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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 (HJF)

CONTRACTING ORGANIZATION: Medical Technology Enterprise Consortium (MTEC)

REPORT DATE: October 1, 2022–September 30, 2023

TYPE OF REPORT: Annual Report

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

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13. SUPPLEMENTARY NOTES					
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: 01 OCT 2022 – 30 SEP 2023

MTEC Research Project Awardee

Sarah P. Carter, Ph.D.

Research Project Technical POC

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Submitted: 17 OCT 2023



1. Project Status

a. Accomplishments

- Phase 1: Development of Get Better Together Curriculum and Materials (100%)
 - Task 1: Complete development of initial Get Better Together curriculum and materials (100%)
 - 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 (100%)
 - Solicit, receive, consider, and act on feedback from experts and stakeholders (100%)
 - Task 2: Engage military stakeholders in Get Better Together Development (100%)
 - 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 (100%)
 - Collect feedback from 6-10 stakeholders (100%)
- 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 (100%)
 - Identify 1-3 Chaplains to facilitate Get Better Together (100%)
 - Train 1-3 Chaplains to facilitate Get Better Together (100%)
 - Conduct focus group with 1-3 Chaplains after facilitator training (100%)
 - Task 5: Enroll subjects in open trial (40 couples, total n = 80) (100%)
 - Distribute recruitment materials (100%)
 - Enroll first couple (100%)
 - Enroll 50% of couples (20 couples) (100%)
 - Complete 100% of enrollment (40 couples) (100%)
 - Task 6: Conduct 3 to 5 Get Better Together retreats for enrolled participants (100%)
 - Organize retreat logistics (100%)
 - Conduct first retreat (100%)
 - Hold up to 5 retreats according to participant flow (100%)
 - Code Chaplain fidelity (100%)

- Task 7: Administer assessments (100%)
 - Conduct pre- and post-retreat assessments with all participants (100%)
 - Conduct post-retreat assessments with all participants (100%)
 - Facilitate qualitative focus groups with all participants (100%)
 - Send 1-, 2-, and 3-month follow-up assessments (100%)
 - Maintain regular communication between staff and subjects to minimize attrition (100%)
 - Distribute compensation for completed focus groups and follow-up assessments (100%)
- Task 8: Process and analyze qualitative and quantitative data (35%)
 - Transcribe focus group audio files (100%)
 - Conduct qualitative analysis on focus group data (100%)
 - Clean and prepare quantitative data for analysis (80%)
 - 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 (100%)
 - Revise curriculum and materials based on participant and Chaplain feedback, and the fidelity of chaplain delivery (100%)
 - Make final revisions to curriculum and materials (100%)
 - 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 (10%)
 - 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 (100%)
 - Submit proposal to Force Chaplain to approve Get Better Together as a CREDO program (100%)
 - Hold training for up to 10 CREDO Chaplains (100%)
 - Deliver 10 facilitator kits and 100 couple workbooks to Navy CREDO (100%)

b. Reportable Outcomes

Curricula

Sarah Carter, Suicide Care, Prevention, and Research Initiative, & PREP Inc. (2023). *Get Better Together* [Relationship Education Curriculum]. Centennial, CO: PREP Inc.

Presentations

Carter, S. P., Cobb, E., Alvarado, K., Francois, E., LaCroix, J. M., Holloway, M., Stanley, S. M., Markman, H. J., Stallard, W. D., & Bynum, D. O. (2023, August). Initial Field Testing of a Cross-Cutting Primary Prevention Intervention for Military Couples. Presented at the annual meeting of the Military Health System Research Symposium.

Carter, S. P., Bynum, D. O., Stallard, W. D., Cobb, E., Alvarado, K., Francois, E., LaCroix, J. M., & Holloway, M. (2023, April). Community-Engaged Development of a Primary Prevention for Military Couples. In S. Y. Lee-Tauler (Chair), *Programmatic Highlights from Scientific Interdisciplinarity and Collaboration Among*



Suicidology Researchers and Chaplains in the U.S. Military. Presented at the annual meeting of the Suicide Research Symposium.

Grants Written Based on Award

“Get Better Together: A Primary Prevention Intervention for Military Couples”. (2023). Congressionally Directed Medical Research Program. PI: Carter, S. UNDER REVIEW.

“Get Better Together: A Transdiagnostic Primary Prevention Intervention for Military Couples”. (2022). Congressionally Directed Medical Research Program. PI: Carter, S. NOT AWARDED.

Stakeholder Reports

Carter, S.P. (OCT 2022) Get Better Together: Beta Test After Action Report.

c. Progress Detail

Curriculum Development & Revision. During Year 2, Quarter 1, we completed the development of initial *Get Better Together* curriculum and media (Milestone 12; see Figure 1 for Couple Workbook Cover Page). In order to solicit curriculum feedback from actual military couples, a beta test retreat was held on 4-6 October 2022 (Milestone 17). Six diverse military couples and two Navy Chaplains Religious Enrichment Development Operation (CREDO) facilitators attended. Military couples attending the beta test retreat provided written and verbal feedback on the program. Overall, attendees reported that they liked *Get Better Together* (83.7%) and were satisfied with the program (83.7%). Participants thought the program covered helpful information (91.6%) and intend to use *Get Better Together* strategies (91.7%). All attendees endorsed that the program will assist them in having a healthier relationship (100%). Additionally, attendees noted that as a result of attending *Get Better Together*, they will better be able to cope with stressors in both their professional (83.4%) and personal (83.3%) lives. An after-action report describing the beta test retreat and attendee feedback was prepared for Navy leadership and stakeholders and disseminated 25 OCT 2022.

Figure 1. Couple Workbook Cover Page



During Year 2, Quarters 2 and 3, we revised *Get Better Together* curriculum and materials based upon facilitator and participant feedback collected throughout the pilot retreats. Revisions included reordering of materials, revising the Facilitator Manual and PowerPoint slides for clarity, updating the Couple Workbook pages, and the addition of a new video. Revisions were concluded on 15 May, several months ahead of schedule.

Get Better Together Delivery. On 12-14 OCT 2022, two Navy CREDO facilitators attended a facilitator training led by the study PI that included didactics, demonstrations, and roleplays (Milestone 31).

Get Better Together was delivered at a total of five weekend retreats. Of note, one of the retreats was canceled last minute due to a ship unexpectedly going underway (i.e., leaving the dock) causing the majority of the scheduled Navy participants to cancel their retreat attendance. We were able to reschedule the retreat, but the delay caused us to be behind on several of our milestones. Thus, on 3 APR 2023, a request for a 6-month no cost extension was submitted to allow for all study tasks to be completed. The study is currently on track to complete all remaining milestones in accordance with the updated Statement of Work.

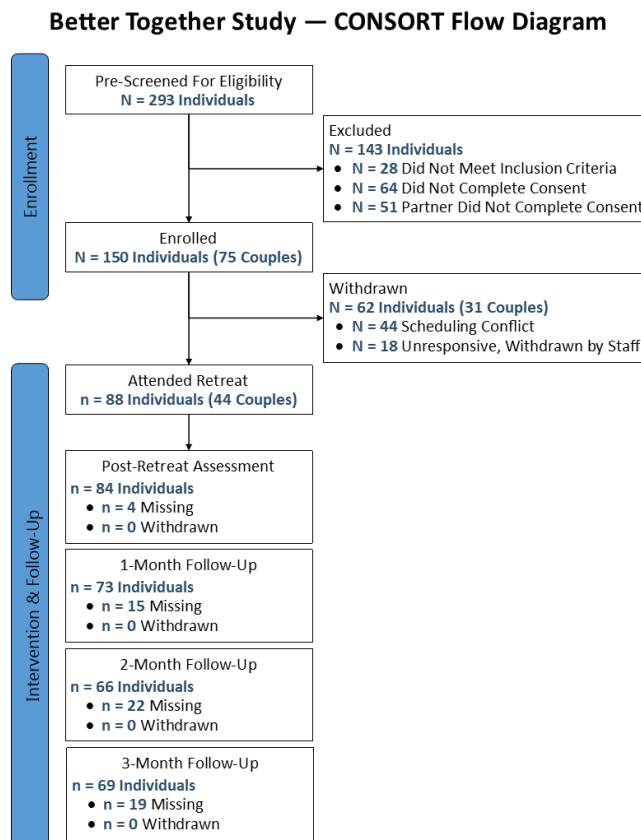
Enrollment. Recruitment ran from 11 OCT 2022 to 31 MAY 2023. Overall, 44 couples (88 individuals) attended a *Get Better together* retreat, surpassing the target sample of 40 couples. Figure 1 provides a CONSORT chart detailing study enrollment and data collection.

A total of 293 individuals were pre-screened for study eligibility, with 90.4% (N = 265) eligible to participate. Of those that met all inclusion criteria, 201 individuals completed consent. Couples were only enrolled in the study after both partners completed consent. A total of 75 couples (150 individuals) were enrolled in the study. Overall, 44 couples (88 individuals) attended one of five *Get Better Together* retreat. The remaining 31 couples (62 individuals) were withdrawn from the study. Twenty-two couples withdrew due to scheduling conflicts; reasons included health issues, an unanticipated funeral, a car accident, and loss of childcare. An additional nine couples were withdrawn by study staff due to being unresponsive to attempts to schedule them for a retreat.

Preliminary characteristics of the sample have been included as Appendices 1. Briefly, participants had a mean age of 33.4. Half (50%) of participants reported being assigned male sex at birth, 47.7% female, and 1.1% preferring not to disclose. Over half of the sample (53.4%) identified as belonging to a racial or ethnic minority group. Specifically, 29.5% identified as Hispanic or Latino, 19.3% as Black, 5.7% as Native American or Alaskan Native, 5.7% Asian, 3.4% as Pacific Islander, and 9.1% as something else. Regarding military service, 60.2% of the sample had current or previous military service. Of these, the majority were active duty Navy (73.6%), but all major service branches were represented. The sample was primarily comprised of enlisted Service Members (83%). Most of the 44 couples were married (90.9%), had been in a relationship for 6 or more years (53.4%), and reported having child(ren) with their current partner (43.2%) or from a previous relationship (27.3%). Additionally, 4.6% of the couples were in a same-gender relationship.

Data Collection. Data collection was completed in Year 2, Quarter 4. The overall assessment completion rate was 86.4%. All participants (100%) completed the pre-retreat questionnaire, 95.5% (N = 84 individuals) completed the post-retreat assessment, 65.9% (N = 58 individuals) participated in an optional focus group,

Figure 1. Study Enrollment and Data Collection



83.0% (N = 73 individuals) completed their 1-month follow-up assessment, 75.0% (N = 66 individuals) completed their 2-month follow-up assessment, and 78.4% (N = 69 individuals) completed their 3-month follow-up assessment.

Data Analysis. During Year 2, we completed qualitative analysis of focus groups in which participants provided feedback on *Get Better Together*. A total of five focus groups were conducted immediately following each of the five retreats, with focus groups lasting approximately one hour. These focus groups were audio recorded, transcribed, coded, and analyzed using constant comparative analytic framework to identify patterns and trends. A research team member took detailed notes during each focus group and the research team debriefed after each focus group; these data were triangulated with the focus group transcripts. The goal of these focus groups was to elicit participant feedback on key lessons learned, suggested changes to content and delivery, and plans to apply skills in their lives and relationships.

Three key themes were identified from the focus groups: (1) impressions of *Get Better Together*, (2) curriculum feedback, and (3) factors that impacted learning.

Impressions of *Get Better Together*. Overall, participants had positive feedback on their experience participating in *Get Better Together*. Many participants had participated in other CREDO retreats and highlighted similarities and differences between these retreats and *Get Better Together*. Notably, participants described *Get Better Together* as having a greater focus on communication, stress, and problem solving and for participants who had attended other retreats, several reported that *Get Better Together* expanded on concepts learned at previous retreats (e.g., healthy communication), allowing them to have deeper understanding of the skills. Participants described *Get Better Together* as having a “good balance of listening and doing activities” and praised the supportive retreat facilitators and reference materials. Participants highlighted a number of benefits of *Get Better Together* and identified several ways they could apply the skills learned. Benefits included learning skills together, learning a structure to discuss and process problems as a couple, and improving mission readiness. Participants emphasized that *Get Better Together* could be beneficial to couples at different stages and that these skills could be applied to other relationships (e.g., children, work colleagues).

Curriculum Feedback. The *Get Better Together* curriculum was generally well received. Participants identified several content areas and skills as being particularly beneficial. Of note, all of the core skills were named as beneficial by at least one participant, underscoring the importance of offering a broad range of skills to meet individual needs. Several participants highlighted the helpfulness of the Speaker-Listener technique in supporting healthy communication: “I had a huge epiphany last night after doing the speaker-listener technique: we used our room key as a token to pass back and forth, and hearing your partner paraphrase what you’ve said really does make you feel understood. It also provides an opportunity for you to rephrase your statements to be more clear and help your partner understand. My partner got what I was saying, and this has been a problem for us for 8 years! We would usually get let it go, deal with it as it’d come up, but now we’re equipped to problem-solve, which is cool.” Participants also appreciated activities aimed at increasing emotion identification: “I think it helps a lot to get more options to express your emotions...When we’re in a disagreement, I always say ‘I feel upset.’ It’s my go-to word, but now, there are other words I can say.” Participants also highlighted the usefulness in understanding maladaptive ways they may have been coping with stress and learning healthier alternative strategies: “I really liked the part about redirecting stress and coping with it... redirecting it and how to actually make it work for you instead of against you – I liked that part.”



Additionally, participants identified content areas and skills that would benefit from additional clarification or could be cut or modify from the curriculum. *Get Better Together* included several educational videos demonstrating the various skills taught in the course. Participants had feedback on the length of the videos and provided suggestions for integrating them into the retreat. As highlighted in the Curriculum Development & Revision Section, the feedback was utilized to refine the curriculum.

Factors that Impacted Learning. Participants identified factors that supported or got in the way of their learning and provided suggestions for potential changes that would support their learning. Factors that supported learning included (1) the facilitators, to include receiving feedback from facilitators, hearing personal anecdotes from facilitators, having two facilitators with different styles, and having an engaging, fun, and personable approach; (2) logistics, to include smaller group size, U-shaped seating arrangements, and a clear agenda; (3) approaches to increase engagement, to include receiving a prize for answer questions, an engaging participant handbook, and short videos; and (4) the delivery of material, to include repetition of key concepts, not being “death by PowerPoint,” eliciting the perspective of the group, and “keeping rank out of it.” The retreats typically spanned Friday-Sunday, with an introduction on Friday, full day on Saturday, and half-day on Sunday. Many participants reported difficulty focusing on Saturday, particularly after lunch, and stated that more breaks or opportunities for movement could have helped. Suggestions for potential changes to support learning include optional homework, more time for group discussion, more engagement with other couples, more one-on-one time with partner, and using real couples (as opposed to actors) for examples whenever possible.

Dissemination. During Year 2, the PI presented at two conferences about the development of *Get Better Together* and initial field testing at the Beta Retreat. On 16-18 MAY 2023, seven CREDO facilitators attended a train-the-trainer and were certified to deliver *Get Better Together* (Milestone 69). During the training, CREDO facilitators received 10 Facilitator Kits and 100 Couple Workbooks (Milestone 70) enabling broad dissemination of *Get Better Together* across the Navy.

Transition and Commercialization. On 8 MAY 2023, the Director of Navy CREDO granted *Get Better Together* temporary approval (Milestone 68), which enables trained CREDO facilitators to start real-world implementation of *Get Better Together*. The curriculum is also slated to be reviewed at the biennial CREDO product approval meeting in Oct 2024 to receive permanent approval as a CREDO curriculum.

To support the long-term commercialization and implementation of *Get Better Together*, we worked with PREP, HJF, and USUHS to generate a licensing agreement that enables PREP to support and disseminate *Get Better Together* for the Department of Defense 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. The licensing agreement was executed 20 SEP 2023. Multiple orders for facilitator trainings and curriculum orders have already been placed, affirming the transition strategy.

Finally, in order to establish *Get Better Together* as an evidence-based program, we submitted two research proposals to support a large-scale randomized controlled trial (RCT) of *Get Better Together* among a sample of 500 military couples.



2. Future Plans

Year 3 will focus on processing, scoring, and analyzing quantitative data to test study hypotheses. Following data analyses, we will begin disseminating study findings. We will also continue to apply for funding to support a large-scale efficacy trial of *Get Better Together*.

3. Problems / Issues

a. Current Problems / Issues

There are no current problems to report.

b. Anticipated Problems / Issues

There are no anticipated problems to report.

4. Financial Health

During Year 1 the study expended \$778,369.25. Cumulatively, the study has expended \$1,121,626.25, which is 80.3% of the study budget. The current and planned expenditures are on target given the end date of 31 MAR 2024.

5. Personnel Effort

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%
Chere' Rogers	Research Coordinator	30%
Kathryn Alvarado	Research Assistant	20%
Jenna Green-Ross	Program Administrator	10%
Robert Wheeler	Regulatory Affairs Lead	5%
Allison Kunerth	Biostatistician	5%

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.
 - Amendment #1: An amendment was submitted expanding who may facilitate *Get Better Together* to include mental health professionals and paraprofessionals. The amendment was submitted on 9 Jan 2023 and approved 19 Jan 2023.
 - Amendment #2: An amendment was submitted expanding eligibility criteria to welcome all active-duty Service Members and their romantic partners rather than restricting participation to Navy Service Members. The amendment was submitted 31 MAR 2023 and approved 14 APR 2023.
- 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:

- Participant Status
 - Number of subjects recruited/original planned target: 150
 - Number of patients enrolled/original planned target: 150/80
 - Number of patients dropped out of study: 62
 - Number of patients completed study procedures/original planned target: 88/80
- Adverse event/unanticipated problems involving risks to subjects or others and actions or plans for mitigation: 0

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

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

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Reporting Period: 01 OCT 2022 – 30 SEP 2023

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

Submitted: 17 OCT 2023



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%
Chere' Rogers	Research Coordinator	30%
Kathryn Alvarado	Research Assistant	20%
Jenna Green-Ross	Program Administrator	10%
Robert Wheeler	Regulatory Affairs Lead	5%
Allison Kunerth	Biostatistician	5%

2. CURRENT EXPENDITURES

Contract Expenditures	Current Annual Expenditures	Cumulative To Date Expenditures
Labor (Personnel and Fringe)	\$239,431	\$438,809
Supplies/Materials	\$8,469	\$9,258
Travel	\$34,681	\$37,131
Equipment	\$0	\$0
Subcontractors and Consultants	\$0	\$0
Other Direct Costs	\$285,755	\$331,087
Rent	\$28,461	\$46,227
Indirect Costs	\$181,572	\$259,114
Total	\$778,369	\$1,121,626

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	-	100%
2	Quarterly Report 1 (October-December 2021, Technical and Business Reports)	1/25/2022	-	100%
3	Quarterly Report 2 (January-March 2022, Technical and Business Reports)	4/25/2022	-	100%



4	Quarterly Report 3 (April-June 2022, Technical and Business Reports)	7/25/2022	-	100%
5	Task 1: Complete development of initial Get Better Together curriculum and materials	9/30/2022	2%	100%
6	Subtask 1.1 Hold kick-off meeting with subcontractor, PREP Inc.	10/31/2021	-	100%
7	Subtask 1.2 Create Get Better Together curriculum	12/31/2022	-	100%
8	Subtask 1.3 Generate facilitator manual	4/30/2022	-	100%
9	Subtask 1.4 Create facilitator slides	4/30/2022	-	100%
10	Subtask 1.5 Develop graphic design and formatting	6/30/2022	-	100%
11	Subtask 1.6 Create couple workbook	6/30/2022	-	100%
12	Subtask 1.7 Create video and animation materials	6/30/2022	5%	100%
13	Subtask 1.8 Solicit, receive, consider, and act on feedback from experts and stakeholders	9/30/2022	-	100%
14	Task 2: Engage military stakeholders in Get Better Together development	9/30/2022	10%	100%
15	Subtask 2.1 Hold kick-off meeting with Navy Chaplain Corps	10/31/2021	-	100%
16	Subtask 2.2 Invite military stakeholders to review curriculum and materials	7/31/2021	-	100%
17	Subtask 2.3 Conduct Get Better Together procedures with 6-10 stakeholders	9/30/2022	60%	100%
18	Subtask 2.4 Collect feedback from 6-10 stakeholders	9/30/2022	85%	100%
19	Task 3: Prepare for open trial	9/30/2022	18%	100%
20	Subtask 3.1 Draft of open trial protocol	3/31/2022	-	100%
21	Subtask 3.2 Submit study protocol to USUHS Review Board (IRB) for regulatory review	3/31/2022	-	100%
22	Subtask 3.3 Submit study protocol to HRPO for regulatory review	6/30/2022	-	100%
23	Subtask 3.4 Receive regulatory approvals from appropriate review boards	9/30/2022	-	100%
24	Subtask 3.5 Order measures and prepare assessments	9/30/2022	-	100%
25	Subtask 3.6 Create database	9/30/2022	-	100%
26	Subtask 3.7 Train research staff in assessment and protocols	9/30/2022	-	100%
27	Subtask 3.8 Brief Chaplain and site leadership on open trial	9/30/2022	-	100%
28	Annual Report 1	10/25/2022	100%	100%
29	Task 4: Train Chaplains to facilitate Get Better Together	10/31/2022	90%	100%
30	Subtask 4.1 Identify 1-3 Chaplains to facilitate Get Better Together	10/31/2022	-	100%
31	Subtask 4.2 Train 1-3 Chaplains to facilitate Get Better Together	10/31/2022	90%	100%
32	Subtask 4.3 Conduct focus group with 1-3 Chaplains after facilitator training	10/31/2022	100%	100%

33	Quarterly Report 4 (October-December 2022, Technical and Business Reports)	1/25/2023	100%	100%
34	Enroll subjects in open trial (40 couples, total n = 80)	3/31/2023	100%	100%
35	Subtask 5.1 Distribute recruitment materials	3/31/2023	100%	100%
36	Subtask 5.2 Enroll first couple	11/1/2022	100%	100%
37	Subtask 5.3 Enroll 50% of couples (20 couples, n = 20)	1/31/2023	100%	100%
38	Subtask 5.4 Complete 100% of enrollment (40 couples, n = 80)	3/31/2023	100%	100%
39	Task 6: Conduct 3 to 5 Get Better Together retreats for enrolled participants	3/31/2023	90%	100%
40	Subtask 6.1 Organize retreat logistics	3/31/2023	40%	100%
41	Subtask 6.2 Conduct first retreat	12/31/2022	100%	100%
42	Subtask 6.3 Hold up to 5 retreats according to participant flow	3/31/2023	100%	100%
43	Subtask 6.4 Code Chaplain fidelity	3/31/2023	100%	100%
44	Quarterly Report 5 (January-March 2023, Technical and Business Reports)	4/25/2023	100%	100%
45	Task 7: Administer assessments	6/30/2023	100%	100%
46	Subtask 7.1 Conduct pre- and post-retreat assessments with all participants	3/31/2023	100%	100%
47	Subtask 7.2 Conduct post-retreat assessments with all participants	3/31/2023	100%	100%
48	Subtask 7.3 Facilitate qualitative focus groups with all participants	3/31/2023	100%	100%
49	Subtask 7.4 Send 1-, 2-, and 3-month follow-up assessments	6/30/2023	100%	100%
50	Subtask 7.5 Maintain regular communication between staff and subjects to minimize attrition	6/30/2023	100%	100%
51	Subtask 7.6 Distribute compensation for completed focus groups and follow-up assessments	6/30/2023	100%	100%
52	Quarterly Report 6 (April-June 2023, Technical and Business Reports)	7/25/2023	100%	100%
53	Task 8: Process and analyze qualitative and quantitative data	7/31/2023	37%	37%
54	Subtask 8.1 Transcribe focus group audio files	6/30/2023	100%	100%
55	Subtask 8.2 Conduct qualitative analysis on focus group data	6/30/2023	100%	100%
56	Subtask 8.3 Clean and prepare quantitative data for analysis	7/31/2023	80%	80%
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	100%	100%

60	Subtask 9.1 Revise curriculum and materials based on participant and Chaplain feedback, and the fidelity of chaplain delivery	9/30/2023	100%	100%
61	Subtask 9.2 Make final revisions to curriculum and materials	9/30/2023	100%	100%
62	Task 10: Disseminate results of open trial	9/30/2023	2%	2%
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	10%	10%
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	100%	100%
68	Subtask 11.1 Submit proposal to Force Chaplain to approve Get Better Together as a CREDO program	8/31/2023	100%	100%
69	Subtask 11.2 Hold training for up to 10 CREDO Chaplains	9/30/2023	100%	100%
70	Subtask 11.3 Deliver 10 facilitator kits and 100 couple workbooks to Navy CREDO	9/30/2023	100%	100%
71	Annual Report 2	10/25/2023	N/A	N/A
72	Quarterly Report 7 (October-December 2023)	1/25/2024	N/A	N/A
73	Final Reports	3/31/2024	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	Delays in finalizing the terms of the subcontract; however, there were no delays in project tasks or deliverables as a result

5. DEVIATION FROM PROJECT PLAN

There are no major deviations to report.



APPENDICES

1. Sample Characteristics

Demographic Characteristics, N = 88 Individuals		Military Characteristics, N = 53 Individuals		Relationship Characteristics, N = 44 Couples	
Age , Mean (SD)	33.40 (8.17)	Military Branch , n (%)*		Relationship Status , n (%)	
Sex , n (%)		Active Duty		Married	40 (90.9%)
Male	44 (50%)	Navy	39 (73.6%)	Engaged	3 (6.8%)
Female	42 (47.7%)	Marine Corps	8 (15.1%)	Not Married	1 (2.3%)
Prefer Not to Disclose	1 (1.1%)	Coast Guard	4 (7.5%)	Relationship Configuration , n (%)	
Race , n (%)*		Army	1 (1.9%)	Different-Gender/Heterosexual	42 (95.5%)
Caucasian/White	55 (62.5%)	Air Force	1 (1.9%)	Same-Gender/Homosexual	2 (4.6%)
Black/African American	17 (19.3%)	Reserves or National Guard		Relationship Length , n (%)**	
Native American/Alaskan Native	5 (5.7%)	Army Reserve	0 (0%)	0 - 6 months	0 (0%)
Asian	5 (5.7%)	Army National Guard	1 (1.9%)	7 - 12 months	5 (5.7%)
Pacific Islander	3 (3.4%)	Air Force Reserve	0 (0%)	13 - 24 months	6 (6.8%)
Middle Eastern/North African	0 (0%)	Air National Guard	0 (0%)	2 - 3 years	16 (18.2%)
Something else	1 (9.1%)	Navy Reserve	1 (1.9%)	4 - 5 years	14 (15.9%)
Ethnicity , n (%)		Marine Corps Reserve	0 (0%)	6 - 10 years	14 (15.9%)
Hispanic/Latino	26 (29.5%)	Coast Guard Reserve	0 (0%)	11 or more years	33 (37.5%)
Non-Hispanic/Latino	60 (68.2%)	Rank , n (%)		Relationship Type , n (%)**	
Sexuality , n (%)		E1 - E3	0 (0%)	Monogamous	80 (90.9%)
Heterosexual/Straight	76 (86.4%)	E4 - E6	31 (58.5%)	Open	1 (1.1%)
Bisexual/Pansexual	4 (4.5%)	E7 - E9	13 (24.5%)	Something else	1 (1.1%)
Gay/Lesbian	4 (4.5%)	W1 - W3	0 (0%)	Prefer Not to Disclose	4 (4.5%)
Asexual	0 (0%)	W4 - W5	0 (0%)	Children , n (%)	
Something else	0 (0%)	O1 - O3	6 (11.3%)	Shared Children	
Prefer Not to Say	1 (1.1%)	O4 - O6	3 (5.7%)	Yes	19 (43.2%)
Current or Previous Military Service , n (%)		O7 - O10	0 (0%)	No	25 (56.8%)
Yes	53 (60.2%)			Number, Mean (Range)	2.56 (1, 6)
No	35 (39.8%)			Children from Other Relationships	
				Yes	12 (27.3%)
				No	32 (72.7%)
				Number, Mean (Range)	2.58 (1, 9)

*Participants could select multiple options, thus percentages may total over 100%

**Reported at the individual level due to differing responses between partners

