

**AWARD NUMBER:** W81XWH-18-2-0064

**TITLE:** Peer to Peer Programs for Military Suicide Prevention

**PRINCIPAL INVESTIGATOR:** Craig J. Bryan, Psy.D., ABPP

**CONTRACTING ORGANIZATION:** University of Utah  
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<b>13. SUPPLEMENTARY NOTES</b> None					
<b>14. ABSTRACT</b> In this study a proposed peer-to-peer (P2P) program, called Airman's Edge, is evaluated for its effectiveness as a suicide prevention intervention. Airman's Edge is a hybrid model that includes both group-based peer educator and individual-based peer support components; these P2P program models have demonstrated the strongest outcomes with respect to changing attitudes, perspectives, and behaviors. The Airman's Edge program is comprised of several skills-based strategies that have been shown to directly reduce suicidal thoughts and behaviors (i.e. sleep habits, firearm safety procedures, crisis response planning), and targets population-level contextual variables known to reduce suicide risk (i.e. purpose and meaning in life, social support). The mechanisms by which these strategies reduce suicidal behavior align with an empirically-supported conceptual					
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## 1. INTRODUCTION:

In this study a proposed peer-to-peer (P2P) program, called Airman's Edge, is evaluated for its effectiveness as a suicide prevention intervention. Airman's Edge is a hybrid model that includes both group-based peer educator and individual-based peer support components; these P2P program models have demonstrated the strongest outcomes with respect to changing attitudes, perspectives, and behaviors. The Airman's Edge program is comprised of several skills-based strategies that have been shown to directly reduce suicidal thoughts and behaviors (i.e. sleep habits, firearm safety procedures, crisis response planning), and targets population-level contextual variables known to reduce suicide risk (i.e. purpose and meaning in life, social support). The mechanisms by which these strategies reduce suicidal behavior align with an empirically-supported conceptual model, the suicidal mode, which has guided recent advances in suicide prevention.

## 2. KEYWORDS:

Peer-to-peer, military suicide prevention, peer mentoring, crisis response plan, lethal means counseling

## 3. ACCOMPLISHMENTS:

### **What were the major goals of the project?**

#### Major Goals

1. To test the efficacy of a P2P program for the reduction of suicidal behavior among military personnel.
2. To identify moderators and mediators of the P2P program's effects on suicidal behavior.

#### Project Milestones

1. Obtain University of Utah IRB approval (Initial Approval received on 4/3/19; Amended on 8/23/19 following HRPO recommended changes). 100% complete
2. Amendment to Statement of Work: Removal of requirement to execute a Cooperative Research and Development Agreement (CRADA) with Whiteman Air Force Base. Approved on 8/28/2019. 100% complete.
3. Obtain HRPO approval (Initial review received on: 7/17/2019; Approved on 9/13/2019). 100% complete.
4. Project Coordinator trained (Completed: 3/30/2019). 100% complete.
5. Research Associate trained (Target: 9/30/2019). 100% complete.
6. Complete database build (Completed: 3/30/2019). 100% complete.
7. Begin enrollment (Target: 9/30/2019). 0% complete, expected completion by 1/31/2020.

8. Begin P2P training workshops, program implementation (Target: 5/1/2020): 0% complete, expected completion by 5/1/2020.
9. Begin follow-up assessments (Target: 8/1/2020): 0% complete, expected completion by 8/1/2020
10. Complete follow-up assessments (Target: 3/30/2021). 0% complete, expected completion by 3/30/2021.
11. Complete data analyses (Target: 9/30/2021). 0% complete, expected completion by 9/30/2021.

**What was accomplished under these goals?**

The primary focus of this first year was to obtain IRB and HRPO approvals, hire the project coordinator and research associate, train all study personnel, and create the study databases. Initial IRB approval was obtained on 4/3/19 and amended and approved on 8/23/19 following changes made by HRPO recommendations. The requirement for a CRADA was removed on 8/28/19 and HRPO provided approval shortly thereafter on 9/13/19 granting us official approval to begin the study. The project coordinator was hired on at the beginning of this review period and the research associate in September, 2019. All study personnel have been trained on the study materials, and all databases have been created.

**What opportunities for training and professional development has the project provided?**

Trained the Project Coordinator and Research Associate in peer-to-peer curriculum, including receiving certified training in Crisis Response Plan, lethal means safety counseling, and peer mentoring.

**How were the results disseminated to communities of interest?**

Nothing to report.

**What do you plan to do during the next reporting period to accomplish the goals?**

We plan to initiate data collection in Jan 2020. Full program implementation is projected to begin May 2020.

**4. IMPACT:**

**What was the impact on the development of the principal discipline(s) of the project?**

Nothing to report.

**What was the impact on other disciplines?**

Nothing to report.

**What was the impact on technology transfer?**

Nothing to report.

**What was the impact on society beyond science and technology?**

Nothing to report.

**5. CHANGES/PROBLEMS:**

As mentioned above, the contract was amended on 28AUG2019 to remove the requirement for a CRADA. The amendment number is P00001, Requisition Number: 0011204345-0001.

**Actual or anticipated problems or delays and actions or plans to resolve them**

There were initial delays regarding securing a CRADA; however, this was resolved with the above mentioned amendment to remove the requirement for a CRADA. No other significant delays noted.

**Changes that had a significant impact on expenditures**

Nothing to report.

**Significant changes in use or care of human subjects, vertebrate animals, biohazards, and/or select agents**

**Significant changes in use or care of human subjects**

Nothing to report.

**Significant changes in use or care of vertebrate animals**

Nothing to report.

**Significant changes in use of biohazards and/or select agents**

Nothing to report.

**6. PRODUCTS:**

- **Publications, conference papers, and presentations**

**Journal publications.**

Nothing to report.

**Books or other non-periodical, one-time publications.**

Nothing to report.

**Other publications, conference papers and presentations.**

Nothing to report.

- **Website(s) or other Internet site(s)**

Nothing to report.

- **Technologies or techniques**

Nothing to report.

- **Inventions, patent applications, and/or licenses**

Nothing to report.

- **Other Products**

Nothing to report.

## **7. PARTICIPANTS & OTHER COLLABORATING ORGANIZATIONS**

**What individuals have worked on the project?**

Name: Craig J. Bryan, Psy.D., ABPP  
Project Role: Principal Investigator  
Researcher Identifier (e.g. ORCID ID): 0000-0002-9714-0733  
Nearest person month worked: 2.4  
Contribution to Project: Dr. Bryan has performed work in the areas of resubmitting for local IRB approval, responding to IRB requests, coordinating removal of CRADA requirement, hiring/interviewing of research associate, and overseeing the completion of the database.

Name: AnnaBelle Bryan, M.S.  
Project Role: Co-Investigator  
Researcher Identifier (e.g. ORCID ID): 0000-0002-6192-4229  
Nearest person month worked: 1.2  
Contribution to Project: Ms. Bryan has performed work in the areas of recruitment and interviewing of the research associate. Also assisted in training of the research associate on study materials.

Name: Brian Baucom, Ph.D.  
Project Role: Co-Investigator  
Researcher Identifier (e.g. ORCID ID): 0000-0002-0263-3763  
Nearest person month worked: 0.6  
Contribution to Project: No Change

Name: Justin C. Baker, Ph.D.  
Project Role: Project Coordinator  
Researcher Identifier (e.g. ORCID ID): 0000-0001-7010-5009  
Nearest person month worked: 12.0  
Contribution to Project: Dr. Baker has performed work in the areas submitting application to HRPO, responding to HRPO revisions and resubmission requests, resubmission to the local IRB and responding to any IRB requests, assisting in amendment to remove CRADA requirement, and aiding in the recruiting, interviewing, and training of research associate.

Name: Maj Chris Button, PhD, ABPP  
Project Role: Consultant  
Researcher Identifier (e.g. ORCID ID): N/A  
Nearest person month worked: 0.6  
Contribution to Project: Maj Button has performed work in the areas of assisting with amending to remove CRADA requirement and coordination with local military leadership.



**Has there been a change in the active other support of the PD/PI(s) or senior/key personnel since the last reporting period?**

During the current reporting period, Dr. Bryan began receiving active other support for the following projects:		
1 R01 MH117600-01 (Bryan) NIH / NIMH Identifying suicidal subtypes and dynamic indicators of increasing and decreasing suicide risk The study will conduct secondary analyses on archived datasets in order to advance our understanding of temporal processes associated with the escalation and resolution of suicide risk.	1/1/2019 – 12/31/2021	1.4 calendar \$1,072,141
MSRC-FY18-04 (May, Bryan) Denver Research Institute, MSRC (prime sponsor) Couples crisis response planning to reduce post-discharge suicide attempts: A pilot study This project aims to test the differential efficacy of the Couple’s Crisis Response Plan (CRP) as compared to treatment as usual (TAU), assess the feasibility and acceptability of the intervention, and to understand how the use of the C-CRP impacts suicide risk during the period of time immediately post-discharge from a psychiatric inpatient unit.	3/1/2018-2/28/2021	0.9 calendar \$1,163,719
W81XWH-15-1-0632 (Baucom) U.S. Army Medical Research Acquisition Activity Technologies for assessing behavioral and cognitive markers of suicide risk The primary aim of this project is to improve the predictability of suicide via the development of computer mediated risk assessment tools that can be used outside of health care settings by individuals other than health care providers, especially at-risk military personnel and their spouses.	9/30/2015-6/30/2020	0.0 calendar \$2,355,470
UPenn 576708 (Bryan) University of Pennsylvania / Military Suicide Research Consortium Suicide risk and sleep in treatment: An intensive daily sampling study The primary aim of this project is to examine the temporal relationship between sleep disturbance and suicidal ideation among treatment-seeking Marines with active suicidal ideation.	3/1/2019-3/29/2020	0.0 calendar \$484,662
200137 (Bryan) Utah Department of Human Services Posttreatment caring contacts for high-risk service members and veterans The primary objective of this project is to provide follow-up contact to military personnel and veterans who have completed outpatient mental health treatment for PTSD.	7/1/2019-6/30/2020	0.0 calendar \$30,000

**What other organizations were involved as partners?**

Xcelerate Innovations, 32050 Lilac Ln, North Ridgeville, OH 44039.  
Kent Corso with Xcelerate Innovations will be assisting us with statistical analyses for the project. He and his team at Xcelerate Innovations have developed a highly specialized non-linear analytical software tool explicitly intended for analyzing change in low base-rate phenomena such as suicide. To date, they have identified a set of variables that we will be collecting from Whiteman AFB as part of our system level data analyses.

**8. SPECIAL REPORTING REQUIREMENTS**

**COLLABORATIVE AWARDS:** *None*

**QUAD CHARTS:** *See attached*

**9. APPENDICES:** *None*