

PROJECT AIMS

1. Evaluate the feasibility and acceptability of the WAROPS® training program in both pre- and post-deployment military training environments.
2. Assess the educational effectiveness of WAROPS® through quantitative measures and qualitative focus groups and interviews.
3. Investigate changes in stress-related and other military-related outcomes (i.e., somatic, behavioral, and psychosocial) in Service members from Fort Carson, CO, after undergoing WAROPS® training prior to and after return from deployment.

Evaluation of WAROPS® (Warrior Optimization Systems) Training Program

Samueli Institute, in collaboration with the RAND Corporation, conducted a systematic Program Evaluation of the WAROPS® training program that assessed the program's structure, process, and outcomes to generate information about its merit, worth and significance.

The WAROPS® (Warrior Optimization Systems) training program, developed by the Magis Group LLC, provides stress management information and self-regulating skills to Service members to manage their operational and combat stress, enhance resilience, maximize performance and facilitate re-integration throughout the deployment cycle.

The results reported are based on data collected during this observational (i.e., non-randomized) study. We compared health outcomes across the deployment cycle between Soldiers who received WAROPS® training at pre-deployment and those who did not and found health-related and other benefits for Soldiers who attended the training and used the skills regularly.

The WAROPS® program appears to be feasible to implement in military settings with large numbers of Service Members able to be trained in a short period of time. Satisfaction with the training was high (on average, 90 percent of Soldiers were satisfied or very satisfied) and Soldiers' knowledge and self-efficacy increased from immediately pre- to post-training. Considering the single four-hour block of training, skill use was relatively high during deployment with 56 percent of Soldiers reporting using at least one skill at least weekly. There is some preliminary evidence of health-related benefit in the group of Soldiers who participated in the training and regularly used the skills as evidenced by greater self-reported resilience, fewer PTSD symptoms, better post-deployment reintegration, and better general health and well-being.

The program evaluation included a number of recommendations to improve the program and to understand more fully the impact of the program with additional research.

More than half of the Soldiers surveyed agreed that WAROPS® had an impact on mission readiness and other performance-related factors.

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