

MITIGATING SITUATIONAL STRESS: MENTAL TOUGHNESS AND OPERATION LIFE FORCE OUTCOMES

EMERGING PSYCHOLOGICAL HEALTH THREATS
IN LARGE-SCALE COMBAT OPERATIONS

CHRISTOPHER PAINE, PhD | Department of Psychiatry Uniformed Services
University of the Health Sciences; and
The Henry M. Jackson Foundation for the Advancement of Military Medicine Inc.



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Co-Authors:

- **Sarah Maggio PhD** (Uniformed Services University of the Health Sciences, Bethesda, MD; Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc., Bethesda, MD)
- **Joseph Geraci** (Veterans Integrated Service Network (VISN), Bronx, NY Mental Illness Research, Education and Clinical Center, Department of Veterans Affairs, Bronx, NY; Icahn School of Medicine at Mount Sinai, New York, NY; Center of Excellence for Research on Returning War Veterans, VISN 17, Doris M. VA Medical Center, Waco, TX; Resilience Center for Veterans &
- **Emily Edwards** (Veterans Integrated Service Network (VISN), Bronx, NY Mental Illness Research, Education and Clinical Center, Department of Veterans Affairs, Bronx, NY; Icahn School of Medicine at Mount Sinai, New York, NY)
- **Joshua Gray** (Uniformed Services University of the Health Sciences, Bethesda, MD)
- **Thomas Nassif** (Uniformed Services University of the Health Sciences, Bethesda, MD)
- **James Naifeh, PhD** (Uniformed Services University of the Health Sciences, Bethesda, MD; Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc., Bethesda, MD)
- **Matthew Nock** (Harvard University, Cambridge, MA)
- **Marianne Goodman** (Veterans Integrated Service Network (VISN) 2, Bronx, NY Mental Illness Research, Education and Clinical Center, Department of Veterans Affairs, Bronx, NY; Icahn School of Medicine at Mount Sinai, New York, NY)
- **Ronald Kessler** (Harvard University, Cambridge, MA)
- **Vincent Capaldi** (Uniformed Services University of the Health Sciences, Bethesda, MD)

DISCLOSURES

The opinions and assertions expressed herein are those of the author(s) and do not reflect the official policy or position of the Uniformed Services University of the Health Sciences or the Department of War.

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SITUATIONAL STRESS ACTS AS A CATALYST, UNMASKING SEVERE PSYCHOLOGICAL THREATS.



PHASE 1 DATA CALLOUT

Population: N = 1,007 Soldiers

Finding: 44% reported experiencing recent, severe stressful life events.

KEY INSIGHT:

The LSCO environment will **exponentially multiply** this **44%** baseline.

MENTAL TOUGHNESS IS A MEASURABLE, TRAINABLE BUFFER AGAINST OPERATIONAL STRESS.



FULLY MEDIATES:

THE ASSOCIATION BETWEEN
SITUATIONAL STRESS AND
LIFETIME SUICIDE ATTEMPTS
($p < .01$).

**MENTAL TOUGHNESS IS A TRAINABLE
CAPABILITY, NOT AN INHERENT TRAIT.**

PARTIALLY MEDIATES: THE
ASSOCIATION BETWEEN
SITUATIONAL STRESS AND **DRUG-
RELATED BEHAVIORS** ($p < .01$).

OVERCOMING THE CULTURAL BARRIER TO PSYCHOLOGICAL INTERVENTION REQUIRES A **PARADIGM SHIFT**

STANDARD CLINICAL CARE



MENTAL HEALTH TREATMENT



PATIENT



REACTIVE & MEDICALIZED



SUICIDE SAFETY PLAN

OPERATION LIFE FORCE



ELITE PERFORMANCE TRAINING



WARFIGHTER

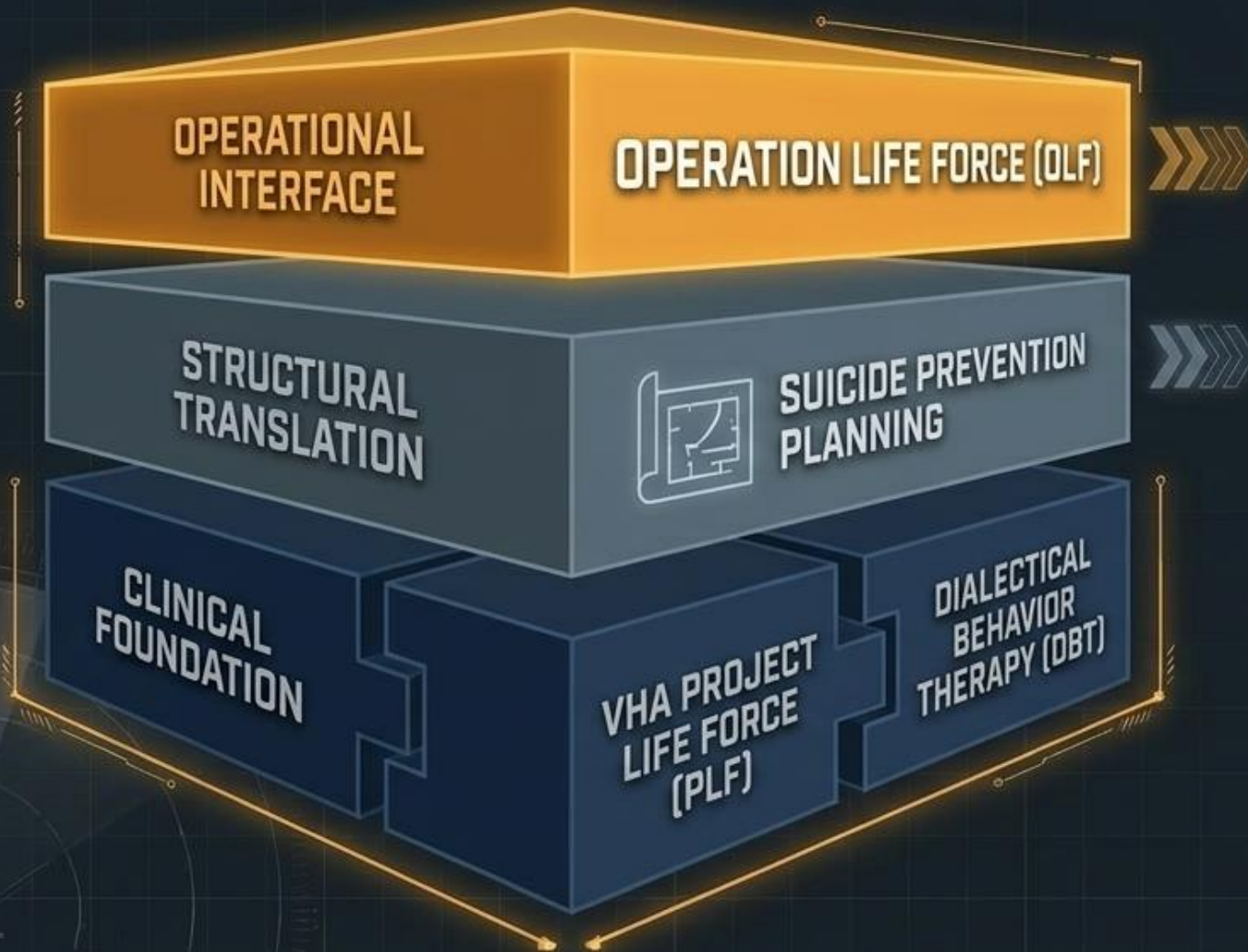


PROACTIVE & OPERATIONALIZED



MENTAL TOUGHNESS ACTION PLAN

OPERATION LIFE FORCE (OLF) OPERATIONALIZES CLINICAL TREATMENTS FOR THE TACTICAL ENVIRONMENT.



PROGRAM SPECIFICATIONS

- » **FORMAT:** Brief, virtual, group-based (5 consecutive days, 75-90 min/day).
- » **TARGET:** High-risk Soldiers integrated during routine unit readiness training (reducing stigma).
- » **OBJECTIVE:** Equip Soldiers with a deployable Mental Toughness Action Plan.

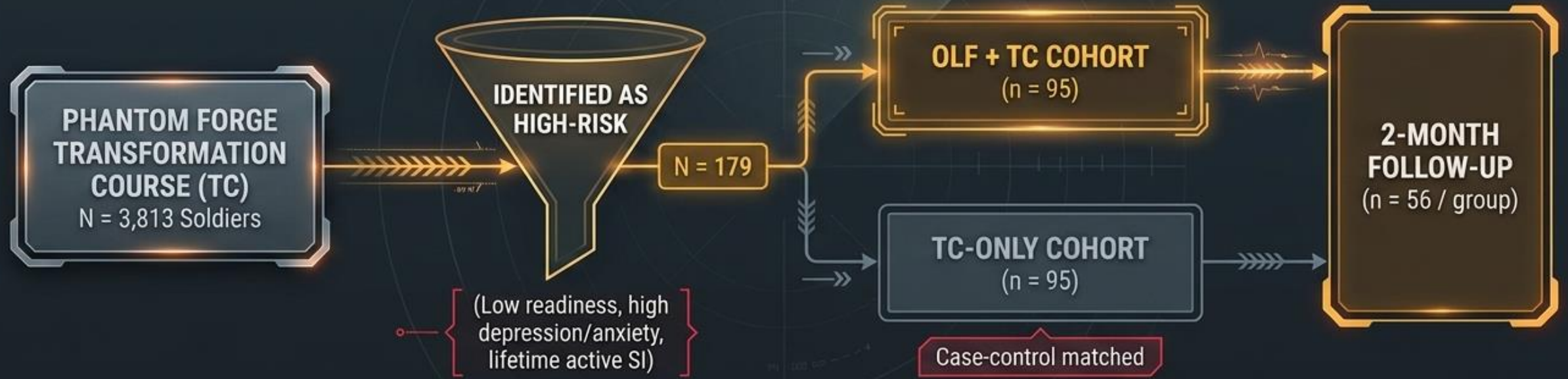
THE GRIND FRAMEWORK TRANSLATES DBT SKILLS INTO DEPLOYABLE OPERATIONAL ARMOR.



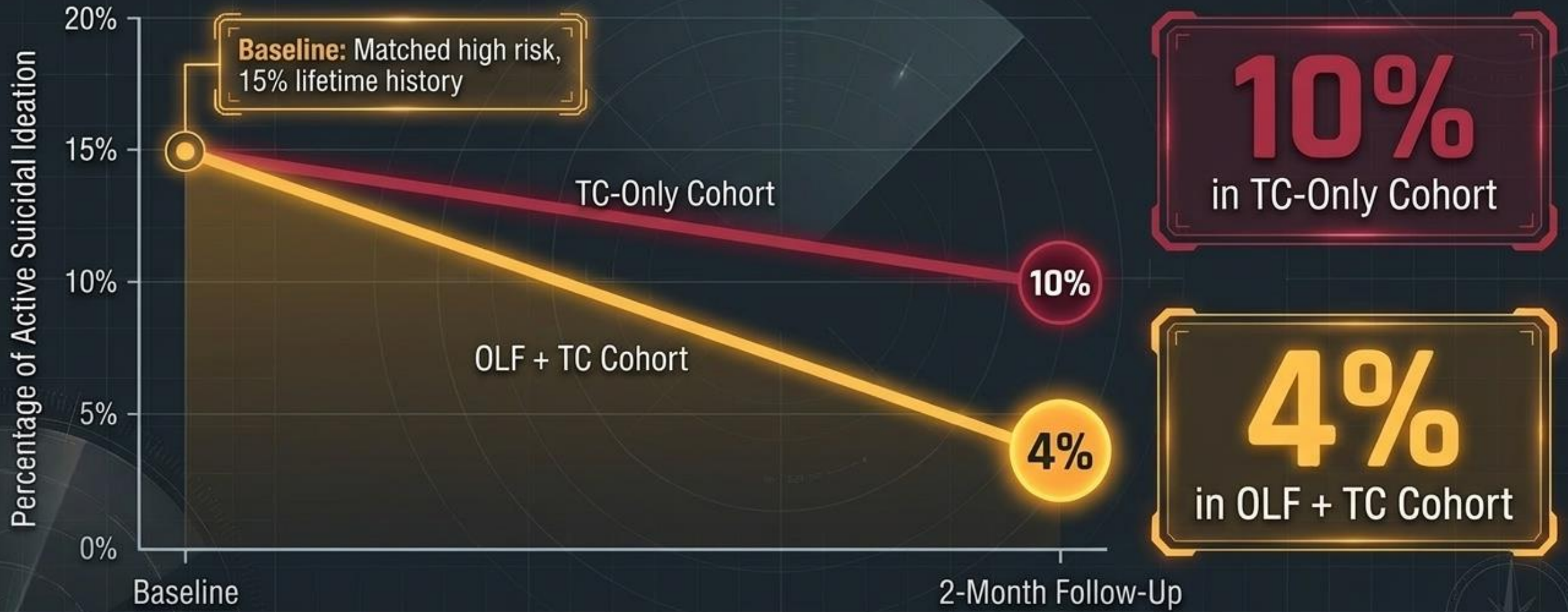
OUTCOMES: 100% completion rate among attendees. Rated highly acceptable and impactful.

PHASE 2 PILOT: TESTING THE SHIELD AT THE III ARMORED CORPS' TRANSFORMATION COURSE

Methodology: Quasi-experimental design with strict case-control matching to ensure identical baseline risk profiles across both cohorts



OLF acts as a massive protective buffer against Active Suicidal Ideation.

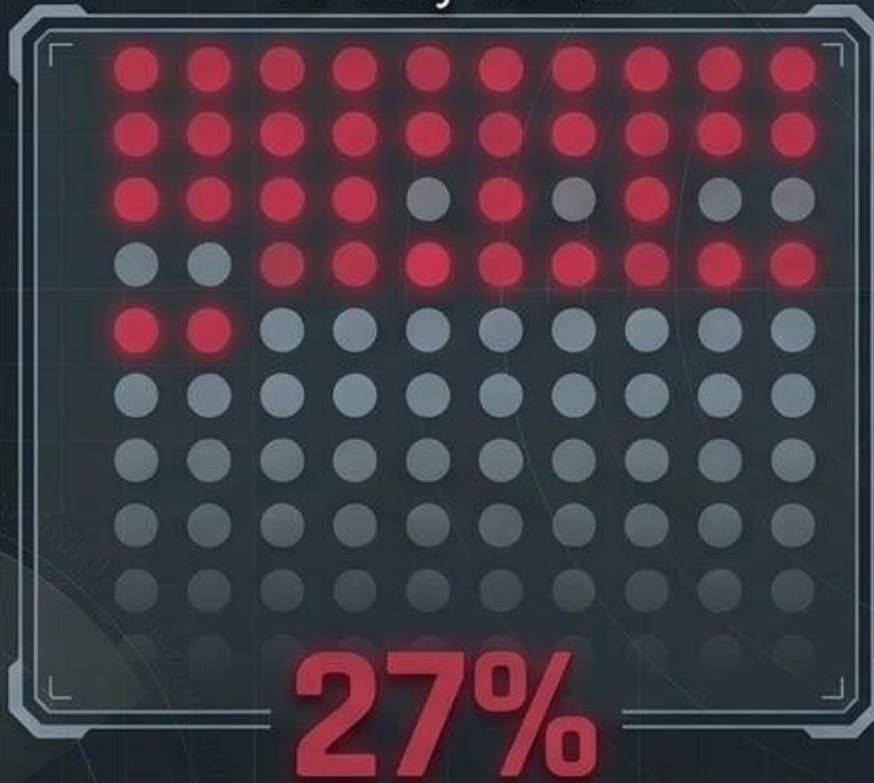


Odds Ratio = 4.46 | 95% CI [1.18 - 16.83] | p = .03

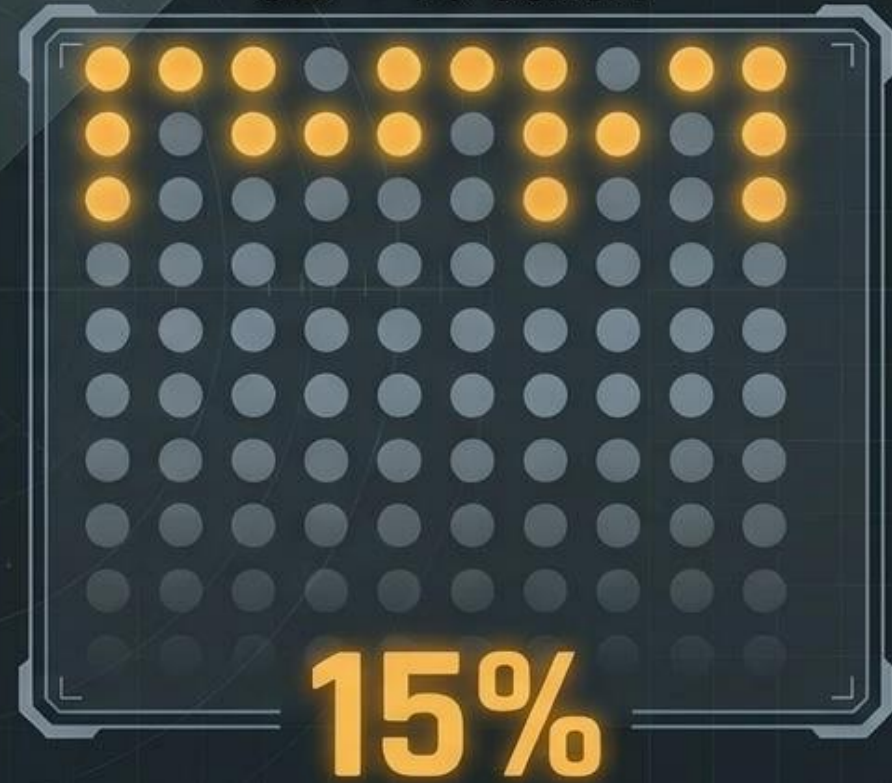
OLF nearly halves engagement in readiness-destroying Harmful Behaviors.

Context: Behaviors measured via Unit Risk Inventory (URI) criteria (e.g., DUI, hazing, sexual harassment, assault).

TC-Only Cohort



OLF + TC Cohort



Odds Ratio = 3.21 | 95% CI [1.41 - 7.31] | p = .006

Scaling for LSCO requires Machine Learning risk detection paired with OLF mitigation



The Flaw: Traditional screening fails (SI endorsed in only 0.2% of PHAs).

Identify: Predictive analytics uncover hidden risk via administrative data (bypassing self-reporting stigma).

Mitigate: OLF delivers culturally attuned, tactical mental toughness training precisely at the point of need.

Operation Life Force is a proven force-preservation solution against emerging psychological threats.

SYNTHESIS SUMMARY

- **Problem:** Situational stress drives LSCO casualties.
- **Solution:** **GRIND** translates DBT into operational armor.
- **Proof:** **4.46x** reduction in Active SI risk; **3.21x** reduction in harmful behaviors risk.
- **Future:** **SAFEGUARD** integration ensures scalable deployment.

Questions?

