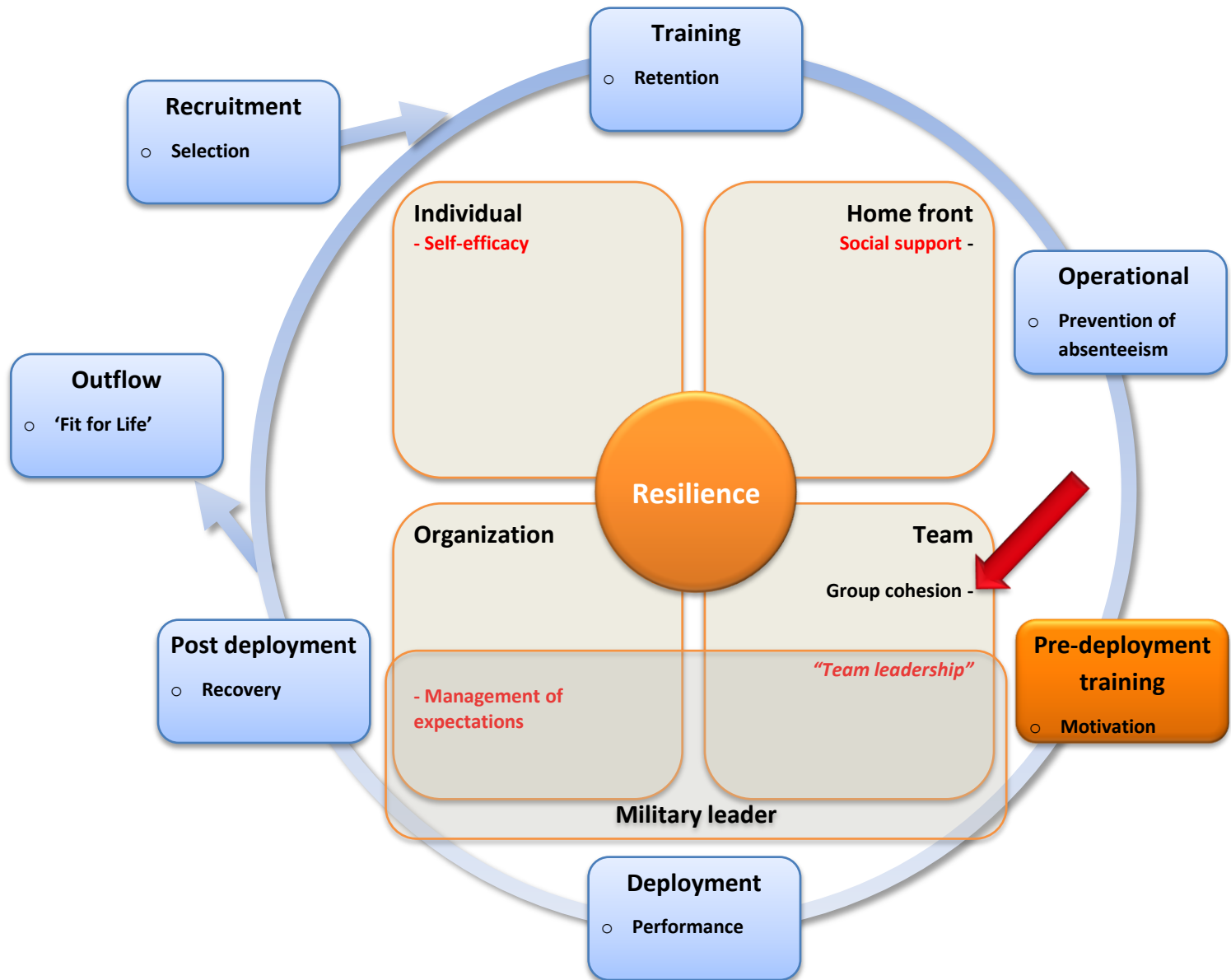


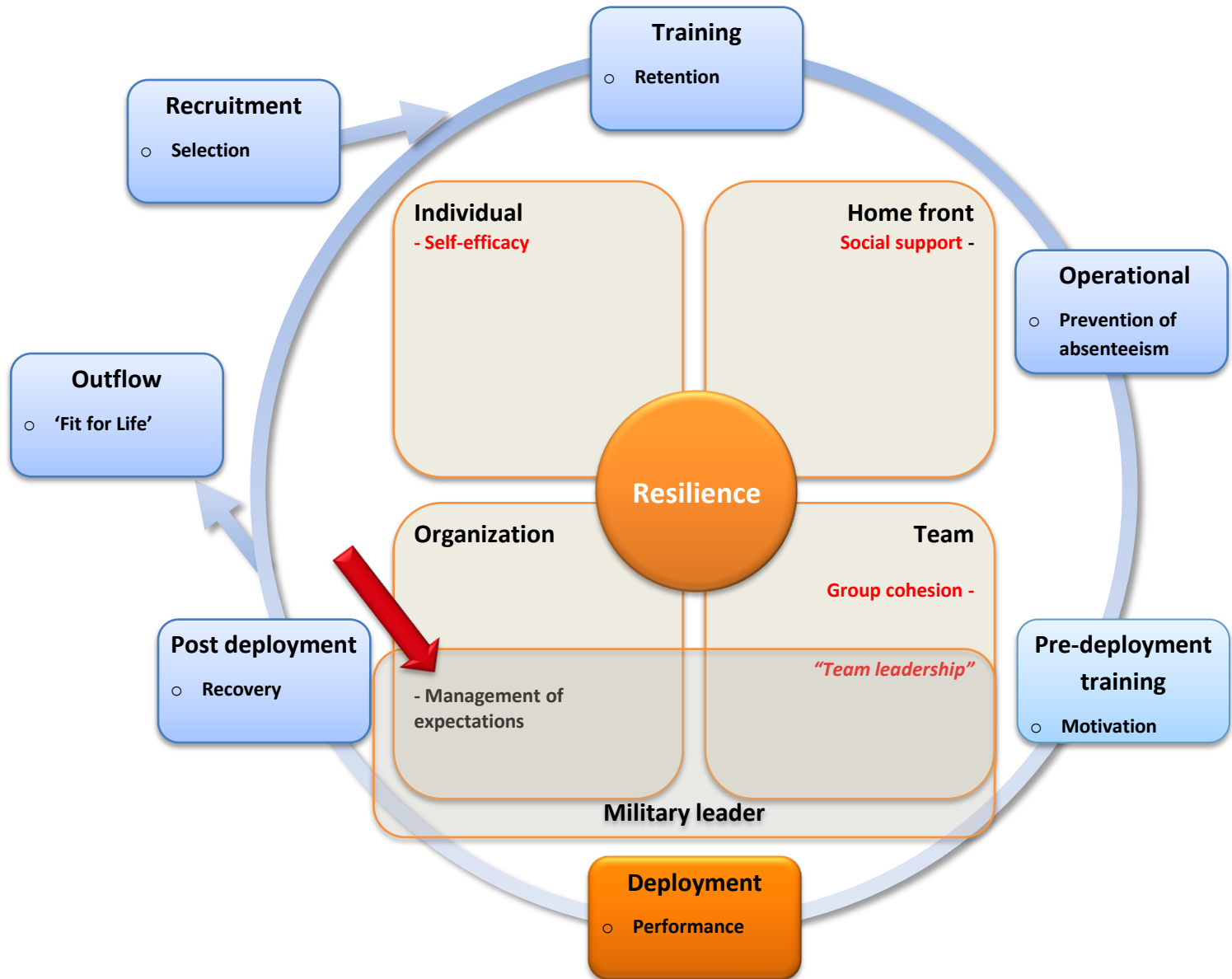
Data collection

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Variance in resilience explained by determinants

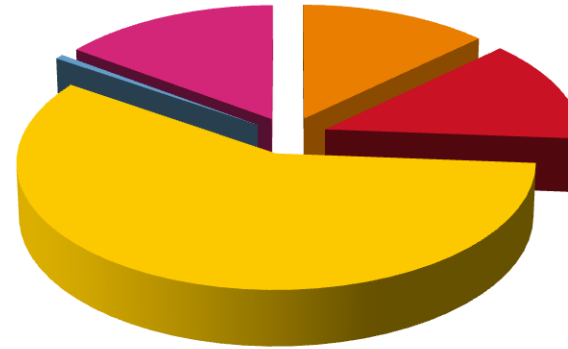
Resources pre-deployment



- self-efficacy ($\beta = -.16^{**}$)
- Homefront support ($\beta = -.10^{**}$)
- group cohesion ($\beta = -.03$, n.s.)
- Management of expectations ($\beta = -.11^{**}$)
- Leadership ($\beta = -.17^{**}$)

14,9% variance explained

Resources during deployment



- self-efficacy ($\beta = -.07^{**}$)
- Homefront support ($\beta = -.07^{**}$)
- Group cohesion ($\beta = -.29^{**}$)
- Management of expectations ($\beta = .00$, n.s.)
- Leadership ($\beta = -.08^{**}$)

15,6% variance explained



Conclusion

- › The data shows that different determinants are important in different phases

This has implications for interventions, like:

Pre-deployment
training

- Focus on self-efficacy
- Focus on homefront support

Deployment

- Focus on group cohesion
- Focus on homefront support

But this is based on illustrative data, more validation is needed!



Way ahead

- › **Further validation of model**
 - › Data collection with newly developed instrument in Kunduz
Pre-/ During/ Post Deployment
 - › Fit of model using Structural Equation Modelling
 - › Results are coming in 2013!

Thank you for your attention!