

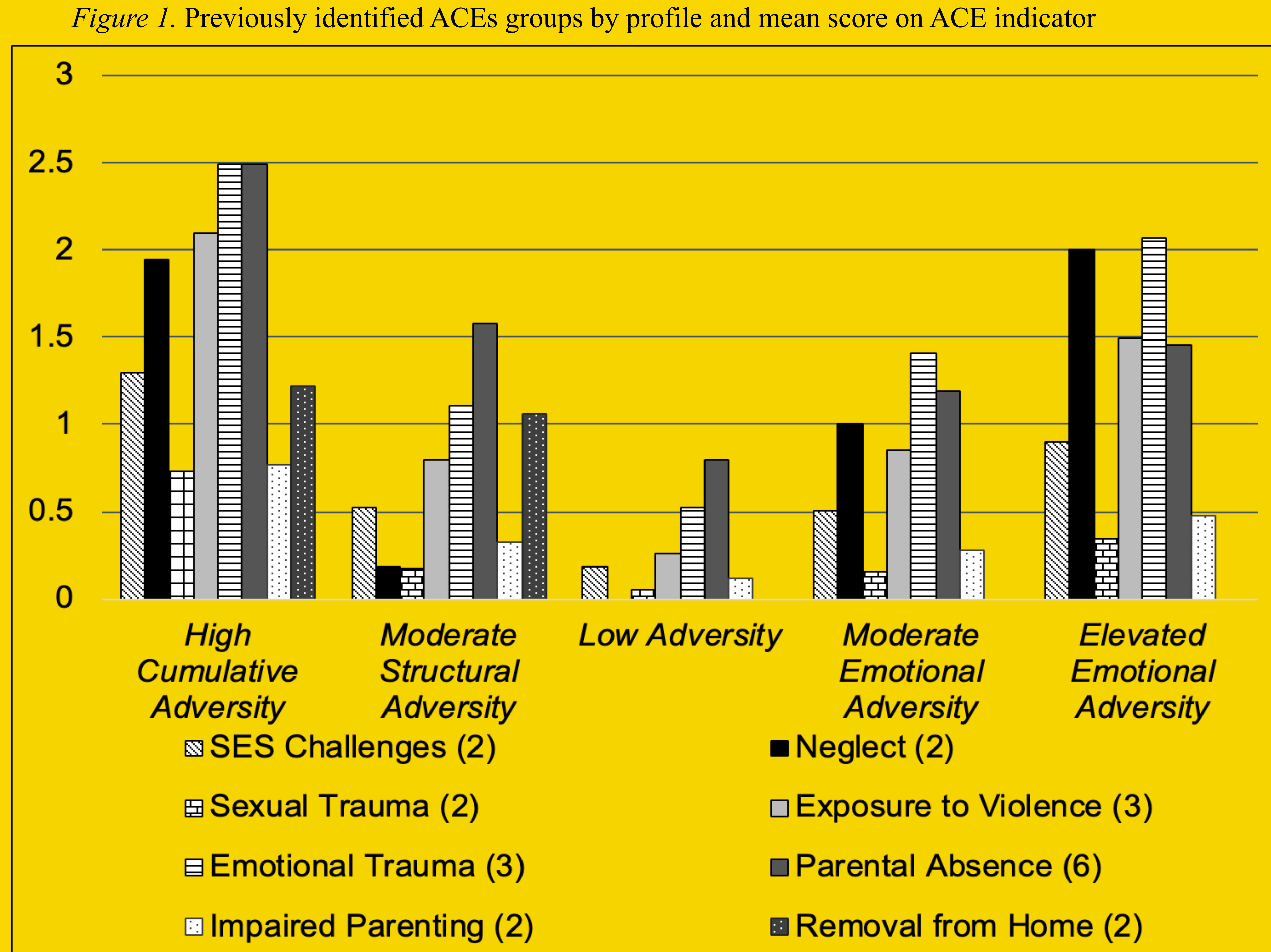
The Moderating Role of Resilience: ACEs and Soldiers-in-Training Mental Health

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For soldiers-in-training that have a history of ACEs with moderate to high levels of structural and/or emotional adversities, **positive orientation** and **stress tolerance**

mitigate the effects of ACEs on mental health



Note. The number provided in parentheses indicates the maximum value possible for that indicator.

Table 1. Model (Step 3) summary by outcome and resilience models

Model	R ²	R ² Change	F(df)
DV: Anxiety			
Stress Tolerance	.139	.002	F(4) = 14.36***
Positive Orientation	.056	.001	F(4) = 3.14*
Social Resources	.028	.000	F(4) = .32
DV: Depression			
Stress Tolerance	.130	.003	F(4) = 22.04***
Positive Orientation	.079	.000	F(4) = 1.22
Social Resources	.029	.000	F(4) = 1.16
DV: PTSD			
Stress Tolerance	.123	.002	F(4) = 10.64***
Positive Orientation	.057	.001	F(4) = 3.37*
Social Resources	.044	.001	F(4) = 4.45**

Table 2. Interactions between ACEs profile membership, stress tolerance, positive orientation, and social resources, and soldier-in-training's anxiety, depression, and PTSD.

DV: Anxiety Models (Step 3)	B	SE	β
Stress Tolerance			
High cumulative x stress tolerance	-.03	.02	-.01
Moderate structural x stress tolerance	-.05	.02	-.02***
Moderate emotional x stress tolerance	-.06	.01	-.03***
Elevated emotional x stress tolerance	-.04	.01	-.02***
Positive Orientation			
High cumulative x positive orientation	-.04	.02	-.01*
Moderate structural x positive orientation	-.04	.02	-.02**
Moderate emotional x positive orientation	-.01	.02	-.01
Elevated emotional x positive orientation	-.00	.01	-.00
Social Resources			
High cumulative x social resources	.00	.03	.00
Moderate structural x social resources	.01	.03	.00
Moderate emotional x social resources	-.02	.02	-.01
Elevated emotional x social resources	.00	.02	.00
DV: Depression Models (Step 3)			
Stress Tolerance			
High cumulative x stress tolerance	-.02	.02	-.01
Moderate structural x stress tolerance	-.01	.01	-.00
Moderate emotional x stress tolerance	-.05	.01	-.03***
Elevated emotional x stress tolerance	-.06	.01	-.04***
Positive Orientation			
High cumulative x positive orientation	-.01	.02	-.00
Moderate structural x positive orientation	.00	.01	.00
Moderate emotional x positive orientation	-.01	.01	-.01
Elevated emotional x positive orientation	-.02	.01	-.01
Social Resources			
High cumulative x social resources	.04	.02	.01
Moderate structural x social resources	.01	.02	.00
Moderate emotional x social resources	-.01	.01	-.01
Elevated emotional x social resources	.00	.01	.00
DV: PTSD Models (Step 3)			
Stress Tolerance			
High cumulative x stress tolerance	-.28	.04	-.04***
Moderate structural x stress tolerance	-.02	.03	-.01
Moderate emotional x stress tolerance	-.03	.02	-.01
Elevated emotional x stress tolerance	-.04	.02	-.01
Positive Orientation			
High cumulative x positive orientation	-.20	.06	-.02***
Moderate structural x positive orientation	.02	.04	.00
Moderate emotional x positive orientation	-.01	.03	-.00
Elevated emotional x positive orientation	-.01	.03	-.01
Social Resources			
High cumulative x social resources	-.02	.04	-.00
Moderate structural x social resources	-.03	.03	-.01
Moderate emotional x social resources	.02	.02	.01
Elevated emotional x social resources	.09	.02	.03***

Note. Age, sex, race, and education were entered at Step 1. ACEs profiles and resilience factors were entered at Step 2.

INTRO

Given the inherent stress of the military operating environment, it is important to investigate factors that may influence a person's mission readiness in both positive (e.g., resilience) and negative (e.g., adverse childhood experiences [ACEs]) ways. By investigating such factors and how they are associated with mental health, practitioners may be better able to promote targeted prevention/intervention efforts to help improve an individual's mission readiness.

METHOD

1. Identified how resilience factors (i.e., stress tolerance, positive orientation, social resources) moderated the relationship between ACEs groups (previously identified; see figure) and mental health.
2. Used weighted data from 30,836 soldiers-in-training (ages 18-25) from the Army STARRS New Soldier Study.
3. Conducted a series of three-stage hierarchical linear regressions for 3 DVs (anxiety, depression, PTSD) x 3 resilience factors (stress tolerance, positive orientation, social resources). Referent group: Low adversity

RESULTS

- Stress tolerance mitigated relationships b/w most of the adversity groups and anxiety, depression, and PTSD.
- Positive orientation mitigated relationships b/w high cumulative and moderate structural adversity groups & anxiety & PTSD.
- A willingness to use social resources exacerbated the relationship b/w elevated emotional adversity and PTSD.

DISCUSSION

- Findings underscore the complexity and relative contribution of resilience in protecting service members against the negative effect of childhood adversity on mental health.

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