

ARMY STARRS

Army Study to Assess Risk and
Resilience in Service members

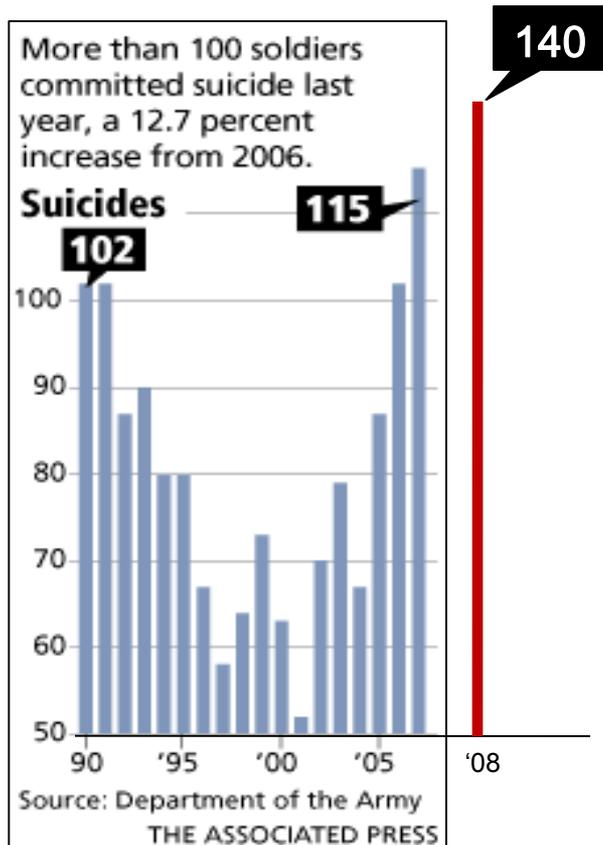
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National Institute of Mental Health



Suicide Deaths in U.S. Army 1990-2008



Jelinek, P., Army suicide rates at record high. *Associated Press*, 5/30/2008

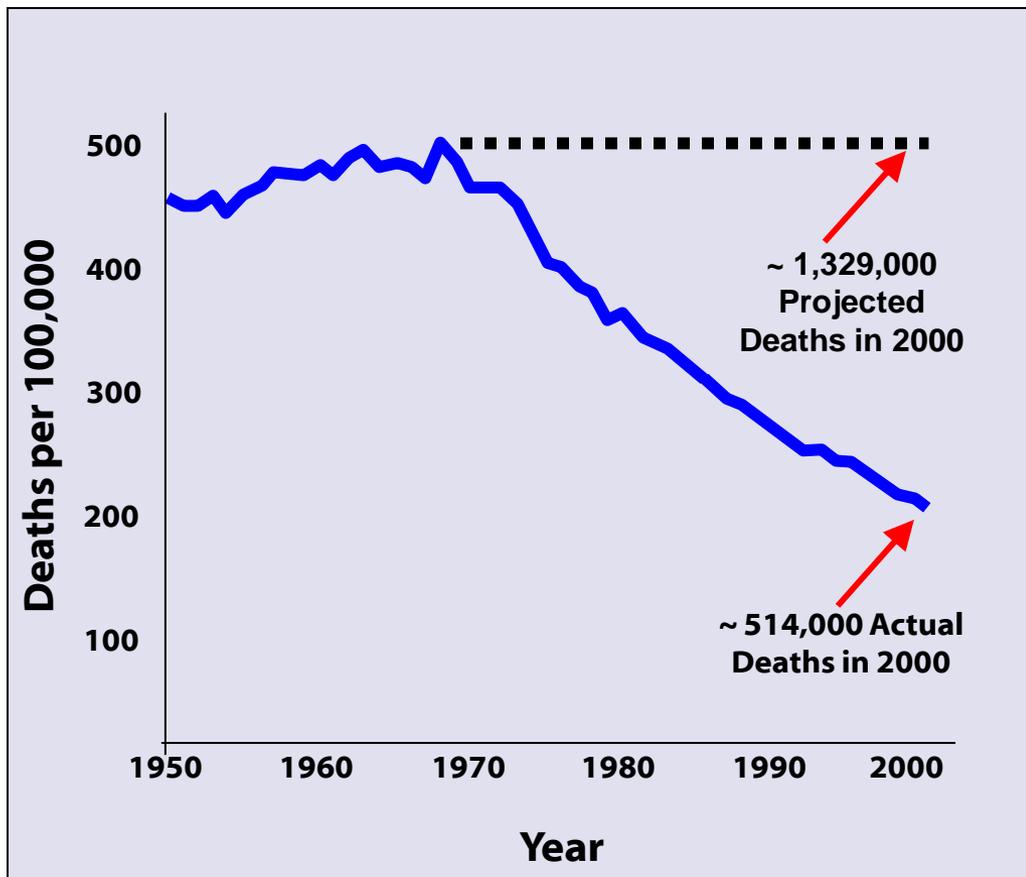
Army News Service, <http://www.army.mil/-news/2009/03/31/19022-army-vice-chief-addresses-suicide-rate-across-army/>, March 31, 2009

Purpose of Army STARRS

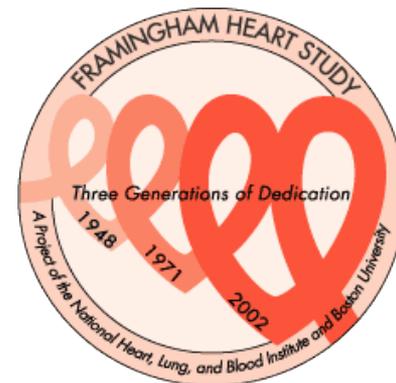
“The ultimate goal of this study is to develop data-driven methods for mitigating or preventing suicide behaviors and improving the overall mental health and behavioral functioning of Army Personnel during and after their Army service.”

- Identify salient risk and protective factors
 - Genetic, neurobiological, cognitive features; social support, training experiences, cumulative stressors, triggering events
- Inform development of empirically-derived interventions
 - Target malleable risk/protective factors in intervention and prevention trials conducted in real world settings
- Deliver “actionable” findings rapidly
 - Interim data analyses, adaptive research design, iterative approach to signal detection and confirmation

Impact of Risk and Protective Factor Research on Heart Disease Mortality

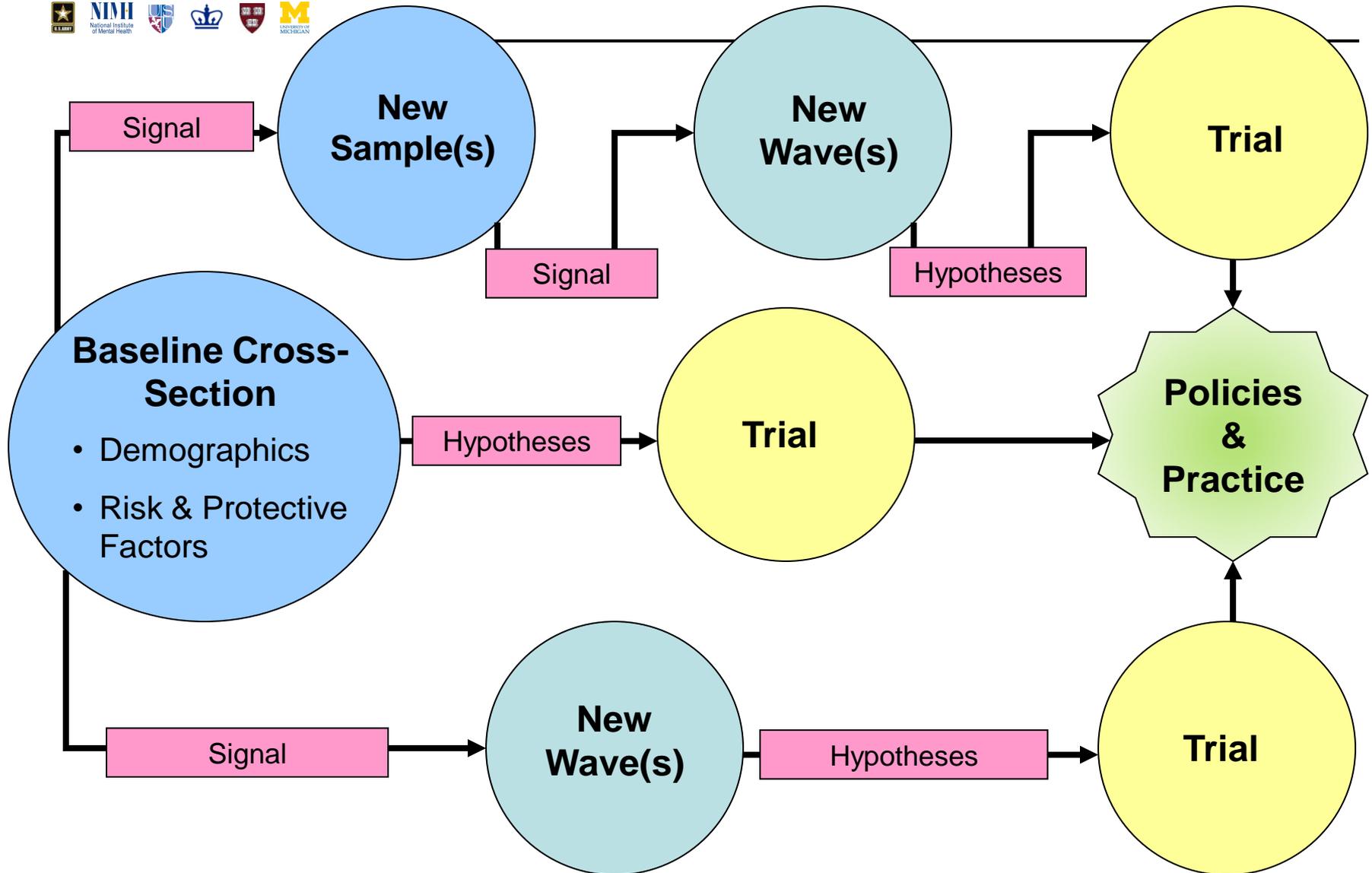


- 63% decrease in mortality
- ~ 1 million premature deaths/year averted
- \$2.6 trillion in economic return
- New, effective treatments and prevention strategies



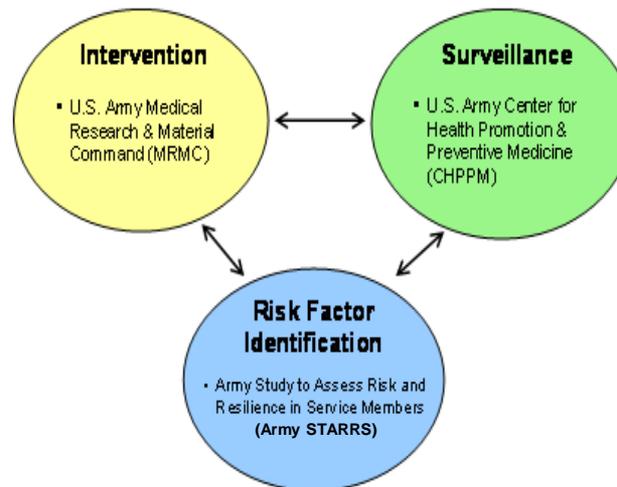


Translational Epidemiology Research



Army STARRS Overview

- Cooperative Agreement Research Project (U01)
- \$50 million Total Costs for 5-year project period
- Equal emphasis on risk and resilience factors related to suicidality and mental disorders, and behavioral health
- Integration and coordination of efforts with relevant U.S. Army research and public health surveillance agencies



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Army STARRS Investigators

Robert Ursano, M.D., Principal Investigator

- Uniformed Services University of the Health Sciences

Ronald Kessler, Ph.D.

- Harvard University

John Mann, M.D.

- Columbia University

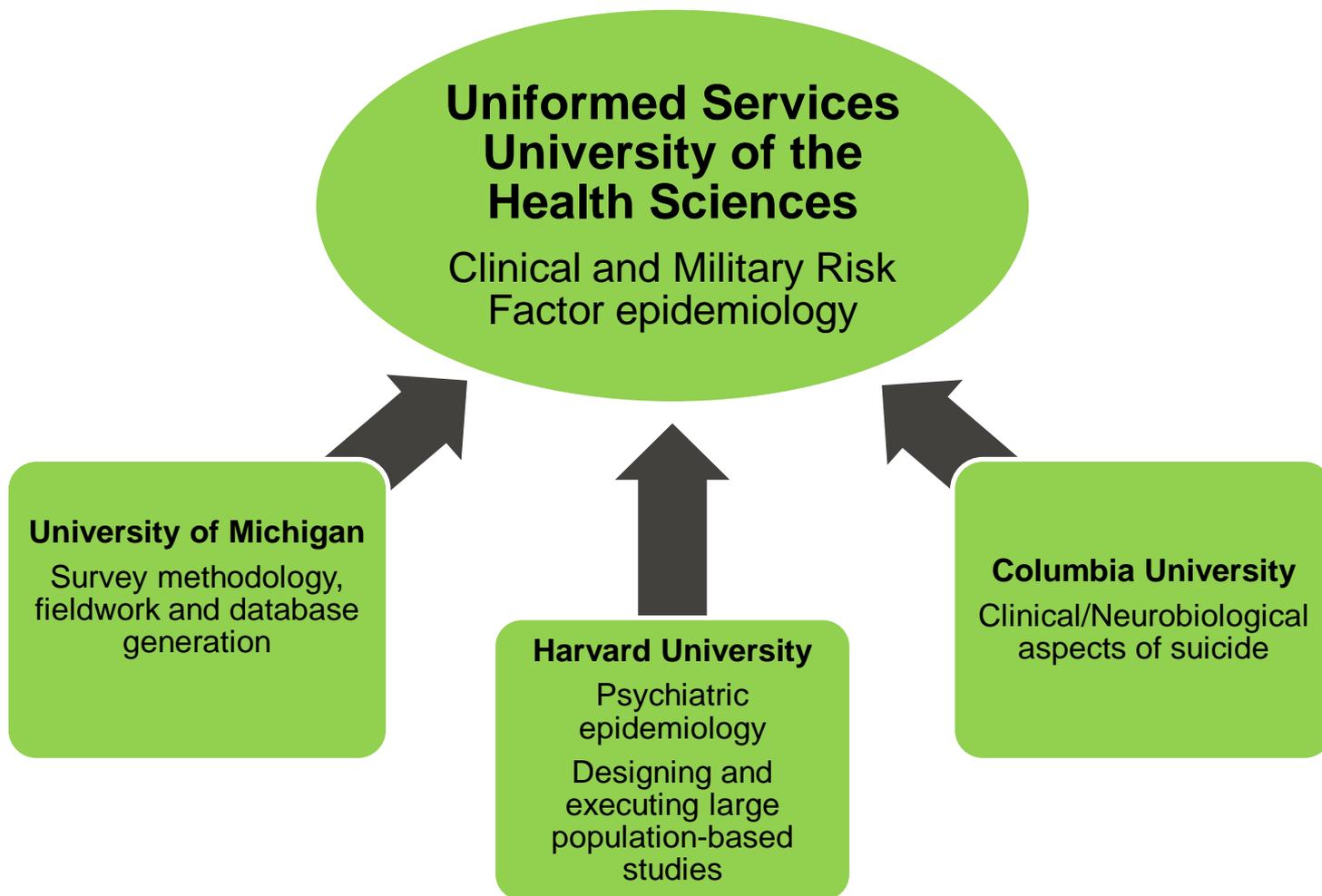
Steven Heeringa, Ph.D.

- University of Michigan, Ann Arbor

U.S. Army and NIMH Scientists

- U.S. Army Public Health Command (Provisional)
- NIMH Division of Services and Intervention Research

Consortium Expertise



Scientific Activities

- Historical analysis of Soldiers with and without suicidal behavior since 2004 (using all data available on Active Duty Soldiers, 2004-2009)
- Representative sample of 90,000 Active Duty Soldiers, including mobilized Reserve and National Guard Soldiers, will be surveyed
- Census of new recruits in 2010, 2011, & 2012 (~80,000 – 120,000 Soldiers per year)
- Longitudinal follow-up of 15,000 Soldiers selected on the basis of particular risk/profile characteristics

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Special Features

- Feedback loop between retrospective data analysis, case control studies, and prospective surveys
- Family-member and unit leadership informants to provide additional information about social and environmental context (culture/cohesion/stress)
- Evaluation of current and future Army suicide prevention and treatment interventions
- Exploration of potential neurobiological risk and protective factors

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Questions?

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