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Four: Conclusions and Recommendations; Conclusions; Factors That Promote Resilience; Assessing Program Effectiveness at Promoting Resilience; Barriers to Program Implementation; Implications for Further Work on Resilience; Study Strengths and Limitations; Policy Recommendations; Define Resilience; Integrate Resilience into Policy and Doctrine; Strengthen Existing Resilience Programs Standardize Resilience Measures to Enable Program ComparisonsProvide Military Members and Their Families Guidance About the Different Resilience Programs Available; Incorporate Evidence-Based Resilience Factors; Adopt a Flexible Curriculum; Engage Senior Military Leaders; Conduct More Rigorous Program Evaluation; Conclusion; Appendixes; A. Summary of Definitions; B.1. Full Database of Resilience Literature; B.2. Database of Resilience Literature with Moderate or Strong Evidence by Factor; C. Full List of Resilience Programs; D. Brief Program Descriptions; Bibliography

Sommario/riassunto

As U.S. service members deploy for extended periods on a repeated basis, their ability to cope with the stress of deployment may be challenged. Many programs are available to encourage and support psychological resilience among service members and families. However, little is known about these programs' effectiveness. This report reviews resilience literature and programs to identify evidence-informed factors for promoting resilience.