



Support Command
Ministry of Defence

Psychological resilience

The impact of
resources pre and
during deployment on
post-deployment

Trends, Research and Statistics

LtCol dr. Coen van den Berg



The Impact of Resources pre and during Deployment on Post-Deployment Psychological Resilience

LtCol dr. Coen van den Berg
Dr. Roos Delahaij
Dr. Wim Kamphuis

ce.vd.berg.01@mindef.nl



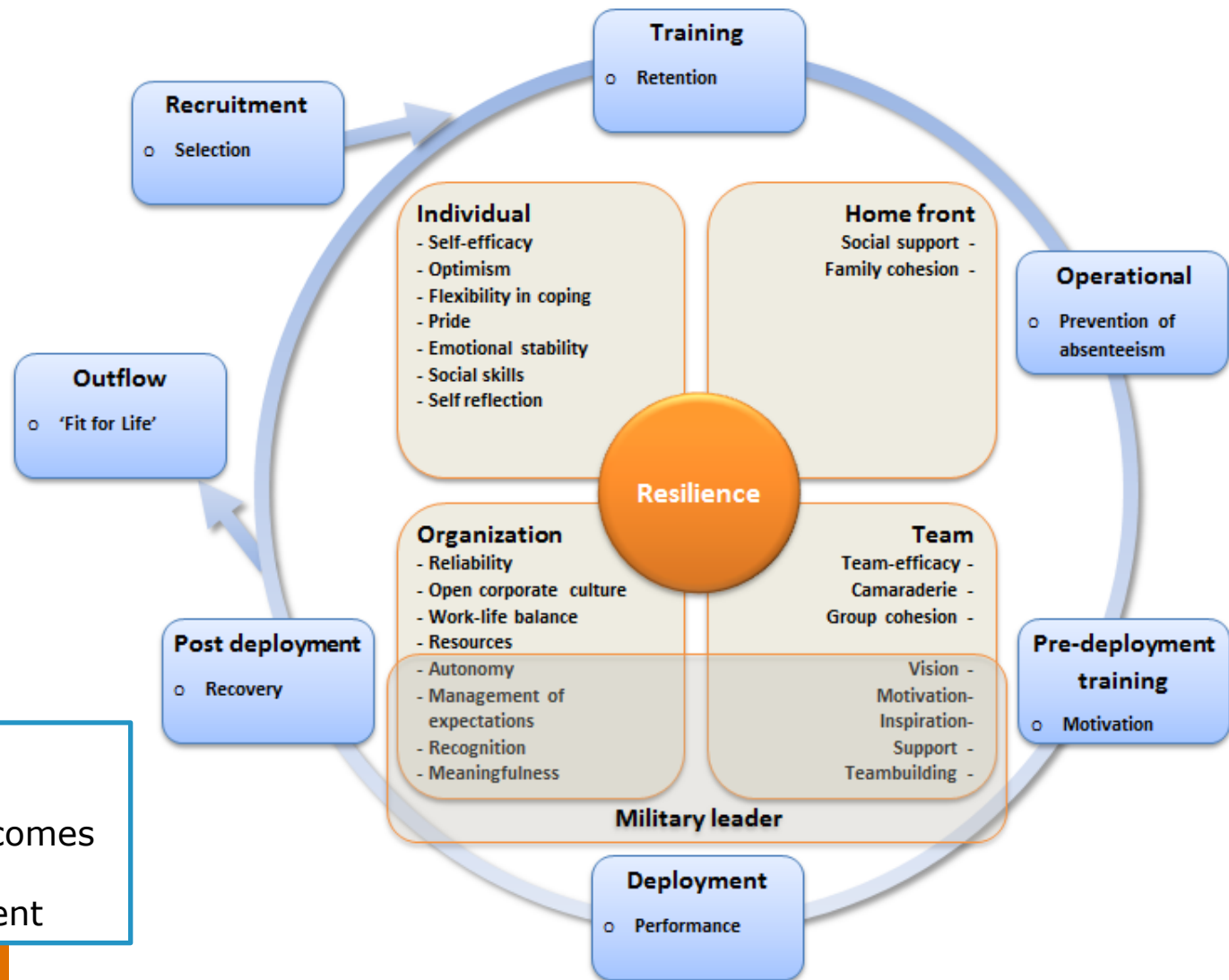






Outline

- Resources from Mental Resilience pre and during deployment
- Mental resilience and morale
- Effects of Mental Resilience on (screening) mental problems after deployment
- Hierarchical regression analyses
- Results
- Discussion





Data

Pre deployment (morale)	N=572
During deployment (morale)	N=526
After deployment (aftercare)	N=155

Pre-After N=47

During-After N=60

Reasons for difference in respons
(Morale and Aftercare):

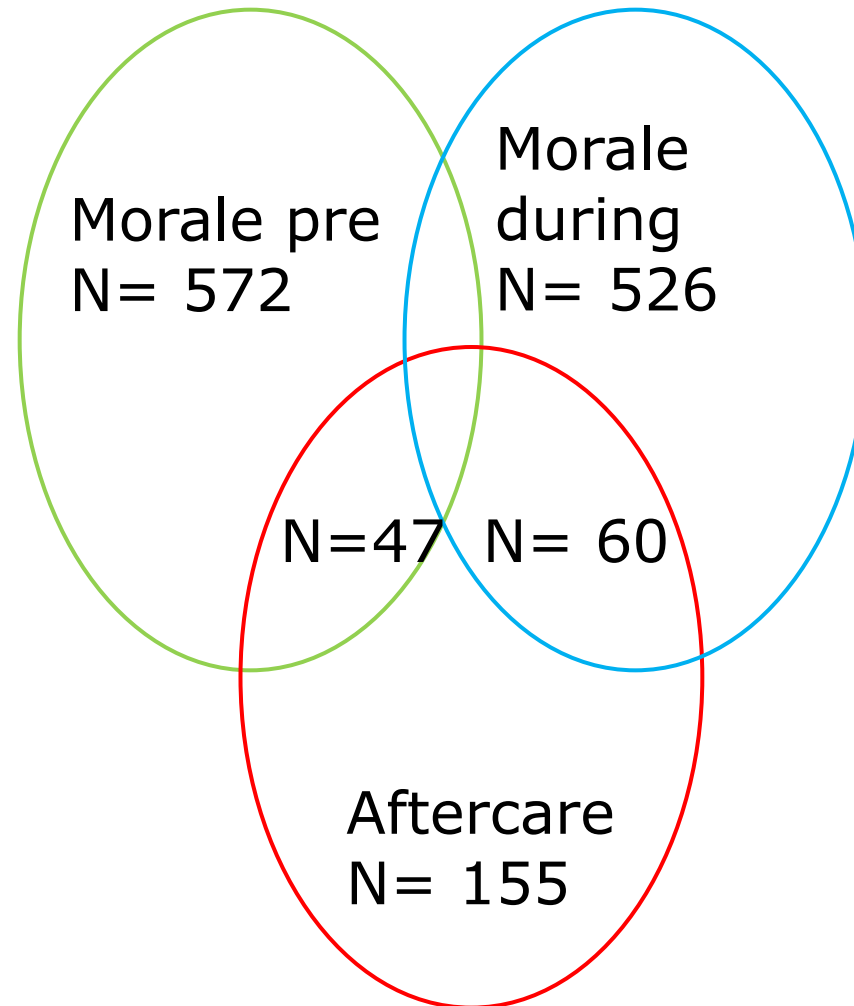
- Armed Forces Branch
- Rank
- Impact of the mission







Dataset





Screening for post deployment psychological effects

1. Fatigue
2. Sleep disorders (problems)
3. Depression
4. Loneliness (short loneliness scale; 6 items)
5. Alcohol
6. Hostility
7. PTSD
8. Post Traumatic Growth



Mental Resilience factors

Individual:

- Emotional Stability
- Optimism
- Coping diversity
- Self efficacy task
- self efficacy stress
- self efficacy recovery
- Cultural competence
- Social competence
- Asking for help*

Home Front

- Social support
- Family Cohesion

Team

- Team efficacy
- Team cohesion
- Transformational leadership

Organization

- Open corporate culture
- Reliability*
- Work-life balance
- Resources
- Autonomy
- Expectation management
- Recognition
- Meaningfulness

	DURING-DEPLOYMENT					PRE DEPLOYMENT				
	Mental well-being after deployment					Mental well-being after deployment				
	Engage ment	Vitality	Physic al	Mental	Sleep	Engage ment	Vitality	Physic al	Mental	Sleep
Individual										
Emotional Stability										
Optimism										
Coping diversity										
Self efficacy task										
self efficacy stress										
self efficacy recovery										
Cultural competence										
Social competence										
Asking for help*										
Home Front										
Social support										
Family Cohesion										
Team										
Team efficacy										
Team cohesion										
Transformational leadership										
Organization										
Open corporate culture										
Reliability*										
Work-life balance										
Resources										
Autonomy										
Expectation management										
Recognition										
Mission fulfilment										

		DURING-DEPLOYMENT					PRE DEPLOYMENT						
		Mental well-being after deployment					Mental well-being after deployment						
		Fatigue	Sleep problems	Depression	Alcohol	Hostility	Lone liness	Fatigue	Sleep problems	Depression	Alcohol	Hostility	Loneliness
Total	R ²	.62	.37	.49			.49				.41	.49	
Individual	R ²	.28*	.26*	.30*									
Emotional Stability			.37**										
Optimism													
Coping diversity													
Self efficacy task													
self efficacy stress													
self efficacy recovery													
Cultural competence													
Social competence													
Asking for help*													
Home Front	Δ R ²												
Social support													
Family Cohesion													
Team	Δ R ²	.37*											
Team efficacy													
Team cohesion													
Transformational leadership													
Organization	Δ R ²			(.18)			.05						



Fatigue

- Fatigue is considered an important indicator for possible mental problems. About 10% of service members returning from deployment are screened positive for fatigue.
- Fatigue is largely explained by mental resilience aspects measured **during deployment**: $R^2 = .62$
- No effect found for pre deployment mental resilience
- **Individual and team matter**
 - Individual: **self efficacy recovery** (Beta = -.51)
 - Team: **team efficacy** (Beta = .37)
transformational leadership (Beta = -.42)



Sleep disorders (problems)

- Sleep problems are frequently related to possible mental problems. About 10% of service members returning from deployment are screened positive for sleep problems*.
- Sleep problems are significantly explained by mental resilience aspects measured **during deployment**:
 $R^2 = .37$
- No effect found for pre deployment mental resilience
- **Individual factors matter**
 - Individual: **Emotional stability** (Beta=-.37)
 - **self efficacy recovery** (Beta=-.51)

16 Scale needs to be
adjusted for military!!



Depression

- **Depression:** about 8-10% of service members returning from deployment are screened positive for depression.
- Depression is significantly explained by mental resilience aspects measured **during deployment:**
 $R^2 = .49$
- No effect found for pre deployment mental resilience
- **Individual factors and organizational support matter**
 - Individual: **self efficacy recovery** (Beta=-.43)
 - Organization: **Meaningfulness** (Beta=-.13)



Loneliness

- **Loneliness:** was not measured in the before 2013.
- Loneliness is significantly explained by mental resilience aspects measured **during deployment:**
 $R^2 = .49$
- No effect found for pre deployment mental resilience
- **Organizational support matters**
 - **Work-life balance** (Beta=-.36)
 - **Recognition** (Beta=-.35)



Alcohol

- **Alcohol:** about 8% of service members returning from deployment are screened positive for alcohol problems.
- Alcohol problems are significantly explained by mental resilience aspects measured **Pre deployment:** $R^2 = .41$
- No effect found for during deployment mental resilience
- **Home front support matters**
 - **Social support** (Beta = $-.56$)



Hostility

- **Hostility**: about 8% of service members returning from deployment are screened positive for hostility.
- Hostility problems are significantly explained by mental resilience aspects measured **Pre deployment**: $R^2 = .49$
- No effect found for during deployment mental resilience
- **Team support matters**
 - **Team cohesion** (Beta = -.81)

	PRE-DEPLOYMENT					DURING DEPLOYMENT				
	Mental well-being after deployment					Mental well-being after deployment				
	Engage ment	Vitality	Physic al	Mental	Sleep	Engage ment	Vitality	Physic al	Mental	Sleep
Individual										
Emotional Stability										
Optimism										
Coping diversity										
Self efficacy task										
self efficacy stress										
self efficacy recovery										
Cultural competence										
Social competence										
Asking for help*										
Home Front										
Social support										
Family Cohesion										
Team										
Team efficacy										
Team cohesion										
Transformational leadership										
Organization										
Open corporate culture										
Reliability*										
Work-life balance										
Resources										
Autonomy										
Expectation management										
Recognition										
Mission fulfillment										

		PRE-DEPLOYMENT					DURING DEPLOYMENT						
		Mental well-being after deployment					Mental well-being after deployment						
		Fatigue	Sleep problems	Depression	Alcohol	Hostility	Lone liness	Fatigue	Sleep problems	Depression	Alcohol	Hostility	Loneliness
Total	R ²	.62	.37	.49			.49				.41	.49	
Individual	R ²	.28*	.26*	.30*									
Emotional Stability			.37**										
Optimism													
Coping diversity													
Self efficacy task													
self efficacy stress													
self efficacy recovery													
Cultural competence													
Social competence													
Asking for help*													
Home Front	Δ R ²												
Social support													
Family Cohesion													
Team	Δ R ²	.37*											
Team efficacy													
Team cohesion													
Transformational leadership													
Organization	Δ R ²			(.18)			.05						



Conclusions

1. Longitudinal studies are important
2. Response in all phases should be as high as possible
3. Possible advantages of combination research data collected by military psychologists and added instrument by research partners
4. Resources for Mental Resilience pre and during deployment influence mental health issues after deployment
5. Fatigue, Sleep problems, Depression and Loneliness are influenced by Mental Resilience resources during deployment
6. Alcohol problems and hostility are influenced by Mental Resilience resources during deployment
7. No relation was found to PTSD or Post Traumatic



Questions?
Vragen?
Fragen?
Pitanja?
Questions?
Küsimust?
Spørgsmål?
Spørsmål
Frågor?

Gaji jilmum?
Klausimai?
Jautājumi?
Soalan?
Întrebări?
Soru?
Preguntas?
Gè wèntí?