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MTEC RESEARCH PROJECT NUMBER: MTEC-21-05-CrossCutting-009

EGS NUMBER: MT210005.009

TITLE: Better Together: A primary prevention intervention targeting transdiagnostic interpersonal emotion regulation among military couples

PRINCIPAL INVESTIGATOR: Sarah P. Carter, Ph.D.

PERFORMING ORGANIZATION: Henry M. Jackson Foundation

CONTRACTING ORGANIZATION: Medical Technology Enterprise Consortium (MTEC)

REPORT DATE: September 22, 2021–September 30, 2022

TYPE OF REPORT: Annual Report

PREPARED FOR: U.S. Army Medical Research and Development Command
Fort Detrick, Maryland 21702-5012

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			5f. WORK UNIT NUMBER N/A		
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) Henry M. Jackson Foundation 6720-A Rockledge Drive, Suite 100, Bethesda, MD 20817 Uniformed Services University of the Health Sciences 4301 Jones Bridge Road, Bethesda, Maryland 20814-4799			8. PERFORMING ORGANIZATION REPORT		
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14. ABSTRACT Although military Service members (SMs) typically have lower rates of psychiatric diagnoses than civilians, SMs have consistently shown elevated rates of suicidal thoughts and behaviors, alcohol abuse, and aggression tied to intimate partner violence (IPV). A core driver of all of these adverse events is <i>emotion dysregulation</i> , which is characterized by difficulties in understanding, accepting, and adaptively coping with experienced emotions. The broad objective of this project is to develop and preliminarily evaluate Get Better Together, a relationship enrichment program designed to equip SMs and their romantic partners with evidence-informed strategies to adaptively cope with stressors as a unified team, serving as a primary prevention intervention for psychological distress related to suicide risk, alcohol and substance abuse, and intimate partner violence. During Phase 1, Get Better Together curriculum and materials will be developed in collaboration with military stakeholders and content experts. Phase 2 will be comprised of a single-arm open trial with 40 Navy couples to demonstrate the feasibility, acceptability, and preliminary effects of the program. Finally, Phase 3 will consist of revising Get Better Together based upon facilitator and participant feedback and disseminating information, materials, and training to facilitate rapid implementation of Get Better Together.					
15. SUBJECT TERMS Primary prevention, relationship education, pilot trial, emotion regulation					
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Annual Technical Status Report for

Better Together: A primary prevention intervention targeting transdiagnostic interpersonal emotion regulation among military couples

Research Project No. W81XWH-21-9-0011-09

EGS# MT21005.009

Reporting Period: 22 SEP 2021 – 30 SEP 2022

MTEC Research Project Awardee

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Research Project Technical POC

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Submitted: 25 OCT 2022



1. Project Status

a. Accomplishments

- Phase 1: Development of Get Better Together Curriculum and Materials
 - Task 1: Complete development of initial Get Better Together curriculum and materials (98%)
 - Hold kick-off meeting with subcontractor, PREP Inc. (100%)
 - Create Get Better Together curriculum (100%)
 - Generate facilitator manual (100%)
 - Create facilitator slides (100%)
 - Develop graphic design and formatting (100%)
 - Create couple workbook (100%)
 - Create video and animation materials (95%)
 - Solicit, receive, consider, and act on feedback from experts and stakeholders (100%)
 - Task 2: Engage military stakeholders in Get Better Together Development (90%)
 - Hold kick-off meeting with Navy Chaplain Corps (100%)
 - Invite military stakeholders to review curriculum and materials (100%)
 - Conduct Get Better Together procedures with 6-10 stakeholders (40%)
 - Collect feedback from 6-10 stakeholders (15%)
- Phase 2: Pilot and Evaluate Get Better Together
 - Task 3: Prepare for open trial (100%)
 - Draft of open trial protocol (100%)
 - Submit study protocol to USUHS Institutional Review Board (IRB) for regulatory review (100%)
 - Submit study protocol to OHRO for regulatory review (100%)
 - Receive regulatory approvals from appropriate review boards (100%)
 - Order measures and prepare assessments (100%)
 - Create database (100%)
 - Train research staff in assessment and protocols (100%)
 - Brief Chaplain and site leadership on open trial (100%)
 - Task 4: Train Chaplains to facilitate Get Better Together (15%)
 - Identify 1-3 Chaplains to facilitate Get Better Together (100%)
 - Train 1-3 Chaplains to facilitate Get Better Together (10%)
 - Conduct focus group with 1-3 Chaplains after facilitator training (0%)
 - Task 5: Enroll subjects in open trial (40 couples, total n = 80) (0%)
 - Distribute recruitment materials (5%)
 - Enroll first couple (0%)
 - Enroll 50% of couples (20 couples) (0%)
 - Complete 100% of enrollment (40 couples) (0%)
 - Task 6: Conduct 3 to 5 Get Better Together retreats for enrolled participants (0%)
 - Organize retreat logistics (60%)
 - Conduct first retreat (0%)
 - Hold up to 5 retreats according to participant flow (0%)
 - Code Chaplain fidelity (0%)



- Task 7: Administer assessments
 - Conduct pre- and post-retreat assessments with all participants (0%)
 - Conduct post-retreat assessments with all participants (0%)
 - Facilitate qualitative focus groups with all participants (0%)
 - Send 1-, 2-, and 3-month follow-up assessments (0%)
 - Maintain regular communication between staff and subjects to minimize attrition (0%)
 - Distribute compensation for completed focus groups and follow-up assessments (0%)
- Task 8: Process and analyze qualitative and quantitative data
 - Transcribe focus group audio files (0%)
 - Conduct qualitative analysis on focus group data (0%)
 - Clean and prepare quantitative data for analysis (0%)
 - Conduct analysis to examine preliminary intervention effects at the 1-, 2-, and 3-month follow-ups (0%)
 - Conduct an exploratory comparison of Get Better Together effects against published effects of established relationship education programs (0%)
- Phase 3: Revise and Disseminate Get Better Together
 - Task 9: Revise Get Better Together curriculum and materials
 - Revise curriculum and materials based on participant and Chaplain feedback, and the fidelity of chaplain delivery (0%)
 - Make final revisions to curriculum and materials (0%)
 - Task 10: Disseminate results of open trial
 - Generate white paper based on results for dissemination to military stakeholders (0%)
 - Deliver briefings to Chaplain and site leadership based on results (0%)
 - Create after action report for dissemination to participants (0%)
 - Prepare academic manuscripts based on results (0%)
 - Task 11: Disseminate Get Better Together to Navy CREDO
 - Submit proposal to Force Chaplain to approve Get Better Together as a CREDO program (0%)
 - Hold training for up to 10 CREDO Chaplains (0%)
 - Deliver 10 facilitator kits and 100 couple workbooks to Navy CREDO (0%)

b. Reportable Outcomes

- Initial drafts of Get Better Together curriculum, facilitator manual, facilitator slides, and couple workbook have been completed. Revised versions will be completed Year 2, Quarter 1 to be used in the open-arm trial of the program.

c. Progress Detail

To make progress on meeting our major goals, we have completed the following activities in Year 1.

Curriculum Development. First, our team held kickoff meetings with Navy CREDO leadership on 19 OCT 2021 and PREP Inc., the subcontractor collaborating on development of the Get Better Together curriculum, on 14 OCT 2021. The study team and PREP subsequently met biweekly to facilitate development of Get Better Together curriculum and materials. To date, we have generated and revised full drafts of the facilitator manual, facilitator slides, and a couple workbook (see Figures 1 and 2). In order to solicit, receive, consider



and act on feedback from experts and stakeholders (Milestone 13), in DEC 2021 the Get Better Together curriculum was sent to content experts in prevention intervention (Dr. Marjan Holloway) and military mental health (Dr. Jessica LaCroix), and military stakeholders. Feedback was received and integrated into the materials. The current drafts of the facilitator manual, facilitator slides, and couple workbook will be used to deliver Get Better Together to military couples during a beta test on 7-9 OCT 2022. Additional revisions will be made based on the beta test, to be completed prior to the first open trial delivery of the curriculum.

Figure 1. Example Facilitator Slide from Get Better Together



Figure 2. Example Couple Workbook Page



Media Creation. Based upon recommendations from military stakeholders, we expanded the scope of the videos created for Get Better Together (Milestone 12, *Create video and animation materials*). It was emphasized that video portrayals of military couples navigating common military challenges would be a key way to build participant buy-in and successfully communicate complex information.

We conducted filming on 26-28 JUL 2022. Filming included actors that were military spouses, reservists, and veterans. Additional actors came from the USUHS Val G. Hemming Simulation Center, which trains actors to simulate military Service member and dependent patients for medical students. We also had military personnel and veterans on set to ensure that actors and their interactions included appropriate military appearance, language, and situations. Actors portrayed diverse military couples, including dual-military couples, same-sex couples, newly enlisted and retiring Service members.

To date, the following videos have been created for Get Better Together:

- An introduction video including expert interviews and a recently retired Service member sharing personal experiences with curriculum content
- A teaching video for one of the core couple strategies in the curriculum. The video includes an expert interview and clips from several couples demonstrating the strategy
- Three videos displaying differing emotional reactions to stressors
- Four videos illustrating destructive communication patterns
- Three videos showing maladaptive coping strategies
- Three clips presenting effective dyadic coping strategies

A selection of the above videos was shared with military stakeholders and received enthusiastic praise. Currently the videos are being finalized with introduction graphics and closed captioning. They will be

Figure 3. Filming of Get Better Together Videos



finalized ahead of the Beta Retreat on 7-9 OCT 2022. We anticipate that additional video editing will occur during the open trial, focusing on content areas that participants find confusing or dry, in order to provide additional videos that can be used in the final curriculum.

Stakeholder Engagement. Throughout the development process, we have actively engaged with military stakeholders. First, we actively recruited study staff with relevant military experience. Currently our study team includes two military spouses, a Navy reservist, and two veterans (Army and Marine Corps). Second, we have actively sought and received feedback throughout the

curriculum development process. This has shaped all aspects of the program, including the name. Based upon the input of Navy stakeholders, we have changed the name of the curricula and programming from 'Better Together' to 'Get Better Together.' This change differentiates the current program from existing relationship programs and closely aligns with the current call to action from the Chief of Naval Operations (CNO), 'Get Real, Get Better.'

Third, in AUG and SEP 2022, briefings on Get Better Together development and piloting were held for Navy leadership to include Commander, Navy Installations Command (CNIC), regional commanders, installation commanders, Chief of Chaplains, and religious ministry teams. CNIC Vice Admiral Yancy Lindsey included Get Better Together in his CNIC monthly report, stating "This is an evidence-based research project and the first of its kind to be supported by CNIC CREDO."

Finally, we are currently scheduled to hold a "Beta Retreat" on 7-9 OCT 2022 where we will deliver the program to 6-10 stakeholders and collect their feedback (Milestones 17 & 18). This feedback will be used to finalize Get Better Together materials for the open trial conducted in Year 2 of the study.

Open Trial Preparation. We are currently on track to launch the open trial 1 OCT 2022. During Year 1, we hired several study staff members including a lead research coordinator and a coordinator local to Tri-Base Southeast where recruitment will occur.

Navy CREDO has identified two facilitators who will be trained and deliver Get Better Together for the current study. The facilitator training is scheduled to be delivered 12-14 OCT 2022.

We've generated recruitment materials including a flyer (See Figure 4), a brochure, and a website. We anticipate beginning recruitment 1 OCT 2022. The first three retreats are scheduled for 4-6 NOV 2022, 3-5 FEB 2023, and 3-5 MAR 2023. Should we not reach our enrollment goal through these three retreats, an additional one to two retreats will be scheduled for spring 2023.

Figure 4. Study Recruitment Flyer

Open Trial Regulatory Approvals. The study protocol and all supplementary materials (e.g., study advertisements) were submitted to the USUHS institutional review board (IRB) on 12 MAY 2022 and approved 26 JUL 2022. On 1 AUG 2022, the study protocol was submitted to the Office of Human Research Oversight (OHRO). On 28 SEP 2022, we received a formal OHRO memorandum indicating that an additional review by OHRO is not required and that we were approved to proceed with the study. Additionally, the Washington Headquarters Services (WHS) on 29 July 2022 determined that due to the USUSH temporary waiver, the current study is exempt from the Paperwork Reduction Act requirements. The study is subject to the provisions of the NDAA 21, SEC 716, which provides an exemption from the requirements of 44 USC §§ 3506(c), 3507, and 3508 for the voluntary collection of information during the conduct of research and program evaluations that are conducted or sponsored by the Uniformed Services University of the Health Sciences.

Translation. To support the long-term commercialization and implementation of Get Better Together, we worked with PREP, HJF, and USUHS to outline a broad licensing agree that will enable PREP to support and disseminate Get Better Together for the DoD over the long term. This dissemination strategy has a history of success and Navy CREDO leadership has indicated that commercialization through PREP is ideal for ensuring wide and long-term implementation of Get Better Together throughout the Navy and other military branches. We will finalize and execute the licensing agreement at the conclusion of the study when the Get Better Together curriculum and materials have been finalized.

2. Future Plans

Year 2 will primarily focus on piloting and evaluating Get Better Together in an open-arm trial with 40 Navy couples. This will include enrolling subjects (Task 5), conducting 3 to 5 retreats for participants (Task 6), administering assessments, to include 1-, 2-, and 3-month follow-ups (Task 7), and analyzing data (Task 8). Following the open trial, we will revise and finalize the Get Better Together curriculum based upon feedback from participants and CREDO facilitators.

3. Problems / Issues

a. Current Problems / Issues

Due to the Covid-19 Delta and Omicron variants, it was infeasible to conduct our kick-off meetings in person as originally planned. To mitigate this issue, all kick-off meetings were conducted virtually via Zoom.

Our SOW outlined delivering the curriculum to 6-10 stakeholders and collecting their feedback (Milestones 17 and 18) by 30 SEP 2022. Due to the limited availability of the retreat site, we were unable to complete this by the due date. However, we are scheduled to complete these tasks 7-9 OCT 2022.

b. Anticipated Problems / Issues

Covid-19 and related policies are rapidly evolving, and it is possible that the project may face the following challenges related to restrictions on travel and in-person activities. Given that retreats are currently scheduled to take place during winter 2022 and spring 2023 it is possible we could see another winter surge of Covid-19 cases. In anticipation for this, our SOW has built in a long timeframe for conducting the pilots (three to five retreats between DEC 2022 and 31 MAR 2023).



Also, given that the follow-up assessment period is only three months, it is feasible that we could recruit into the summer, when Covid-19 cases are less prevalent, and still complete the study on time. For a worst-case scenario, we have already discussed strategies for delivering the program online and this potential was written into the study protocol. However, we do not anticipate conducting the retreats virtually, and will only do so if all other alternatives have already been exhausted. Additionally, per the suggestion of the USUHS IRB, the study protocol was written with alternative procedures that allow us to conduct all study procedures virtually if needed. This strategy has been successfully utilized by the PI on other studies.

4. Financial Health

During Year 1 the study expended \$343,257, which is also the amount cumulatively expended. To date, the study is currently below spending projections. However there are several large costs anticipated for Year 2, Quarter 1, including compensating our subcontractor for completing curriculum development tasks, travel expenses for the beta retreat and facilitator training, and retreat related expenses. However, should spending continue to come in under budget, we will look at available opportunities to spend the funds in support of the project, such as creating additional videos and animations for the intervention or providing CREDO with additional support for implementation (e.g., additional facilitator trainings).

5. Personnel Effort

Personnel	Role	Percent Effort
Sarah Carter	Principal Investigator	60%
Erin Cobb	Co-Investigator	18%
Jessica LaCroix	Co-Investigator	9%
Su Yeon Lee-Tauler	Co-Investigator	4%
Justine Brennan	Research Assistant	66%
Ershia Francois	Research Assistant	10%
Max Stivers	Research Assistant	10%
Daniel Pina	Research Specialist	7%
Ayan Elmi	Program Administrator	7%
Robert Wheeler	Regulatory Affairs Lead	3%
Kathryn Alvarado	Research Assistant	6%
Kanchana Perera	Data Scientist	3%

6. Protocol and Activity Status

a. Human Use Regulatory Protocols

TOTAL PROTOCOLS: 1

PROTOCOLS:

Protocol [OHRO Assigned Number]: E02793.1a

Title: Better Together: A relationship enrichment program targeting transdiagnostic interpersonal emotion regulation among military couples

Target required for clinical significance: 40 couples (n = 80)

Target approved for clinical significance: 50 couples (n=100)

Submitted to and Approved by:

- USUHS IRB Initial Approval: The study protocol was submitted to USUHS IRB on 12 May 2022 and approved on 29 July 2022.
- OHRO Review: The study protocol was submitted to Office of Human Research Oversight (OHRO) on 1 August 2022 and on 28 SEP 2022 OHRO produced a memorandum indicating that no further OHRO review is required.

STATUS:

Please note, subject recruitment is not scheduled to begin until Year 2, Quarter 1. Thus, there is no information to report on subject recruitment, enrollment, completion, or adverse events.

- Participant Status
 - Number of subjects recruited/original planned target: N/A
 - Number of patients enrolled/original planned target: N/A
 - Number of patients dropped out of study: N/A
 - Number of patients completed study procedures/original planned target: N/A
- Adverse event/unanticipated problems involving risks to subjects or others and actions or plans for mitigation: N/A
- Administrative, technical, or logistical issues: N/A

b. Use of Human Cadavers for RDT&E, Education or Training

No RDT&E, education or training activities involving human cadavers will be performed to complete the Statement of Work (SOW).

c. Animal Use Regulatory Protocols

No animal use research will be performed to complete the Statement of Work.



Annual Business Status Report for

Better Together: A primary prevention intervention targeting transdiagnostic interpersonal emotion regulation among military couples

Research Project No. W81XWH-21-9-0011-09

EGS# MT21005.009

Reporting Period: 22 SEP 2021 – 30 SEP 2022

MTEC Research Project Awardee

Sarah P. Carter, Ph.D.

Research Project Technical POC

Sarah P. Carter, Ph.D.

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Phone: (301) 295-0087

E-mail: Sarah.Carter.ctr@usuhs.edu

Submitted: 25 OCT 2022



1. CURRENT STAFF

Personnel	Role	Percent Effort
Sarah Carter	Principal Investigator	70%
Erin Cobb	Co-Investigator	20%
Jessica LaCroix	Co-Investigator	10%
Su Yeon Lee-Tauler	Co-Investigator	5%
Ershia Francois	Research Assistant	50%
Max Stivers	Research Assistant	10%
Daniel Pina	Research Specialist	7%
Kathryn Alvarado	Research Assistant	6%
Robert Wheeler	Regulatory Affairs Lead	3%

2. CURRENT EXPENDITURES

Contract Expenditures	Current QTR Expenditures	Cumulative To Date Expenditures
Labor (Personnel and Fringe)	\$61,245	\$199,378
Supplies/Materials	\$465	\$789
Travel	\$1,002	\$2,450
Equipment	\$0	\$0
Subcontractors and Consultants	\$0	\$0
Other Direct Costs	\$45,320	\$45,332
Rent	\$3,031	\$17,766
Indirect Costs	\$32,411	\$77,542
Total	\$143,474	\$343,257

3. STATUS OF MILESTONES

MTEC Milestone Number	Milestone Description	Due Date	% Completed this invoicing period	Cumulative % Complete of Milestone
1	Project Kickoff Call	9/30/2021	0%	100%
2	Quarterly Report 1 (October-December 2021, Technical and Business Reports)	1/25/2022	0%	100%



3	Quarterly Report 2 (January-March 2022, Technical and Business Reports)	4/25/2022	100%	100%
4	Quarterly Report 3 (April-June 2022, Technical and Business Reports)	7/25/2022	100%	100%
5	Task 1: Complete development of initial Get Better Together curriculum and materials	9/30/2022	98%	98%
6	Subtask 1.1 Hold kick-off meeting with subcontractor, PREP Inc.	10/31/2021	100%	100%
7	Subtask 1.2 Create Get Better Together curriculum	12/31/2022	100%	100%
8	Subtask 1.3 Generate facilitator manual	4/30/2022	35%	100%
9	Subtask 1.4 Create facilitator slides	4/30/2022	100%	100%
10	Subtask 1.5 Develop graphic design and formatting	6/30/2022	100%	100%
11	Subtask 1.6 Create couple workbook	6/30/2022	100%	100%
12	Subtask 1.7 Create video and animation materials	6/30/2022	95%	95%
13	Subtask 1.8 Solicit, receive, consider, and act on feedback from experts and stakeholders	9/30/2022	100%	100%
14	Task 2: Engage military stakeholders in Get Better Together development	9/30/2022	90%	90%
15	Subtask 2.1 Hold kick-off meeting with Navy Chaplain Corps	10/31/2021	100%	100%
16	Subtask 2.2 Invite military stakeholders to review curriculum and materials	7/31/2021	100%	100%
17	Subtask 2.3 Conduct Get Better Together procedures with 6-10 stakeholders	9/30/2022	40%	40%
18	Subtask 2.4 Collect feedback from 6-10 stakeholders	9/30/2022	15%	15%
19	Task 3: Prepare for open trial	9/30/2022	30%	82%
20	Subtask 3.1 Draft of open trial protocol	3/31/2022	100%	100%
21	Subtask 3.2 Submit study protocol to USUHS Review Board (IRB) for regulatory review	3/31/2022	100%	100%
22	Subtask 3.3 Submit study protocol to HRPO for regulatory review	6/30/2022	100%	100%
23	Subtask 3.4 Receive regulatory approvals from appropriate review boards	9/30/2022	100%	100%
24	Subtask 3.5 Order measures and prepare assessments	9/30/2022	100%	100%
25	Subtask 3.6 Create database	9/30/2022	100%	100%
26	Subtask 3.7 Train research staff in assessment and protocols	9/30/2022	100%	100%
27	Subtask 3.8 Brief Chaplain and site leadership on open trial	9/30/2022	100%	100%
28	Annual Report 1	10/25/2022	N/A	N/A
29	Task 4: Train Chaplains to facilitate Get Better Together	10/31/2022	10%	10%
30	Subtask 4.1 Identify 1-3 Chaplains to facilitate Get Better Together	10/31/2022	100%	100%
31	Subtask 4.2 Train 1-3 Chaplains to facilitate Get Better Together	10/31/2022	10%	10%

32	Subtask 4.3 Conduct focus group with 1-3 Chaplains after facilitator training	10/31/2022	0%	0%
33	Quarterly Report 4 (October-December 2022, Technical and Business Reports)	1/25/2023	N/A	N/A
34	Enroll subjects in open trial (40 couples, total n = 80)	3/31/2023	0%	0%
35	Subtask 5.1 Distribute recruitment materials	3/31/2023	0%	0%
36	Subtask 5.2 Enroll first couple	11/1/2022	0%	0%
37	Subtask 5.3 Enroll 50% of couples (20 couples, n = 20)	1/31/2023	0%	0%
38	Subtask 5.4 Complete 100% of enrollment (40 couples, n = 80)	3/31/2023	0%	0%
39	Task 6: Conduct 3 to 5 Get Better Together retreats for enrolled participants	3/31/2023	10%	10%
40	Subtask 6.1 Organize retreat logistics	3/31/2023	60%	60%
41	Subtask 6.2 Conduct first retreat	12/31/2022	0%	0%
42	Subtask 6.3 Hold up to 5 retreats according to participant flow	3/31/2023	0%	0%
43	Subtask 6.4 Code Chaplain fidelity	3/31/2023	0%	0%
44	Quarterly Report 5 (January-March 2023, Technical and Business Reports)	4/25/2023	N/A	N/A
45	Task 7: Administer assessments	6/30/2023	0%	0%
46	Subtask 7.1 Conduct pre- and post-retreat assessments with all participants	3/31/2023	0%	0%
47	Subtask 7.2 Conduct post-retreat assessments with all participants	3/31/2023	0%	0%
48	Subtask 7.3 Facilitate qualitative focus groups with all participants	3/31/2023	0%	0%
49	Subtask 7.4 Send 1-, 2-, and 3-month follow-up assessments	6/30/2023	0%	0%
50	Subtask 7.5 Maintain regular communication between staff and subjects to minimize attrition	6/30/2023	0%	0%
51	Subtask 7.6 Distribute compensation for completed focus groups and follow-up assessments	6/30/2023	0%	0%
52	Quarterly Report 6 (April-June 2023, Technical and Business Reports)	7/25/2023	N/A	N/A
53	Task 8: Process and analyze qualitative and quantitative data	7/31/2023	0%	0%
54	Subtask 8.1 Transcribe focus group audio files	6/30/2023	0%	0%
55	Subtask 8.2 Conduct qualitative analysis on focus group data	6/30/2023	0%	0%
56	Subtask 8.3 Clean and prepare quantitative data for analysis	7/31/2023	0%	0%
57	Subtask 8.4 Conduct analysis to examine preliminary intervention effects at the 1-, 2-, and 3-month follow-ups	7/31/2023	0%	0%
58	Subtask 8.5 Conduct an exploratory comparison of Get Better Together effects against published effects of established relationship education programs	7/31/2023	0%	0%

59	Task 9: Revise Get Better Together curriculum and materials	9/30/2023	0%	0%
60	Subtask 9.1 Revise curriculum and materials based on participant and Chaplain feedback, and the fidelity of chaplain delivery	9/30/2023	0%	0%
61	Subtask 9.2 Make final revisions to curriculum and materials	9/30/2023	0%	0%
62	Task 10: Disseminate results of open trial	9/30/2023	0%	0%
63	Subtask 10.1 Generate white paper based on results for dissemination to military stakeholders	9/30/2023	0%	0%
64	Subtask 10.2 Deliver briefings to Chaplain and site leadership based on results	9/30/2023	0%	0%
65	Subtask 10.3 Create after action report for dissemination to participants	9/30/2023	0%	0%
66	Subtask 10.4 Prepare academic manuscripts based on results	9/30/2023	0%	0%
67	Task 11: Disseminate Get Better Together to Navy CREDO	9/30/2023	0%	0%
68	Subtask 11.1 Submit proposal to Force Chaplain to approve Get Better Together as a CREDO program	8/31/2023	0%	0%
69	Subtask 11.2 Hold training for up to 10 CREDO Chaplains	9/30/2023	0%	0%
70	Subtask 11.3 Deliver 10 facilitator kits and 100 couple workbooks to Navy CREDO	9/30/2023	0%	0%
71	Final Reports	9/30/2023	N/A	N/A

4. Nontraditional Defense Contractor Participation

Name of Nontraditional/Nonprofit	Planned Start Date	Actual Start Date	Reason for Deviation from Plan
The Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc. [Non-Profit Institution]	9/30/2021	9/22/2021	
PREP Inc. [Non-Traditional Contractor]	9/30/2021	7/1/2022	Sub-Contract execution was delayed; however, there have been no delays in deliverables.

5. DEVIATION FROM PROJECT PLAN

There are no major deviations to report.

