

STRESS-IS-ENHANCING MINDSET INTERVENTIONS WITHIN THE MILITARY

Assessing palatability of a Positive Stress Mindset approach to a Cardiopulmonology Rehab class in a major Military Treatment Facility

INTRO

- Messages about the negative impacts of stress are pervasive in Western military culture and health systems.
- Evidence suggests that stressors are more deleterious to physical and psychological health when individuals view stress as debilitating and harmful.
- Conversely, a Stress-Is-Enhancing (SIE) Mindset obtained by past experience or intervention promotes adaptive cardiovascular and hormonal responses, better occupational performance under pressure, and decreased struggle with anxiety and mood.
- Cardiopulmonary rehabilitation historically addresses the risks of "chronic stress" through stress management techniques and variations of CBT.
- There are no published studies on promoting the positive aspects of stress in a cardiac or pulmonary patient population.
- Greater levels of non-induced positive stress mindset predict faster obstacle course completion, training persistence through training, and fewer negative evaluations from peers and instructors in a Navy Seals Training.
- The initial SIE class was presented to evaluate initial palatability within the military and cardiopulmonary populations, both likely having received previous information during their career and in medical appointments on the danger of stress to their health.

METHOD

- Initial anonymous surveys were collected to evaluate patient opinion of novel SIE information (n = 7) on a 5-pt Likert scale
- A Health Psychology Fellow reviewed information from Alia Crum and Kelly McGonigal with patients in an interactive discussion with brief skills training

RESULTS

All participants agreed or strongly agreed that content was understandable, 6/7 patients strongly agreed the class was satisfying and relevant to their condition and all patients agreed or strongly agreed they would recommend the class to others.

DISCUSSION

- Post intervention feedback from cardiopulmonary class attendees indicated overall positive experience.
- Considerable research is still needed to understand the benefits and risks of SIE interventions to military populations, to include those who develop chronic disease during or after their military career
- Shifting the military culture towards a greater SIE mindset will involve the need to educate military leaders and healthcare professionals on the benefits of SIE approaches

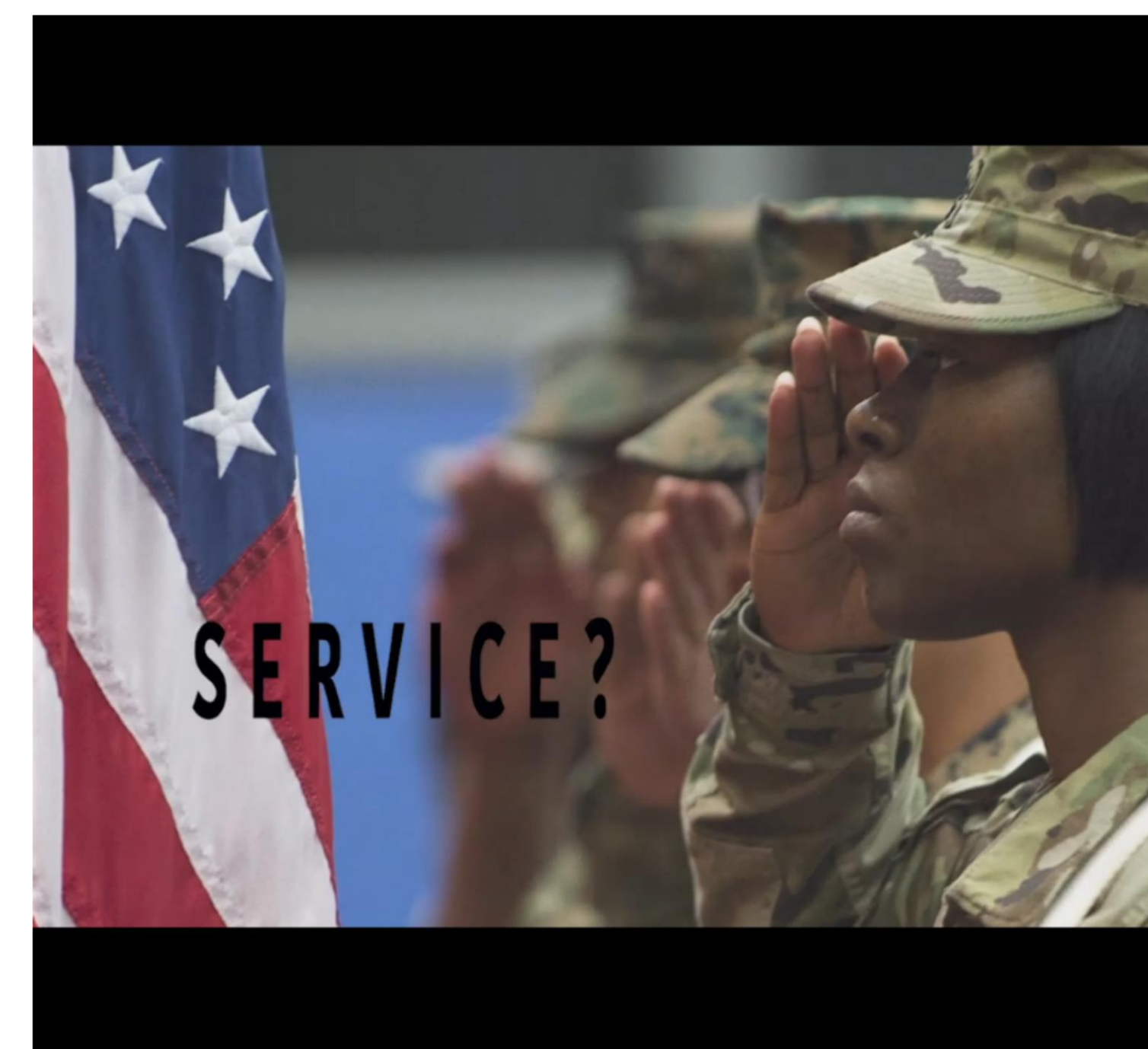
Watch our Videos

Stress-is-Enhancing (4:37)



<https://www.youtube.com/watch?feature=youtu.be&v=>

What is Your Why? (3:51)



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HEALTH HABIT

