

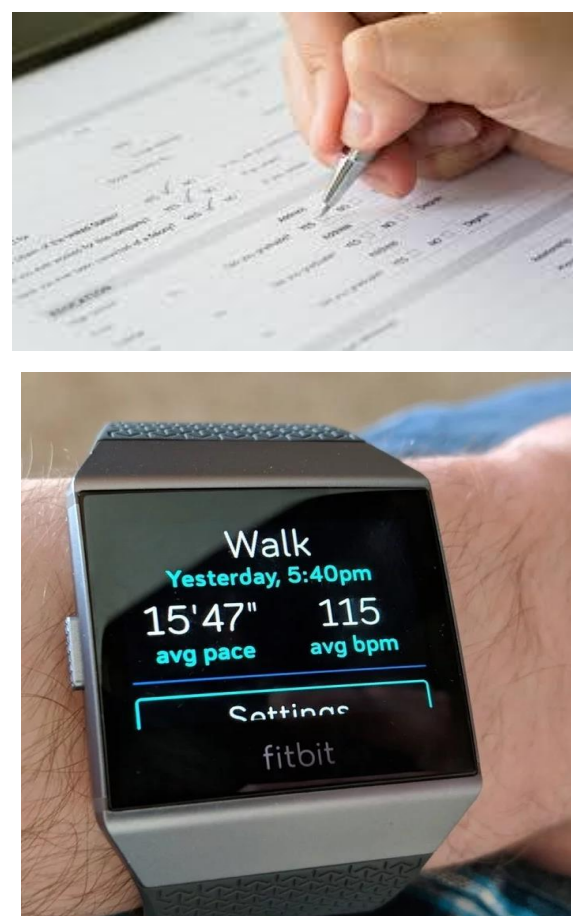


An integrated approach to monitoring & improving resilience & readiness in Australian Army



Purpose

- Investigate the effects of different types of stress (physical, cognitive, and psychological) on cognitive performance and the factors mitigating their impact
- Develop a validated tool for monitoring acute readiness specific to Australian Army
 - Overall
 - Physical
 - Cognitive
 - Threat
 - Skills-Training
 - Team
 - Equipment
- Identify interventions to enhance resilience and cognitive resilience



Product

- Evidence-based frameworks for understanding factors influencing: (a) individual psychological readiness; and (b) cognitive resilience
- Bespoke tool for monitoring readiness and resilience

Schedule

- FY17-19: 2x Systematic Reviews (published);
- Conceptual Framework and Narrative Review;
- Study: Effects of exercise on cognitive resilience (submitted for publication);
- Data collection for measure development (trained forces at all stages of the ForceGen cycle);
- Data collection for identifying contributors to cognitive resilience
- FY19-21: Data analysis and preparation of final report, and distribution of findings (to Defence and academic communities)

Partners

- University of Canberra: Richard Keegan, Ben Rattray, Kristy Martin, Andrew Flood, Marijke Waelvert, Theo Niyonsenga, Julien Périard, David Pyne
- Co-Partner Nottingham Trent University : Mustafa Sarkar
- DST: David Crone,
- AHQ: LTCOL Lee Melberzs