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**Survey Results of Investigations into Military Mental Healthcare:
Why We Need a Department of Defense (DoD) Mental Health Accountability Act?**

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On 29 June 2017, I published a *Huffington Post* blog entitled: [After 214 Investigations isn't it Time for a Department of Defense \(DoD\) Mental Health Accountability Act?](#) The blog refers to a recent survey conducted that highlights the need for a DoD Mental Health Accountability Act similar to the recent VA Accountability Act signed by President Trump in early June 2017.

Surveying Investigations into Military Mental Healthcare

To determine the number of investigations conducted on military mental healthcare since the Afghanistan War in 2001 to 28 June 2017, a search examined websites for agencies regularly commissioned and/or mandated by the government. Table 1 summarizes the survey results yielding a total of 214 investigations.

Table 1. Number of Investigative Reports about Military (DoD) Mental Healthcare

- A. Presidential Commission (n=1)
- B. RAND studies (n=101)
- C. Institute of Medicine (IOM) investigations (n=16)
- D. Government Accountability Office (GAO) investigations (n=69)
- E. DoD Inspector General investigations (n=17)
- F. DoD Task Forces (n= 10)

Total: **214**

Detail of Survey Findings

Below is the results of our survey with links to each investigative report:

PRESIDENTIAL COMMISSION (n=1)

[Report of the President's Commission on Care for America's Returning Wounded Warriors July 2007](#)

RAND (2001-2017) Investigations of Military Mental Health Care (n=101)

1. Farmer, Carrie M., Terri Tanielian, Shira H. Fischer, Erin L. Duffy, Stephanie Dellva, Emily Butcher, Kristine Brown and Emily Hoch. Supporting Veterans in Massachusetts: An Assessment of Needs,

- Well-Being, and Available Resources. Santa Monica, CA: RAND Corporation, 2017.
https://www.rand.org/pubs/research_reports/RR1698.html. Also available in print form.
2. Tanielian, Terri, Kathryn E. Bouskill, Rajeev Ramchand, Esther M. Friedman, Thomas E. Trail and Angela Clague. Improving Support for America's Hidden Heroes: A Research Blueprint. Santa Monica, CA: RAND Corporation, 2017.
https://www.rand.org/pubs/research_reports/RR1873.html. Also available in print form.
 3. Hardison, Chaitra, Eyal Aharoni, Christopher Larson, Steven Trochlil and Alexander C. Hou. Stress and Dissatisfaction in the Air Force's Remotely Piloted Aircraft Community: Focus Group Findings. Santa Monica, CA: RAND Corporation, 2017.
https://www.rand.org/pubs/research_reports/RR1756.html. Also available in print form.
 4. Hosek, James, Shanthi Nataraj, Michael G. Mattock and Beth J. Asch. The Role of Special and Incentive Pays in Retaining Military Mental Health Care Providers. Santa Monica, CA: RAND Corporation, 2017. https://www.rand.org/pubs/research_reports/RR1425.html. Also available in print form.
 5. Hilton, Lara, Alicia Ruelaz Ruelaz, Benjamin Colaiaco, Eric Apaydin, Melony E. Sorbero, Marika Booth, Roberta M. Shanman and Susanne Hempel. Meditation for Posttraumatic Stress Disorder: A Systematic Review. Santa Monica, CA: RAND Corporation, 2017.
https://www.rand.org/pubs/research_reports/RR1356.html.
 6. Marquis, Jeff, Coreen Farris, Kimberly Curry Hall, Kristy N. Kamarck, Nelson Lim, Douglas Shontz, Paul S. Steinberg, Robert Stewart, Thomas E. Trail, Jennie W. Wenger, Anny Wong and Eunice C. Wong. Improving Oversight and Coordination of Department of Defense Programs That Address Problematic Behaviors Among Military Personnel: Final Report. Santa Monica, CA: RAND Corporation, 2017. https://www.rand.org/pubs/research_reports/RR1352.html. Also available in print form.
 7. Pacula, Rosalie Liccardo, Sarah B. Hunter, Allison J. Ober, Karen Chan Osilla, Raffaele Vardavas, Janice C. Blanchard, David DeVries, Emmanuel Fulgence Drabo, Kristin Leuschner, Warren Stewart and Jennifer Walters. Preventing, Identifying, and Treating Prescription Drug Misuse Among Active-Duty Service Members. Santa Monica, CA: RAND Corporation, 2016.
https://www.rand.org/pubs/research_reports/RR1345.html. Also available in print form.
 8. Eberhart, Nicole K., Michael Stephen Dunbar, Olena Bogdan, Lea Xenakis, Eric R. Pedersen and Terri Tanielian. The Unified Behavioral Health Center for Military Veterans and Their Families: Documenting Structure, Process, and Outcomes of Care. Santa Monica, CA: RAND Corporation, 2016. https://www.rand.org/pubs/research_reports/RR1647.html. Also available in print form.
 9. Mattox, Teryn and Michael Pollard. Ongoing Survey Research on Post-9/11 Veterans. Santa Monica, CA: RAND Corporation, 2016.
https://www.rand.org/pubs/research_reports/RR1532.html.
 10. Sondergaard, Susanne, Kate Cox, Erik Silfversten, Brent Anderson, Catherine Meads, Agnes Gereben Schaefer and Jody Larkin. Families Support to Transition: A Systematic Review of the Evidence. Santa Monica, CA: RAND Corporation, 2016.
https://www.rand.org/pubs/research_reports/RR1511.html.
 11. **[The Cost and Quality of VA Mental Health Services](#)** Featured research and news from RAND Health on mental health care services for U.S. military veterans.
<https://www.rand.org/health/feature/veterans-mental-health.html>

12. [Catalog of Programs that Address Psychological Health and Traumatic Brain Injury \(TBI\)](#). RAND has created a Catalog of Programs that Address Psychological Health and Traumatic Brain Injury (TBI). The programs include those sponsored by the Department of Defense to help service members and their families. <https://www.rand.org/nsrd/ndri/centers/frp/innovative-practices/catalog-of-programs.html>

13. [The War Within: Preventing Suicide in the U.S. Military](#). In this May 2011 Congressional Briefing, behavioral scientist Rajeev Ramchand presents RAND research and analysis on recent increases in suicides among members of the U.S. military. <https://www.rand.org/multimedia/video/2011/05/10/the-war-within.html>

14. [Invisible Wounds of War: Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery](#)

A comprehensive study of the post-deployment health-related needs associated with post-traumatic stress disorder, major depression, and traumatic brain injury among servicemembers returning from Operations Enduring Freedom and Iraqi Freedom.

<https://www.rand.org/pubs/monographs/MG720.html>

15. [Suicide Postvention in the Department of Defense: Evidence, Policies and Procedures, and Perspectives of Loss Survivors](#)

The scientific evidence on suicide postvention, guidance for other organizations, and the perspectives of military suicide loss survivors provide potential insights for U.S. Department of Defense policies and programs to respond to suicides.

https://www.rand.org/pubs/research_reports/RR586.html

16. [Mental Health Treatment Experiences of U.S. Service Members Previously Deployed to Iraq and Afghanistan](#)

This study examined the mental health treatment experiences of active-duty U.S. service members who received treatment from primary care or specialty mental health providers.

https://www.rand.org/pubs/external_publications/EP51277.html

17. [Developing a Research Strategy for Suicide Prevention in the Department of Defense: Status of Current Research, Prioritizing Areas of Need, and Recommendations for Moving Forward](#)

To support U.S. Department of Defense (DoD) efforts to create a strategic plan for suicide prevention research, a RAND study examined the current research, DoD's strategic needs, and ways to narrow the research-practice gap in disseminating findings.

https://www.rand.org/pubs/research_reports/RR559.html

18. [Studies' Estimates of PTSD Prevalence Rates for Returning Service Members Vary Widely](#)

Summarizes analyses of existing posttraumatic stress disorder (PTSD) studies for war zone veterans, finding that the prevalence estimates vary widely and are linked to the use of different PTSD diagnostic definitions and divergent study samples.

https://www.rand.org/pubs/research_briefs/RB9509.html

19. [U.S. Military Making Progress on Reducing Stigma Associated with Seeking Help For Mental Illness](#)

Despite efforts of both the U.S. Department of Defense and the Veterans Health Administration to enhance mental health services, many service members still do not seek needed care. Defense officials have made a concerted effort to promote treatment as a way to reduce stigma.

<https://www.rand.org/news/press/2014/09/30.html>

20. [Continuing Down the Road to Reintegration: Status and Ongoing Support of the U.S. Air Force's Wounded Warriors](#)

The U.S. Air Force (AF) wanted to gauge the current status of its wounded warriors, including their use of and satisfaction with AF programs designed to serve them. This report presents the analysis of a second wave of surveys of AF wounded warriors.

https://www.rand.org/pubs/research_reports/RR1474.html

21. [Mental Health Utilization Patterns During a Stepped, Collaborative Care Effectiveness Trial for PTSD and Depression in the Military Health System](#)

A collaborative care model that tailors care to a patient's characteristics and clinical complexity could improve care for PTSD and depression.

https://www.rand.org/pubs/external_publications/EP66566.html

22. [Community-Based Mental Health Providers Need More Preparation to Better Care for Veterans](#)

Most community-based mental health providers are not well prepared to take care of the special needs of military veterans and their families. A national survey of mental health providers found that few providers met criteria for military cultural competency or used evidence-based approaches to treat problems commonly seen among veterans.

<https://www.rand.org/news/press/2014/11/12/index1.html>

23. [The Quality of Mental Health Care for Veterans of Operation Enduring Freedom/Operation Iraqi Freedom](#)

Efforts to maintain and/or increase OEF/OIF veteran participation in VA MH/SUD services should be informed by their characteristics, such as younger age and better physical health relative to other veterans.

https://www.rand.org/pubs/external_publications/EP51126.html

24. [Public-Private Partnerships for Providing Behavioral Health Care to Veterans and Their Families: What Do We Know, What Do We Need to Learn, and What Do We Need to Do?](#)

This report will help policymakers in the Department of Veterans Affairs and other federal agencies develop and foster public-private partnerships to address the behavioral health care needs of veterans and their families.

https://www.rand.org/pubs/research_reports/RR994.html

25. [Behavioral Health and Service Use Among Civilian Wives of Service Members and Veterans: Evidence from the National Survey of Drug Use and Health](#)

In this report, researchers examined utilization of behavioral health care among current or former wives of service members and veterans who are covered by the U.S. Department of Defense Military Health System and the Veterans Health Administration.

https://www.rand.org/pubs/research_reports/RR932.html

26. [Centrally Assisted Telecare for Military Members with PTSD/Depression Shows Improved Results](#)

Military members who visited a primary care clinic while suffering from PTSD and depression reported fewer symptoms and better mental health functioning a year after enrolling in a treatment program that included specially trained care managers and telephone therapy options.

<https://www.rand.org/news/press/2016/06/13.html>

27. [Ready to Serve: Community-Based Provider Capacity to Deliver Culturally Competent, Quality Mental Health Care to Veterans and Their Families](#)

Civilian providers are a key part of the workforce addressing mental health needs of veterans and their families. This report describes their competency with military culture and their experience treating posttraumatic stress disorder and depression.

https://www.rand.org/pubs/research_reports/RR806.html

28. [Mental Health Stigma in the Military](#)

This report assesses the U.S. military's approach to reducing stigma for mental health disorders and their treatment, how well it is working, and how it might be improved. It presents priorities for getting service members the treatment they need.

https://www.rand.org/pubs/research_reports/RR426.html

29. [Evaluating the Implementation of the Re-Engineering Systems of Primary Care Treatment in the Military \(RESPECT-Mil\)](#)

This report evaluates the implementation of the Re-Engineering Systems of Primary Care Treatment in the Military (RESPECT-Mil) Program, which screens, assesses, and treats PTSD and depression among active duty service members in Army primary care.

https://www.rand.org/pubs/research_reports/RR588.html

30. [Expanding Access to Mental Health Counselors Under TRICARE](#)

Evaluates a one-year trial in which two administrative requirements governing the provision of mental health care under TRICARE (the health care system for military personnel) were lifted, focusing on whether this increased access to such care.

https://www.rand.org/pubs/research_briefs/RB9454.html

31. [Programs Addressing Psychological Health and Traumatic Brain Injury Among U.S. Military Servicemembers and Their Families](#)

Provides overviews and detailed descriptions of 211 programs currently sponsored or funded by the Department of Defense to address psychological health and traumatic brain injury, along with recommendations to maximize program effectiveness.

https://www.rand.org/pubs/technical_reports/TR950.html

32. [Improving Mental Health Care for Returning Veterans](#)

Identifies barriers to mental health care access for military servicemembers and veterans in community settings.

https://www.rand.org/pubs/research_briefs/RB9451.html

33. [Airman and Family Resilience: Lessons from the Scientific Literature](#)

This final report in a series reviews the concepts and measures of resilience, resilience factors, hardiness and flourishing. It highlights the eight fitness domain companion reports and types of Air Force data that could be used to track resilience.

https://www.rand.org/pubs/research_reports/RR106.html

34. [Assessment of the Content, Design, and Dissemination of the Real Warriors Campaign](#)

Presents the results of an assessment of the Real Warriors Campaign, a multimedia program designed to promote resilience, facilitate recovery, and support the reintegration of returning servicemembers, veterans, and their families.

https://www.rand.org/pubs/technical_reports/TR1176.html

35. [The War Within: Preventing Suicide in the U.S. Military](#)

The increase in suicides among military personnel has raised concern. This book reviews suicide epidemiology in the military, catalogs military suicide-prevention activities, and recommends relevant best practices.

<https://www.rand.org/pubs/monographs/MG953.html>

36. [The Deployment Life Study: Longitudinal Analysis of Military Families Across the Deployment Cycle](#)

In 2009, RAND launched the Deployment Life Study to study military family readiness. This report presents analyses on marital relationships, family environment, psychological and behavioral health, child well-being, and military integration.

https://www.rand.org/pubs/research_reports/RR1388.html

37. [Therapeutic Measures Required: To Ensure Millions of Veterans and Their Families Get High-Quality Care, Community Mental Health Providers Need More Training, Support, Resources](#)

A RAND study found very few community civilian providers surveyed met key thresholds for military cultural competency and use of evidence-based care, indicating few are ready overall to assist service members, veterans, and their families.

https://www.rand.org/pubs/research_briefs/RB9809.html

38. [Navigating the Road to Reintegration: Status and Continuing Support of the U.S. Air Force's Wounded Warriors](#)

Gauges the current status of the Air Force's wounded warriors, including their use of and satisfaction with Air Force programs designed to serve them.

https://www.rand.org/pubs/research_reports/RR599.html

39. [Noncommissioned Officers' Perspectives on Identifying, Caring For, and Referring Soldiers and Marines at Risk of Suicide](#)

Noncommissioned officers (NCOs) in the U.S. Army and U.S. Marine Corps were surveyed to identify their ability and willingness to identify, intervene on behalf of, and refer fellow soldiers and marines at risk of suicide.

https://www.rand.org/pubs/external_publications/EP51897.html

40. [Promoting Psychological Resilience in the U.S. Military](#)

Many programs are available to increase psychological resilience among service members and families, but little is known about their effectiveness. This report reviews existing programs to identify evidence-informed factors for promoting resilience.

<https://www.rand.org/pubs/monographs/MG996.html>

41. [Pre-Deployment Stress, Mental Health, and Help-Seeking Behaviors Among Marines](#)

This report describes the methods and findings of a large survey of marines who were preparing for a deployment to Iraq or Afghanistan in 2010 or 2011.

https://www.rand.org/pubs/research_reports/RR218.html

42. [A Collaborative Approach to Behavioral Health Care for Veterans and Their Families](#)

RAND evaluated the Unified Behavioral Health Center for Military Veterans and Their Families, a new model of behavioral health care that provides colocated and coordinated care for veterans and their families.

https://www.rand.org/pubs/research_briefs/RB9938.html

43. [The Unified Behavioral Health Center for Military Veterans and Their Families: Documenting Structure, Process, and Outcomes of Care](#)

This report presents an evaluation of the Unified Behavioral Health Center for Military Veterans and Their Families, a new model of behavioral health care that provides colocated and coordinated care for veterans and their families.

https://www.rand.org/pubs/research_reports/RR1647.html

44. [Sleep in the Military: Promoting Healthy Sleep Among U.S. Servicemembers](https://www.rand.org/pubs/research_reports/RR739.html)

Sleep problems can have long-term consequences for servicemembers' health and for force readiness and resiliency. This first-ever comprehensive review of sleep-related policies and programs led to recommendations for improving sleep across the force.

https://www.rand.org/pubs/research_reports/RR739.html

45. [A New Approach for Assessing the Needs of Service Members and Their Families](https://www.rand.org/pubs/monographs/MG1124.html)

Describes the development and testing of a survey tool that the Department of Defense and local military commanders can use to gauge the problems and problem-related needs of service members and their families and how well those needs are being met.

<https://www.rand.org/pubs/monographs/MG1124.html>

46. [Access to Behavioral Health Care for Geographically Remote Service Members and Dependents in the U.S.](https://www.rand.org/pubs/research_reports/RR578.html)

Geospatial and longitudinal analyses helped determine how many military service members and dependents are geographically distant from behavioral health care and the resulting effect on use of care.

https://www.rand.org/pubs/research_reports/RR578.html

47. [Assessing the Quality and Value of Psychological Health Care in Civilian Health Plans: Lessons and Implications for the Military Health System](https://www.rand.org/pubs/research_reports/RR759.html)

The Military Health System (MHS) cares for many patients with psychological health conditions. RAND examines civilian health plans' approaches to measuring the quality of psychological health care to inform MHS' quality measurement efforts.

https://www.rand.org/pubs/research_reports/RR759.html

48. [The Role and Importance of the 'D' in PTSD](https://www.rand.org/pubs/occasional_papers/OP389.html)

The American Psychiatric Association decided to maintain the full term posttraumatic stress disorder, but some military communities are using posttraumatic stress. RAND explored rationales for the decision and possible effects of informal use.

https://www.rand.org/pubs/occasional_papers/OP389.html

49. [Expanding Access to Mental Health Counselors: Evaluation of the TRICARE Demonstration](https://www.rand.org/pubs/monographs/MG330.html)

Presents detailed findings, based on surveys and interviews with stakeholders, on the TRICARE demonstration project's impact on health care utilization, cost, and outcomes of health care services.

<https://www.rand.org/pubs/monographs/MG330.html>

50. [Measuring the Quality of Care for Psychological Health Conditions in the Military Health System: Candidate Quality Measures for Posttraumatic Stress Disorder and Major Depressive Disorder](https://www.rand.org/pubs/research_reports/RR464.html)

Researchers identified, developed, and described a framework and candidate set of measures to monitor, assess, and improve the quality of care delivered by the military health system for posttraumatic stress disorder and major depressive disorder.

https://www.rand.org/pubs/research_reports/RR464.html

51. [Evaluation of the Operational Stress Control and Readiness \(OSCAR\) Program](https://www.rand.org/pubs/research_reports/RR562.html)

Researchers conducted an outcome evaluation of the Marine Corps Operational Stress Control and Readiness program, which trains officers and noncommissioned officers to recognize Marines showing signs of stress and intervene early.

https://www.rand.org/pubs/research_reports/RR562.html

52. Strategic Analysis of the 2014 Wounded Warrior Project Annual Alumni Survey: A Way Forward

Wounded Warrior Project (WWP) seeks to support the mental, physical, and economic well-being of service members and veterans injured during their service. This report documents an analysis of 2014 survey data in terms of how WWP is meeting that goal.

https://www.rand.org/pubs/research_reports/RR963.html

53. The Deployment Life Study: Methodological Overview and Baseline Sample Description

The report provides a deeper understanding of military family readiness, describing the measures used in the baseline assessment, data-collection design and procedures, sampling and recruiting procedures, and the baseline sample of military families.

https://www.rand.org/pubs/research_reports/RR209.html

54. Quality of Care for PTSD and Depression in the Military Health System: Phase I Report

This report describes the characteristics of active-component service members who received care for PTSD or depression through the Military Health System and assesses the quality of such care using quality measures derived from administrative data.

https://www.rand.org/pubs/research_reports/RR978.html

55. Internet and Computer-Based Treatments for the Management of PTSD

Internet and computer-based treatments (ICTs) are a promising way to increase access to treatment for post-traumatic stress disorder.

https://www.rand.org/pubs/external_publications/EP66642.html

56. Out of the Shadows: The Health and Well-Being of Private Contractors Working in Conflict Environments

Deployed contractors may be exposed to the same stressors as military personnel. A RAND survey examined the mental and physical health of contractors, their deployment experiences, and their access to and use of health care resources.

https://www.rand.org/pubs/research_reports/RR420.html

57. Military Caregivers: Cornerstones of Support for Our Nation's Wounded, Ill, and Injured Veterans

RAND and the Elizabeth Dole Foundation lay the groundwork to inform policy and program development relative to the needs of military caregivers that often differ from the needs of the general caregiving population.

https://www.rand.org/pubs/research_reports/RR244.html

58. Improving Care for Co-Occurring Psychological Health and Substance Use Disorders: An Implementation Evaluation of the Co-Occurring Disorders Clinician Training Program

The report evaluates implementation of a clinician training program to improve care for Navy personnel with co-occurring disorders. Results suggest careful planning for training initiatives could increase implementation of evidence-based practice.

https://www.rand.org/pubs/research_reports/RR435.html

59. Calls of Duty: Mental Health Programs

The U.S. Department of Defense sponsors 211 programs to help U.S. servicemembers and their families deal with PTSD, major depression, and traumatic brain injury. While duplication of effort is a major concern, there are significant challenges in determining which programs work and which do not.

<https://www.rand.org/pubs/periodicals/rand-review/issues/2012/spring/veterans/mental-health-programs.html>

60. [Meditation for Major Depressive Disorder: A Systematic Review](#)

RAND researchers conducted a systematic review that synthesized evidence from trials of mindfulness-based cognitive therapy to assess its efficacy and safety in treating major depressive disorder.

https://www.rand.org/pubs/research_reports/RR1138.html

61. [Effects of Soldiers' Deployment on Children's Academic Performance and Behavioral Health](#)

With regard to Army families, the study examines the effects of long and frequent parental deployments on children's academic performance as well as their emotional and behavioral well-being in the school setting.

<https://www.rand.org/pubs/monographs/MG1095.html>

62. [Improving Access to Behavioral Health Care for Remote Service Members and Their Families](#)

Geospatial and longitudinal analyses helped determine how many military service members and dependents are geographically distant from behavioral health care and the resulting effect on use of care.

https://www.rand.org/pubs/research_reports/RR578z1.html

63. [How Is Deployment to Iraq and Afghanistan Affecting U.S. Service Members and Their Families? An Overview of Early RAND Research on the Topic](#)

Brings together and summarizes the findings of six RAND studies that laid the groundwork for ongoing research on how deployment to Iraq and Afghanistan has affected service members and their families.

https://www.rand.org/pubs/occasional_papers/OP316.html

64. [Post-Traumatic Stress Disorder and the Earnings of Military Reservists](#)

This report investigates the effects of being symptomatic of post-traumatic stress disorder (PTSD) on labor market earnings of reservists in the years following deployment.

https://www.rand.org/pubs/technical_reports/TR1006.html

65. [SimCoach Evaluation: A Virtual Human Intervention to Encourage Service-Member Help-Seeking for Posttraumatic Stress Disorder and Depression](#)

This report describes an assessment of SimCoach, a tool designed to encourage service members, especially those with signs or symptoms of posttraumatic stress disorder or depression, to seek help for psychological health concerns.

https://www.rand.org/pubs/research_reports/RR505.html

66. [Understanding Treatment of Mild Traumatic Brain Injury in the Military Health System](#)

This first population-based study of care received by service members with mild traumatic brain injury in the Military Health System profiles patients, their care settings and treatments, co-occurring conditions, and risk factors for long-term care.

https://www.rand.org/pubs/research_reports/RR844.html

67. [Gatekeeper Training for Suicide Prevention: A Theoretical Model and Review of the Empirical Literature](#)

In the context of rising rates of suicide among U.S. military personnel, this report reviews the literature on gatekeeper models of suicide prevention to better understand what is known about the effectiveness of gatekeepers and gatekeeper training.

https://www.rand.org/pubs/research_reports/RR1002.html

68. [Information and Communication Technologies in Behavioral Health: A Literature Review with Recommendations for the Air Force](#)

The authors reviewed the scientific literature on information and communication technologies available online and on smartphones to assist the U.S. Air Force in developing a strategy for use of these technologies in behavioral health care.

https://www.rand.org/pubs/research_reports/RR1054.html

69. [A Systematic Process to Facilitate Evidence-Informed Decision making Regarding Program Expansion: The RAND Toolkit, Volume 3](#)

RAND researchers developed a model and tools to support a centralized, systematic, and ongoing process to aid the Department of Defense in making decisions around continued support and expansion of psychological health and brain injury programs.

https://www.rand.org/pubs/research_reports/RR487z3.html

70. [Physical and Psychological Health Following Military Sexual Assault: Recommendations for Care, Research, and Policy](#)

This paper reviews data on the prevalence of sexual assault among servicemembers, predictors of disclosure, efforts to improve disclosure, victim needs, and DoD efforts to provide necessary resources in the immediate aftermath of a sexual assault.

https://www.rand.org/pubs/occasional_papers/OP382.html

71. [Enhancing Capacity to Address Mental Health Needs of Veterans and Their Families: The Welcome Back Veterans Initiative](#)

This report describes the Welcome Back Veterans Initiative, which issued grants to academic medical institutions to create and implement programs and services designed to address the mental health needs of returning veterans and their families.

https://www.rand.org/pubs/research_reports/RR719.html

72. [Ten Frequently Asked Questions About Veterans' Transitions: Results of a Decade of RAND Work on Veteran Life](#)

This document compiles the RAND Corporation's body of work on veterans' transitions to civilian life and highlights the breadth of topics RAND has studied.

https://www.rand.org/pubs/research_reports/RR1095.html

73. [Care Transitions to and from the National Intrepid Center of Excellence \(NICoE\) for Service Members with Traumatic Brain Injury](#)

The National Intrepid Center of Excellence (NICoE) provides specialized services for troops suffering from traumatic brain injury (TBI). RAND evaluated interactions between the NICoE and providers referring patients and implementing treatment plans.

https://www.rand.org/pubs/research_reports/RR653.html

74. [Views from the Homefront: The Experiences of Youth and Spouses from Military Families](#)

Examines the behavioral and emotional well-being of a sample of military families over a year as they cope with the stress of war and deployment, using surveys and in-depth interviews with youth and their nondeployed caregivers.

https://www.rand.org/pubs/technical_reports/TR913.html

75. [Deployment Experiences of Guard and Reserve Families: Implications for Support and Retention](#)

Presents the results of interviews with reserve component personnel and spouses, focusing on their deployment experiences and military career intentions, and suggests how the Department of Defense can better support guard and reserve families.

<https://www.rand.org/pubs/monographs/MG645.html>

76. [How Deployments Affect Service Members](#)

Offers insights into the challenges faced by active-duty service members deployed to Iraq and Afghanistan, the resiliency they and their families have shown in coping with these challenges, and the adequacy of defense manpower policy in assisting members and families.

<https://www.rand.org/pubs/monographs/MG432.html>

77. [The RAND Online Measure Repository for Evaluating Psychological Health and Traumatic Brain Injury Programs: The RAND Toolkit, Volume 2](#)

The RAND Online Measure Repository is an online searchable database of 171 measures of psychological health and traumatic brain injury, including measure domains, uses, psychometrics, and costs, that can be used to support program evaluation.

https://www.rand.org/pubs/research_reports/RR487z2.html

78. [Support for the 21st-Century Reserve Force: Insights to Facilitate Successful Reintegration for Citizen Warriors and Their Families](#)

This RAND study examined the challenges that reserve component service members and their families face after deployment and identified the factors and support resources that may contribute to their successful reintegration.

https://www.rand.org/pubs/research_reports/RR206.html

79. [Steeling the Mind: Combat Stress Reactions and Their Implications for Urban Warfare](#)

Describes the known precipitants of combat stress reaction, its battlefield treatment, and the preventive steps commanders can take to limit its extent and severity.

<https://www.rand.org/pubs/monographs/MG191.html>

80. [Compensating Wounded Warriors: An Analysis of Injury, Labor Market Earnings, and Disability Compensation Among Veterans of the Iraq and Afghanistan Wars](#)

Analyzes the effect of injuries sustained by service members in Iraq and Afghanistan on post-deployment labor market earnings and the extent to which disability payments compensate for any lost earnings.

<https://www.rand.org/pubs/monographs/MG1166.html>

81. [Providing for the Casualties of War: The American Experience Through World War II](#)

This history looks at how humanity has cared for its war casualties and veterans, from ancient times through the aftermath of World War II.

<https://www.rand.org/pubs/monographs/MG1164.html>

82. [Families Support to Transition: A Systematic Review of the Evidence](#)

RAND Europe was commissioned by the Forces in Mind Trust to conduct a systematic review to develop a better understanding of the evidence base around four themes associated with the transition into civilian life for UK Service leaver families.

https://www.rand.org/pubs/research_reports/RR1511.html

83. [Key Facts and Statistics from the RAND Military Caregivers Study](#)

This presentation slide deck offers key facts and statistics from the RAND Military Caregivers Study.

<https://www.rand.org/pubs/presentations/PT124.html>

84. [Targeting Alcohol Misuse: A Promising Strategy for Reducing Military Sexual Assaults?](#)

There has been growing concern about both sexual assault and alcohol misuse in the U.S. military. Research on civilians may provide guidance for efforts to reduce alcohol misuse as part of a larger strategy targeting sexual assault in the military.

https://www.rand.org/pubs/research_reports/RR538.html

85. [Improving Support for America's Hidden Heroes: A Research Blueprint](#)

In this report, RAND researchers document the construction and elements of a research blueprint to inform future efforts to improve support for military and veteran caregivers.

https://www.rand.org/pubs/research_reports/RR1873.html

86. [Understanding the Impact of Deployment on Children and Families: Findings from a Pilot Study of Operation Purple Camp Participants](#)

Reports the results of a survey of families attending a summer camp program that children with a deployed parent attend, to learn more about the functioning and well-being of children of deployed military personnel.

https://www.rand.org/pubs/working_papers/WR566.html

87. [Needle Acupuncture for Substance Use Disorders: A Systematic Review](#)

RAND researchers conducted a systematic review that synthesized evidence from trials of needle acupuncture to provide estimates of its efficacy and safety for treating substance use disorders.

https://www.rand.org/pubs/research_reports/RR1030.html

88. [How Deployments Affect the Capacity and Utilization of Army Treatment Facilities](#)

This study examines how the Army's Force Generation (ARFORGEN) deployment cycle affects capability and soldier health care utilization at Army military treatment facilities and how it affects family health care utilization.

https://www.rand.org/pubs/research_reports/RR257.html

89. [Year of the Air Force Family: 2009 Survey of Active-Duty Spouses](#)

Air Force families confront issues related to children, finances, employment, and the effects of moves and deployments but, by and large, remain satisfied with Air Force life.

https://www.rand.org/pubs/technical_reports/TR879.html

90. [Psychological Fitness and Resilience: A Review of Relevant Constructs, Measures, and Links to Well-Being](#)

This report examines the relationship between psychological fitness and resilience, using key constructs found in the scientific literature that address self-regulation, positive affect, perceived control, self-efficacy, self-esteem, and optimism.

https://www.rand.org/pubs/research_reports/RR102.html

91. [Health and Economic Outcomes in the Alumni of the Wounded Warrior Project: 2010–2012](#)

This report describes how Wounded Warrior Project alumnus respondents are faring in domains related to mental health and resiliency, physical health, and employment and finances.

https://www.rand.org/pubs/research_reports/RR290.html

92. [Enhancing Performance Under Stress: Stress Inoculation Training for Battlefield Airmen](#)

USAF pararescue and combat controllers routinely recover downed or injured military personnel and direct military aircraft in hostile or denied regions. Consequently, to be effective in these careers requires the ability to cope with severe stress.

https://www.rand.org/pubs/research_reports/RR750.html

93. [The Air Force Deployment Transition Center: Assessment of Program Structure, Process, and Outcomes](#)

Evaluates the Air Force's Deployment Transition Center, which was established in 2010 to provide airmen returning from combat missions an opportunity to decompress and share lessons learned before returning to their home stations.

https://www.rand.org/pubs/research_reports/RR918.html

94. [An Evaluation of the Implementation and Perceived Utility of the Airman Resilience Training Program](#)

RAND researchers assessed Airman Resilience Training, a psychoeducational Air Force program designed to improve airmen's reactions to stress during and after deployment and to increase the use of mental health services when needed.

https://www.rand.org/pubs/research_reports/RR655.html

95. [Sleep Problems and Their Impact on U.S. Servicemembers: Results of a Cross-Service Survey](#)

Sleep problems can have consequences for servicemembers' health and for force readiness and resiliency. Findings from a large-scale survey of servicemembers offer guidance for policies and programs to identify, treat, and prevent sleep problems.

https://www.rand.org/pubs/research_briefs/RB9823.html

96. [Improving the Deployment of Army Health Care Professionals: An Evaluation of PROFIS](#)

Describes the functionality of the Army Medical Department's Professional Filler System (PROFIS) in the current operating environment of ongoing deployments and assesses potential modifications and improvements to the system.

https://www.rand.org/pubs/technical_reports/TR1227.html

97. [Reintegration After Deployment: Supporting Citizen Warriors and Their Families](#)

A RAND study of the challenges that reserve component service members and their families face after deployment and the factors that contribute to successful reintegration led to a series of recommendations for the U.S. Department of Defense.

https://www.rand.org/pubs/research_briefs/RB9730.html

98. [Characteristics and Treatment Patterns of Service Members with Mild Traumatic Brain Injury](#)

This research brief describes the first comprehensive study of care for mild traumatic brain injury, or concussion, in the Military Health System, including patient characteristics, care settings, co-occurring conditions, and long-term care needs.

https://www.rand.org/pubs/research_briefs/RB9889.html

99. [The Defense and Veterans Brain Injury Center Care Coordination Program: Assessment of Program Structure, Activities, and Implementation](#)

This report documents RAND's assessment of a program designed to facilitate care coordination for service members and veterans recovering from traumatic brain injuries.

https://www.rand.org/pubs/research_reports/RR126.html

100. [Development and Pilot Test of the RAND Suicide Prevention Program Evaluation Toolkit](#)

The RAND Suicide Prevention Program Evaluation Toolkit draws from the scientific literature to guide evaluations of suicide prevention programs. This report is a companion to the toolkit and provides background on its development and testing.

https://www.rand.org/pubs/research_reports/RR283.html

101. [Stress and Dissatisfaction in the Air Force's Remotely Piloted Aircraft Community: Focus Group Findings](#)

This report examines stress and dissatisfaction in the U.S. Air Force's remotely piloted aircraft community, as well as ways to mitigate stress and dissatisfaction.

https://www.rand.org/pubs/research_reports/RR1756.html

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2. [Treatment for Posttraumatic Stress Disorder in Military and ...](#)Released: June 20, 2014
3. [Preventing Psychological Disorders in Service Members and ...](#)Released: February 20, 2014
4. [Gulf War and Health, Volume 9: Long-Term Effects of Blast ...](#)Released: February 13, 2014
5. [Cognitive Rehabilitation Therapy for Traumatic Brain Injury ...](#)Released: March 29, 2013
6. [Returning Home from Iraq and Afghanistan: Readjustment ...](#)Released: March 26, 2013
7. [Substance Use Disorders in the US Armed Forces : Health ...](#)Released: September 17, 2012
8. [Treatment for Posttraumatic Stress Disorder in Military and ...](#)Released: July 13, 2012
9. [Cognitive Rehabilitation Therapy for Traumatic Brain Injury ...](#)Released: October 11, 2011
10. [Nutrition and Traumatic Brain Injury: Improving Acute and ...](#)Released: April 20, 2011
11. [Preliminary Assessment of Readjustment Needs of Veterans ...](#)Released: March 31, 2010
12. [Provision of Mental Health Counseling Services under ...](#)Released: February 12, 2010
13. [Treatment of PTSD: An Assessment of The Evidence : Health ...](#)Released: October 17, 2007
14. [A 21st Century System for Evaluating Veterans for Disability ...](#)Released: June 07, 2007
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Government Accountability Office (2001-2017) Investigations of Military Mental Health Care (n=69)

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2. [Sexual Assault: Better Resource Management Needed to Improve Prevention and Response in the Army National Guard and Army Reserve](http://www.gao.gov/products/GAO-17-217) <http://www.gao.gov/products/GAO-17-217>. GAO-17-217: Published: Feb 27, 2017. Publicly Released: Feb 27, 2017
3. [Military Personnel: DOD and the Coast Guard Need to Screen for Gambling Disorder Addiction and Update Guidance](http://www.gao.gov/products/GAO-17-114) <http://www.gao.gov/products/GAO-17-114>. GAO-17-114: Published: Jan 30, 2017. Publicly Released: Jan 30, 2017.
4. [Military Personnel: DOD Has Processes for Operating and Managing Its Sexual Assault Incident Database](http://www.gao.gov/products/GAO-17-99) <http://www.gao.gov/products/GAO-17-99>. GAO-17-99: Published: Jan 10, 2017. Publicly Released: Jan 10, 2017.
5. [TRICARE; MENTAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT; DOD-2015-HA-0109](http://www.gao.gov/fedrules/185556_0720-AB65) http://www.gao.gov/fedrules/185556_0720-AB65: Published: Sep 2, 2016 Effective: Oct 3, 2016 Received: Aug 30, 2016
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