

# Warriors Research Institute

**INITIAL ANNUAL REPORT  
APRIL 2013 – FY2016**

**Director and Chief:  
Dr. Suzy Bird Gulliver**



## LETTER FROM THE DIRECTOR

Dear Reader:

What an exciting three years we have had at Warriors Research Institute (WRI) of Baylor Scott & White Health (BSWH)! When my team was recruited to this hospital system, multiple traumatic stressors were occurring both locally and nationally, and we were honored to assist with disaster response at the West explosion and at the Boston Marathon Bombing.

Simultaneously, we were awarded our first grant in our new system, a project from FEMA to develop an empirically-informed Standard Operating Procedure for Suicide Postvention in Fire Service. Thus, in the early weeks of beginning employment at BSWH, my team and I were able to lend clinical and research expertise both near and far.

As this first report on our progress shows, we have been actively building WRI in keeping with our mission ever since April 18, 2013. I am humbled by the progress accomplished so far, and I am eager regarding our continued growth and expansion. With a staff of five individuals, we continue to manage the data from approximately 3,000 participants thus far. The metrics of our success including grants, peer-reviewed papers, dissemination activities, and training delivery, are detailed in the following pages. Two elements common in my work week directing the WRI are a bit harder to summarize, but I think just as important as the numbers in this document.

The first element is the feedback I get from our participants. Multiple times each month I am blessed to talk with a warrior of one type or another (a soldier, a firefighter, a police officer) and to hear from him or her that our research makes a difference. These courageous people have risked their lives for our countries, cities, and towns, and then they have the courage to share the very personal impact of traumatic exposure in research conducted by WRI. Their collective testimony assures me that BSWH's continued efforts to understand the costs of traumatic exposure engenders hope for those that suffer deleterious effects from occupational stress.

The second element is the feedback coming from our training graduates and staff. Thus far, every research assistant seeking graduate education has been admitted to a school of his or her choice. Therapists from Baylor University Psychology Graduate Program were uniformly enthusiastic about their training in CRAFT and 12-Step Facilitation. Peer Support Specialists trained as part of our collaboration with the IAFF give the training glowing recommendations. Currently 16 departments internationally are in the queue for training, which will translate to an additional 500 firefighters trained to provide peer support. The education provided through BSWH's WRI increases my confidence that the next generation of treatment providers are evidence-based, research-savvy providers with an essential cultural awareness of occupational stress.

I am often asked why I believe research in the consequences of trauma is an absolute necessity, especially when there are multiple good treatments available, and I always give the same answer: what we have is not yet good enough. Until the overwhelming majority of traumatized people have a sufficient treatment response to return to an acceptable quality of life, we must invest in ongoing study of traumatic effects. Please join me in that quest.

Best,

Suzy Bird Gulliver, Ph.D.  
Director, Warriors Research Institute



## VISION

Warriors Research Institute's mission is to improve the quality of care available to military veterans and emergency responders via a program of scientific inquiry. We develop and disseminate new treatments for those suffering the sequelae of toxic or traumatic work events. In addition to providing and evaluating state-of-the-art experimental treatments, we train future generations of treatment providers in evolving evidence-based care.

## GOALS FOR FY2016

1. Develop and disseminate research regarding treatments for veterans and first responders
2. Lay a foundation of research regarding mTBI in firefighters
3. Mentor early investigators
4. Promote research awareness

## APRIL 2013 – FY2016 HIGHLIGHTS

### FY2013 – APRIL 2013-JUNE 2013

- 4 publications
- 3 local/national/international talks presented
- 2 grant review sessions and 2 sessions of abstract reviews
- 3 poster presentations/abstracts
- Press highlights:
  - *West explosion's first responders need rescuers too, counselors say*, Interviewed by Christina Rosales, Reporter for The Dallas Morning News (May 5, 2013)
  - *Local psychologist gives tips to struggling West residents*, Interview viewed on FOX 44 (May 2013)
  - *Counseling for First Responders Involved in West Explosion/Boston Bombing*, Interview viewed on KWTX (May 2013)

### FY2014 – JULY 2013-JUNE 2014

- 1 grant proposal awarded funding
- 6 publications
- 3 local/national/international talks presented
- 4 grant review sessions and 3 sessions of abstract reviews
- 5 poster presentations/abstracts
- Press highlights:
  - *Doctor: Reaction to having to testify distinctive to each person*, Interviewed by Janice Gibbs, Staff Writer for Temple Daily Telegram (August 2013)



## **FY2015 – JULY 2014-JUNE 2015**

- 1 grant proposal awarded funding
- 5 publications
- 7 local/national/international talks presented
- 6 grant review sessions and 3 sessions of abstract reviews
- 11 poster presentations/abstracts
- Warriors Research Institute website launched

## **FY2016 – JULY 2015-JUNE 2016**

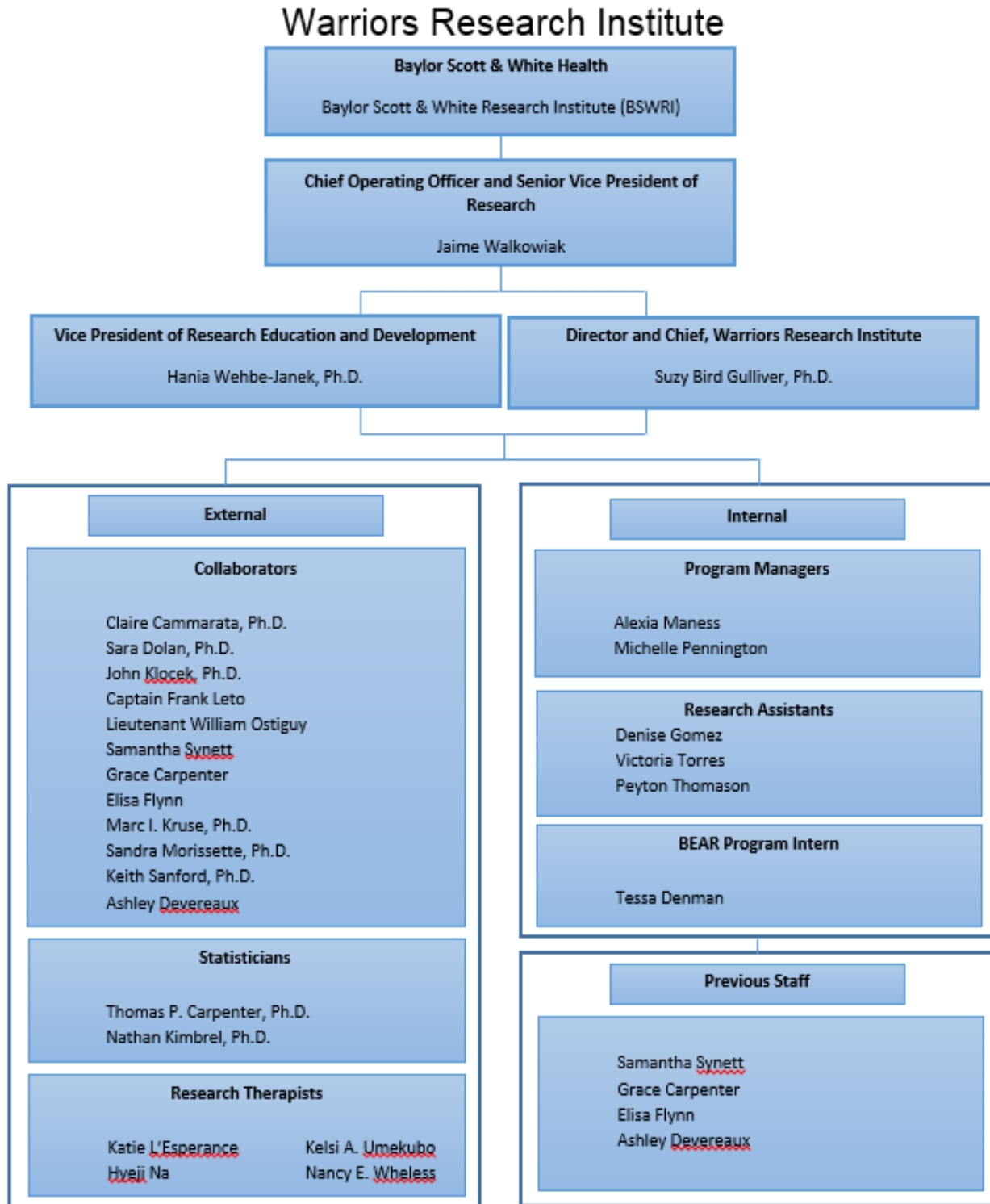
- 2 grant proposals under review
- 7 grant proposals awarded funding
- 10 publications
- 10 papers under review
- 4 local/national/international talks presented
- 8 manuscripts reviewed, 3 grant review sessions, and 4 sessions of abstract reviews
- 8 poster presentations/abstracts
- Press highlights:
  - *Waco research facility takes aim at PTSD in first responders, veterans*, Written by KXXV reporter (July 2015)
  - *PTSD and Bastrop fires*, Interview viewed on KTBC FOX 7 and KVUE (October 2015)
- Open House 07/29/2015; covered by KWTX-TV (CBS) and KWKT-TV (FOX)

## **EXECUTIVE SUMMARY**

Warriors Research Institute of Baylor Scott & White Health, founded in April 2013, has been awarded over \$3 million since its inception. WRI researchers have participated in 9 research projects, yielding 25 manuscripts. Additionally, 44 presentations and informational discussions have been made possible by WRI's work. WRI founder, Dr. Suzy Bird Gulliver, Director and Chief, fostered WRI's growth by mentoring staff and volunteers, serving on 8 boards, committees, and panels, leading research endeavors, and consulting for the International Association of Firefighters (IAFF) and the National Development and Research Institutes (NDRI).



# ORGANIZATIONAL CHART



## NEW/DEVELOPING AREAS OF RESEARCH AND COLLABORATION FIRST RESPONDER COUPLES RESILIENCE PROJECT

Drs. Keith Sanford, Marc Kruse, and Suzy Bird Gulliver collaborated for the first time during the 2015 and 2016 fiscal years to assess relationships between the firefighter and/or paramedic and his or her significant other. Data from this project were used to assess the Couples Resiliency Index (CRI). Two publications related to this project are currently under review (Sanford et al., under review; Torres, V.A. et al., under review).

## IDENTIFYING FREQUENCY OF MILD TRAUMATIC BRAIN INJURY (mTBI) IN FIREFIGHTERS

This study investigates the incidence and prevalence of mTBI and post-concussive syndrome (PCS) symptoms in firefighters by recruiting firefighters to participate in an anonymous online survey. The aim of this project is to determine if there is empirical support for the hypotheses: 1) that firefighters will have inflated lifetime incidence of mTBI, 2) that those with this incidence will have more post-concussive symptoms, and 3) that these symptoms may negatively affect job performance and quality of life for those in fire service. If it is determined that inflated incidence of mTBI in firefighters exists, prevention methods for pediatric populations could lend insight to firefighter protocols, and "return-to-play" guidelines for athletes could inform return-to-work policy for firefighters.

## GRANTS/PROPOSALS FUNDED 2013 - FY2016

	Grant Title	Award Number	Investigator	Agency	Period of Funding	Total Direct Costs
1.	In the Wake of Suicide: Evaluating Standard Operating Procedure for Postvention	EMW – 2012 – FP - 00243	Gulliver SB (PI)	FEMA	07/08/2013 – 05/07/2015	\$639,362
2.	Predicting Classes of Functional Trajectories: Malleable Risk Factors	I01 RX000304 - 01A4	Morissette SB (PI; VA VISN 17); Gulliver SB (Co-I)	VA Rehabilitation Research and Development Competitive Renewal	07/01/2014 – 06/30/2018	\$1,088,589
3.	IAFF Peer to Peer Behavioral Health Train-the-Trainer Program	--	Morrison P (PI; International Association of Firefighters)	FEMA	07/18/2014 – 07/18/2016	\$1,424,290

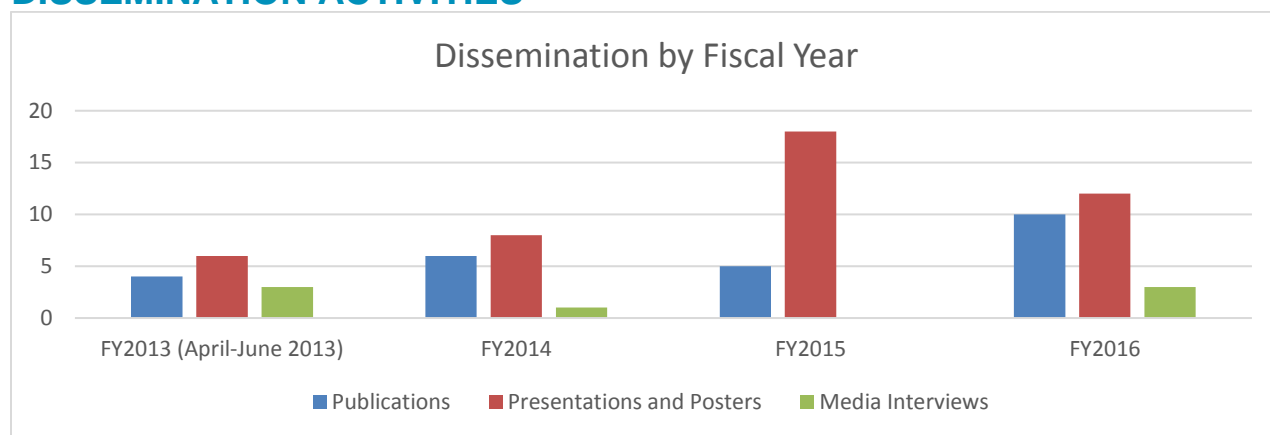
4.	Stamp Out Stigma: A National Campaign to Decrease Stigma and Increase Behavioral Health in Fire Service	EMW – 2014 – FP – 00924	Gulliver SB (PI)	FEMA	07/31/2015 – 07/30/2017	\$1,394,953
5.	Evaluation of the NFFF's Behavioral Health Stress First Aid Intervention	FEMA EMW – 2014 – FP - 00945	Jahnke S (PI; National Development and Research Institutes, Inc.)	FEMA	09/10/2015 – 08/05/2018	subcontract: \$12,000
6.	Identifying Frequency of Mild Traumatic Brain Injury in Firefighters	150278	Torres VA (PI), Gulliver SB (Mentor)	Baylor Scott & White Research Mentorship Award	10/16/2015 – 10/15/2016	\$880
7.	Affect Regulation Training for Alcohol Use Disorder: A Stage II Efficacy Trial	1R01AA024628-01A1	Stasiewicz P and Bradizza C (PI; Research Institute on Addictions); Gulliver SB (Co-I)	NIAAA	04/01/2016 – 03/31/2021	subcontract: \$61,363
8.	CAP: A Novel Brief of PTSD Treatment for Student Veterans: Written Exposure Therapy	--	Morissette SB (PI; VA VISN 17);	Department of Defense/ Consortium to Alleviate PTSD	09/29/2016 – 09/28/2020	\$2,054,547
9.	An Evaluation of the Efficacy of Peer Support Training and Supervision for Texas Firefighters	RRU-004	Gulliver SB (PI)	Hogg Foundation for Mental Health	7/1/2016 – 6/30/2017	\$21,371



## GRANTS/PROPOSALS SUBMITTED FY2016

	Grant Title	Investigator	Agency	Date of Submission
1.	The SAFE Screen: A Web-Based Approach to Suicide Prevention in Fire Service	Kimbrel N (PI; Duke University Medical Center)	FEMA	05/06/2016
2.	B-HEALTHY: A Behavioral Health Train-the-Trainer program for Fire Academy Instructors	Gulliver SB (PI)	FEMA	05/06/2016

## DISSEMINATION ACTIVITIES



## PUBLICATIONS

### PEER REVIEWED

1. Ciraulo, D. A., Barlow, D. H., Gulliver, S. B., Farchione, T., Morissette, S. B., Kamholz, B. W., Eisenmenger, K., Brown, B., Devine, E., Brown, T. A., & Knapp, C. M. (2013). The effects of venlafaxine and cognitive behavioral therapy alone and combined in the treatment of co-morbid alcohol use-anxiety disorders. *Behaviour Research and Therapy*, 51(11), 729-735. <http://dx.doi.org/10.1016/j.brat.2013.08.003>
2. Meyer, E. C., Morissette, S. B., Kimbrel, N. A., Kruse, M. I., & Gulliver, S. B. (2013). Acceptance and action questionnaire – II scores as a predictor of posttraumatic stress disorder symptoms among war veterans. *Psychological Trauma: Theory, Research, Practice and Policy*, 5(6), 521-528. <http://dx.doi.org/10.1037/a0030178>



3. Stasiewicz, P. R., Bradizza, C. M., Schlauch, R. C., Coffey, S. F., Gulliver, S. B., Gudleski, G. D., & Bole, C. W. (2013). Affect regulation training (ART) for alcohol use disorders: Development of a novel intervention for negative affect drinkers. *Journal of Substance Abuse Treatment, 45*(5), 433-443. <http://dx.doi.org/10.1016/j.jsat.2013.05.012>
4. DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2014). Combined PTSD and depressive symptoms interact with post-deployment social support to predict suicidal ideation in Operation Enduring Freedom and Operation Iraqi Freedom veterans. *Psychiatry Research, 216*(3), 357-362. <http://dx.doi.org/10.1016/j.psychres.2014.02.010>
5. Grosso, J. A., Kimbrel, N. A., Dolan, S., Meyer, E. C., Kruse, M. I., Gulliver, S. B., & Morissette, S. B. (2014). A test of whether coping styles moderate the effect of PTSD symptoms on alcohol outcomes. *Journal of Traumatic Stress, 27*(4), 478-482. <http://dx.doi.org/10.1002/jts.21943>
6. Kimbrel, N. A., Evans, L. D., Patel, A. B., Wilson, L. C., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2014). The Critical Warzone Experiences (CWE) scale: Initial Psychometric properties and association with PTSD, anxiety, and depression. *Psychiatry Research, 220*(3), 1118-1124. <http://dx.doi.org/10.1016/j.psychres.2014.08.053>
7. Kimbrel, N. A., Morissette, S. B., Gulliver, S. B., Langdon, K. J., & Zvolensky, M. J. (2014). The effect of social anxiety on urge and craving among smokers with or without anxiety disorders. *Drug and Alcohol Dependence, 135*, 59-64. <http://dx.doi.org/10.1016/j.drugalcdep.2013.11.002>
8. Stock, E. M., Kimbrel, N. A., Meyer, E. C., Copeland, L. A., Monte, R., Zeber, J. E., Gulliver, S. B., & Morissette, S. B. (2014). A Bayesian model averaging approach to examining changes in quality of life among returning Iraq and Afghanistan veterans. *International Journal of Methods in Psychiatric Research, 23*(3), 345-358. <http://dx.doi.org/10.1002/mpr.1442>
9. Carpenter, G. S. J., Carpenter, T. P., Kimbrel, N. A., Flynn, E. J., Pennington, M. L., Cammarata, C., Zimering, R. T., Kamholz, B. W., & Gulliver, S. B. (2015). Social support, stress, and suicidal ideation in professional firefighters. *American Journal of Health Behavior, 39*(2), 191-196. <http://dx.doi.org/10.5993/AJHB.39.2.5>

10. Cook, A. J., Meyer, E. C., Evans, L. D., Vowles, K. E., Klocek, J. W., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015). Chronic pain acceptance incrementally predicts disability in polytrauma-exposed veterans at baseline and 1-year follow-up. *Behaviour Research and Therapy*, *73*, 25-32. <http://dx.doi.org/10.1016/j.brat.2015.07.003>
11. Dahm, K., Meyer, E. C., Neff, K., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015). Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in U.S. Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, *28*(5), 460-464. <http://dx.doi.org/10.1002/jts.22045>
12. Elliott, T. R., Hsiao, Y. Y., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., Kwok, O. M., Morissette, S. B. & DeBeer, B. B. (2015). Resilience, traumatic brain injury, depression and posttraumatic stress among Iraqi/Afghanistan war veterans. *Rehabilitation Psychology*, *60*, 263-276. <http://dx.doi.org/10.1037/rep0000050>
13. Hiraoka, R., Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2015). Self-compassion as a prospective predictor of PTSD symptom severity among trauma-exposed U.S. Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, *28*, 1-7. <http://dx.doi.org/10.1002/jts.21995>
14. Kimbrel, N. A., Flynn, E. J., Carpenter, G. S. J., Cammarata, C. M., Leto, F., Ostiguy, W. J., Kamholz, B. W., Zimering, R. T., & Gulliver, S. B. (2015). Internal consistency, test-retest reliability, and predictive validity for a likert-based version of the Sources of Occupational Stress-14 (SOOS-14) scale. *Psychiatry Research*, *228*(3), 961-962. <http://dx.doi.org/10.1016/j.psychres.2015.05.031>
15. Gulliver, S. B., Pennington, M. L., Leto, F., Cammarata, C., Ostiguy, W., Zavodny C., Flynn, E. J., & Kimbrel, N. A. (2015). In the wake of suicide: Developing guidelines for suicide postvention in fire service. *Death Studies*, *40*(2), 121-128. <http://dx.doi.org/10.1080/07471187.2015.1077357>
16. Gulliver, S. B., Kimbrel, N. A., Cammarata, C., Leto, F., Ostiguy, W., Flynn, E. J., Carpenter, G. S., Kamholz, B. W. & Zimering, R. T. (2016). A peer-based intervention to increase behavioral health utilization among professional firefighters. *International Journal of Stress Management*, *23*(1), 65-83. <http://dx.doi.org/10.1037/a0039731>
17. Martindale, S. L., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., Kruse, M. I., Gulliver, S. B., & Dolan, S. L. (2016). Neuropsychological functioning, coping, and quality of life among returning war veterans. *Rehabilitation Psychology*. <http://dx.doi.org/10.1037/rep0000076>

18. Kimbrel, N. A., Pennington, M. L., Cammarata, C. M., Leto, F., Ostiguy, W. J., & Gulliver, S. B. (in press). Is cumulative exposure to suicide attempts and deaths a risk factor for suicidal behavior among firefighters? A preliminary study. *Suicide and Life-Threatening Behavior*.
19. Kimbrel, N., DeBeer, B., Meyer, E., Gulliver, S. B., Morissette, S. (in press). Nonsuicidal self-injury and suicide attempts in Iraq/Afghanistan war veterans. *Psychiatry Research*.
20. Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (in press). A 12-month prospective study of the effects of PTSD-depression comorbidity on suicidal behavior in Iraq/Afghanistan-era veterans. *Psychiatry Research*.

### **PUBLISHED CHAPTERS, LETTERS AND COMMENTARIES**

21. Gulliver, S. B. & Flynn, E. J. (2013). Working with the VA and other medical personnel. *The handbook of psychosocial interventions for veterans: A guide for the non-military mental health clinician*.
22. Gulliver, S. B., Zimering, R., Carpenter, G. S., Giardina, A., & Farrar, J. (2014). The psychological consequences of disaster. In P. Ouimette & J. P. Read, *Trauma and substance abuse: Causes, consequences and treatment of comorbid disasters* (125-141). Washington, D.C.: American Psychological Association.
23. DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B. & Morissette, S. B. (2015, September). *Combined PTSD and depressive symptoms interact with post-deployment social support to predict suicidal ideation in Operation Enduring Freedom and Operation Iraqi Freedom veterans*. Research Brief: Syracuse University Institute for Veterans and Military Families. JPMorgan Chase & Co., Founding Partner. [http://vets.syr.edu/wp-content/uploads/2014/09/ResearchBrief\\_DeBeer2014.pdf](http://vets.syr.edu/wp-content/uploads/2014/09/ResearchBrief_DeBeer2014.pdf)
24. Ford, T. M., Pennington, M. L., Torres, V. A., & Gulliver, S. B. (in press). Occupational behavioral health in the emergency services. *Fire and Emergency Services Safety & Survival* (2<sup>nd</sup> ed.). Pearson.
25. Gulliver, S. B., Pennington, M. L. & Torres, V. A. (in press). Alcohol use disorder: Psychological factors. *The SAGE Encyclopedia of Abnormal and Clinical Psychology*.

## MANUSCRIPTS SUBMITTED AS OF 06/30/2016

1. DeBeer, B. B., Kittel, J. A., Cook, A., Davidson, D., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. (under review). Health promoting behaviors moderate the association between posttraumatic stress disorder symptoms and current suicidal ideation in Iraq/Afghanistan war veterans. *Journal of Traumatic Stress*.
2. Gulliver, S. B., Zimering, R. T., MacDonald, H. Z., Morissette, S. B., Kamholz, B. W., Daly, E. S., Lyons, M., Knight, J., & Keane, T. (under review). PTSD and substance use disorders in firefighters: Risk and resilience.
3. Morissette, S. B. DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., & Gulliver, S. B. (under review). The impact of deployment characteristics on long-term PTSD symptoms in returning veterans.
4. Morissette, S. B., DeBeer, B., Kimbrel, N. A., Meyer, E. C., & Gulliver, S. B. (under review). Deployment characteristics as predictors of post-deployment mental health.
5. Torres, V. A., Synett, S. J., Pennington, M. L., Kruse, M., Sanford, K., & Gulliver, S. B. (under review). Marital stability in couples employed in high risk occupations: A call for empirically sound investigation.
6. Helstrom, A., Gulliver, S. B., Carpenter, T. P., & Kamholz, B. W. (under review). Health behavior change following cardiac catheterization. *Psychology, Health & Medicine*.
7. DeBeer, B. B., Meyer, E. C., Kimbrel, N. A., Kittel, J. A., Gulliver, S. B., & Morissette, S. B. (under review). Psychological inflexibility, prior suicide attempts, posttraumatic stress, depression, traumatic brain injury, and substance use as prospective predictors of suicidal ideation in war veterans. *Journal of Abnormal Psychology*.
8. Sanford, K., Kruse, M.I., Proctor, A., Torres, V. A., Pennington, M. L., Synett, S. J., & Gulliver, S. B. (under review). Couple resilience and life wellbeing in firefighters. *The Journal of Positive Psychology*.
9. DeBeer, B. B., Davidson, D., Meyer, E. C., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (under review). The association between toxic exposures and Gulf War Illness-like symptoms in veterans of the wars in Iraq and Afghanistan: A continuation of Gulf-War Illness in the next generation of veterans? *Journal of Occupational and Environmental Medicine*.

10. DeBeer, B. B., Kimbrel, N. A., Matthieu, M., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (under review). Does Body Mass Index moderate the association between posttraumatic stress disorder symptoms and suicidal ideation in Iraq/Afghanistan veterans? *Psychiatry Research*.

## PRESENTATIONS AND POSTERS

### ABSTRACTS

1. DeBeer, B. B., Patel, A. B., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., & Gulliver, S. B. (2013, April). *Coping as a mediator between stressful life events, depression, and suicidal ideation in returning veterans*. Poster presented at the 33<sup>rd</sup> annual Anxiety and Depression Conference, San Diego, CA.
2. DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2013, April). PTSD and depressive symptoms interact with social support to predict suicidal ideation in Operation Iraqi Freedom and Operation Enduring Freedom (OIF/OEF) veterans. In S. B. Morissette (Chair), *The Influence of PTSD and Complicating Factors on Functional Recovery in Returning Military Veterans*. Symposium conducted at the annual meeting of the Anxiety and Depression Association of America, La Jolla, CA.
3. Meyer, E. C., Konecky, B., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2013, April). The influence of co-occurring traumatic brain injury, post-concussive symptoms, chronic pain, alcohol abuse, and depression on functional impairment in veterans with PTSD. In S. B. Morissette (Chair), *The Influence of PTSD and Complicating Factors on Functional Recovery in Returning Military Veterans*. Symposium conducted at the annual meeting of the Anxiety and Depression Association of America, La Jolla, CA.
4. Patel, A. B., DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2013, April). *Depressive symptoms mediate the association between alcohol-related problems and suicidal ideation in returning veterans*. Poster presented at the 46th annual conference of the American Association of Suicidology, Austin, TX.
5. Synett, S. J., DeBeer, B. B., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., & Gulliver, S. B. (2013, May). *The impact of warzone deployments on the children of returning veterans*. Poster presented at the 2<sup>nd</sup> annual Scott & White Medical Center Research Days, Temple, TX.

6. Morissette, S. B., Peebles-Beckworth, B., Evans, L., Schouest, T., Kotrla, K., & Gulliver, S. B. (2013, August). *Veterans Tactical Response (VTR): Keeping law enforcement and veterans safe*. Presented as part of workshop N. Ainspan & W. E. Penk (Chairs), Reaching out to Service Systems to Foster Reintegration of Returning Veterans. Annual meeting of the American Psychological Association, Honolulu, HI.
7. DeBeer, B. B., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., & Gulliver S. B. (2013, August). *Length of deployments as a predictor of mental health symptoms in OIF/OEF veterans*. Poster presented at the 121<sup>st</sup> annual meeting of the American Psychological Association, Honolulu, HI.
8. DeBeer, B. B., Patel, A. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2014, February). *Re-experiencing symptoms of posttraumatic stress disorder (PTSD) predict current suicidal ideation in veterans of Operation Enduring Freedom and Operation Iraqi Freedom (OEF/OIF)*. Poster presented at the 16th Annual Conference of Rehabilitation Psychology, San Antonio, TX.
9. Kimbrel, N. A., Evans, L., Patel, A., Wilson, L., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2014, March). *The assessment of Combat Exposure Scale: A brief measure of combat exposure for Iraq and Afghanistan veterans*. Poster presented at the annual meeting of the Anxiety and Depression Association of America. Chicago, IL.
10. Morissette, S. B., DeBeer, B. B., Meyer, E. C., Kimbrel, N., & Gulliver, S. B. (2014, March). *Longer time between warzone deployments predicts fewer long-term PTSD symptoms and better work functioning*. Oral presentation at the annual meeting of the Anxiety and Depression Association of America. Chicago, IL
11. Meyer, E. C., Konecky, B., Kimbrel, N. A., Marx, B. P., Gulliver, S. B., & Morissette, S. B. (2014, March). *The structure of posttraumatic stress disorder symptoms: Associations with functional impairment in war veterans*. Poster presented at the annual meeting of the Anxiety and Depression Association of America. Chicago, IL.
12. Kruse, M. I., Morissette, S. B., Meyer, E. C., Kimbrel, N. A., Kamholz, B., Knight, J., Zimering, R. T., & Gulliver, S. B. (2014, June). *Patterns and predictors of heavy drinking during the first three years of fire service*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Bellevue, WA.

13. Morissette, S. B., Meyer, E. C., DeBeer, B. B., Kimbrel, N. A., & Gulliver, S. B. (2014, August). *The effects of PTSD and TBI on educational functioning in student veterans*. In W. Penk and D. Little (Chairs) Psychosocial Services for Student Veterans. Symposium presented at the annual meeting of the American Psychological Association, Washington, DC.
14. Morissette, S. B., DeBeer, B. B., Meyer, E. C., Kimbrel, N. A., & Gulliver, S. B. (2014, August). *Relationships among deployment preparation, PTSD and family functioning in OEF/OIF veterans*. In S. Riggs (Chair) Military Veteran Couples and Families: Theory, Research and Practice. Symposium presented at the annual meeting of the American Psychological Association, Washington, DC.
15. Kimbrel, N. A., Morissette, S. B., Meyer, E. C., DeBeer, B. B., Gulliver, S. B., Marx, B. P., Schumm, J., & Penk, W. E. (2014, November). *Predictors of functional impairment among returning Iraq/Afghanistan veterans*. In S. B. Morissette (Chair) PTSD, Depression and Functional Outcomes among Military Personnel, Veterans and their Family Members. Symposium presented at the annual meeting of the International Society for Traumatic Stress Studies, Miami, FL.
16. Meyer, E. C., Hiraoka, R., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2014, November). *Self-compassion as a mediator of PTSD symptom severity over time in trauma-exposed Iraq/Afghanistan war veterans*. Poster presented at the 48th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
17. Gulliver, S. B., Zimering, R. T., Pennington, M. L., Synett, S. J., Torres, V., Vanderveen, J., & Kruse, M. (2015, February). *Health risk behaviors in a risky profession: The tobacco and alcohol use of firefighters in their first years of service*. Poster presented at the 21<sup>st</sup> annual meeting of the Society for Research on Nicotine and Tobacco, Philadelphia, PA.
18. Torres, V. A., Pennington, M. L., Synett, S. J., Kimbrel, N., & Gulliver, S. B. (2015, April). *Project Reach Out results: Who do firefighters try to help?* Poster presented at the 36th annual meeting of Society of Behavioral Medicine, San Antonio, TX.
19. Pennington, M. L., Synett, S. J., Torres, V. A., & Gulliver, S. B. (2015, April). *Does exposure to natural disaster increase risk and vulnerability to health problems and depression in an at-risk population?* Poster presented at the 36th annual meeting of Society of Behavioral Medicine, San Antonio, TX.

20. Kittel, J. A., Pronove, L. M., DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2015, April). *Obesity as a moderator between the association between post-traumatic stress disorder symptoms and suicidal ideation*. Poster presented at the annual meeting of the American Association for Suicidology (AAS), Atlanta, GA.
21. Elliott, T. R., Hsiao, Y., Kimbrel, N. A., Meyer, E., DeBeer, B. B., Gulliver, S. B., Kwok, O., & Morissette, S. B. (2015, April). *Resilience, depression and posttraumatic stress among Iraq/Afghanistan war veterans*. In S. Krill Williston (Chair) *Translating Research Findings to the Clinic and Community: An Examination of Risk and Protective Factors of Quality of Life and Functioning among Recent Veterans in Diverse Contexts*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
22. Cook, A. J., Meyer, E. C., Evans, L. D., Vowles, K. E., Klocek, J. W., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015, April). *Chronic pain acceptance incrementally predicts disability in polytrauma-exposed veterans*. Poster presented at the annual scientific meeting of the Society of Behavioral Medicine, San Antonio, TX.
23. DeBeer, B. B., Kittel, J. A., Cook, A., Davidson, D., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2015, April). *New avenues for suicide prevention in trauma exposed veterans: The role of health-promoting behaviors*. Poster presented at the 48th annual conference of the American Association of Suicidology, Atlanta, GA.
24. DeBeer, B. B., Kittel, J. A., Cook, A., Davidson, D., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B. & Morissette, S. (2015, April). *New avenues for suicide prevention in trauma exposed veterans: The role of health-promoting behaviors*. Paper presented at the annual meeting of the American Association for Suicidology (AAS), Atlanta, GA.
25. Vaughn, V. R., Tran, A. V., Little, T. A., Meece, M. S., DeBeer, B. B., Dolan, S., Scheinfeld, D. E., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., & Gulliver, S. B. (2015, April). *Gender differences in posttraumatic stress disorder, traumatic brain injury, and alcohol disturbances in Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn veterans*. Poster presented at Baylor University's URSA Scholars Week, Waco, TX.
26. Torres, V. A., Pennington, M. L., Synett, S. J., Kimbrel, N., Brown, J. M., & Gulliver, S. B. (2015, May). *Project Reach Out results: Who do firefighters try to help?* Poster presented at the 3rd annual Scott & White Academic Operations Research Days, Temple, TX.



27. Pennington, M. L., Synett, S. J., Torres, V. A., Brown, J. M., & Gulliver, S. B. (2015, May). *Does exposure to natural disaster increase risk and vulnerability to health problems and depression in an at-risk population?* Poster presented at the 3rd annual Scott & White Academic Operations Research Days, Temple, TX.
28. Gulliver, S. B., Pennington, M. L., Torres, V. A., Synett, S., & Zimering, R. T. (2015, May). *Health risk behaviors in a risky profession: The tobacco and alcohol use of firefighters in their first years of service.* Poster presented at the 3rd annual Scott & White Academic Operations Research Days, Temple, TX.
29. Proctor, A., Sanford, K., Kruse, M., Torres, V. A., Pennington, M. L., Synett, S. J., Gulliver, S. B. (2015, November). *Dimensions of couple resiliency in a sample of firefighters.* Poster presented at Association for Behavioral and Cognitive Therapies 49th annual convention, Chicago, IL.
30. Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2015, November). *The influence of self-compassion and symptoms of PTSD and depression on quality of life over time in war veterans.* Presented at the 31st annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.
31. Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2015, November). *The influence of mindfulness, self-compassion, experiential avoidance, and posttraumatic stress disorder on disability in war veterans.* Presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
32. Meyer, E. C., DeBeer, B. B., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015, November). *The influence of peritraumatic dissociation and experiential avoidance on mental health symptoms over time in war veterans.* In Fleming, C.J. (Chair) Understanding Trauma-Related Dissociation: Risk Factors and Outcomes. Presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
33. Kelly, M., DeBeer, B. B., Meyer, E., Kimbrel, N., Gulliver, S. B., & Morissette, S. (2016, March). *Experiential avoidance as a mediator of the association between posttraumatic stress disorder symptoms and social support: A longitudinal analysis.* In C. D'Avanzato (Chair) Mindfulness and Acceptance-Based Interventions for PTSD in Acute and Complex Populations: Refining Treatment and Clarifying Mechanisms of Change. Symposium accepted for presentation at the 14<sup>th</sup> annual conference for the Association Contextual and Behavioral Sciences, Seattle, WA.

34. Gomez, D. R., Torres, V. A., Pennington, M. L., Carpenter, T. P., Maness, A. G., Morissette, S. B., Zimering, R. T., & Gulliver, S. B. (2016, May). *The relationship between exercise, social support, and depression in firefighter recruits*. Poster presented at the 4<sup>th</sup> annual Baylor Scott & White Health Academic Operations Research Days, Temple, TX.
35. Torres, V. A., Gomez, D. R., Pennington, M. L., Carpenter, T. P., Maness, A. G., Morissette, S. B., Zimering, R. T., & Gulliver, S. B. (2016, May). *How does lifetime recreational drug use relate to nicotine use in the first 3 years of fire service?* Poster presented at the 4<sup>th</sup> annual Baylor Scott & White Health Academic Operations Research Days, Temple, TX.
36. Denman, T., Pennington, M., Maness, A. G., Torres, V., Gomez, D., & Gulliver, S. B. (2016, May). *Do female firefighters have more stigma concerns regarding behavioral health services than male firefighters?* Poster presented at the 4<sup>th</sup> annual Baylor Scott & White Health Academic Operations Research Days, Temple, TX.

### **INVITED PRESENTATIONS**

37. Morrison, P. J., Hamrock, M., Leto, F., & Gulliver, S. B. (2013, April). An informational forum for public safety personnel and their families following the recent terror attack on the City of Boston.
38. Gulliver, S. B. (2013, October). *First Responder PTSD*. Invited presentation at Scott & White Health & Central Texas Advisory Council Trauma and Acute Care Symposium, Killeen, TX.
39. Gulliver, S. B., Leto, F., Schulle, J., Stuart, K., & Morrison, P. (2015, January). *Posttraumatic Stress Disorder in Fire Service*. Invited presentation for the International Association of Fire Fighters (IAFF). Livestream Link: <https://www.youtube.com/watch?v=WkzztWPuto8&app=desktop>
40. Gulliver, S. B. (2015, June). *NIAAA-Supported Research: A Grantsmanship Workshop*. Invited presentation for Research Society on Alcoholism, San Antonio, TX.
41. Gulliver, S. B. (2015, September). *Project REACH OUT*. Invited presentation at the 3<sup>rd</sup> annual Mental Health Expo, Waco, TX.
42. Morrison, P., Gulliver, S. B., Leto, F., & Ramella, K. (2016, January). *Fire Department Behavioral Health Services*. Presented at the Vincent J. Bollon Affiliate Leadership Training Summit (ALTS), Lake Buena Vista, FL.

43. Gulliver, S. B. (2016, May). *PTSD and Co-occurring Issues in Firefighters: A summary of the knowledge base*. Presented at FireFit 2016, Lake Ozark, MO.
44. Gulliver, S. B. (2016, June). *NIAAA-Supported Research: A Grantsmanship Workshop*. Invited presentation for Research Society on Alcoholism, New Orleans. LA

## MEDIA

1. *West explosion's first responders need rescuers too, counselors say*, Interviewed by Christina Rosales, Reporter for The Dallas Morning News, (May 5, 2013).
2. *Local psychologist gives tips to struggling West residents*, Interview viewed on FOX 44, (May 2013).
3. *Counseling for First Responders Involved in West Explosion/Boston Bombing*, Interview viewed on KWTX, (May 2013).
4. *Doctor: Reaction to having to testify distinctive to each person*, Interviewed by Janice Gibbs, Staff Writer for Temple Daily Telegram, (August 2013).
5. *Waco research facility takes aim at PTSD in first responders, veterans*, Written by KXXV reporter, (July 2015).
6. *PTSD and Bastrop fires*, Interview viewed on KTBC FOX 7, (October 2015). <http://www.fox7austin.com/good-day/37662361-story>
7. *PTSD and Bastrop fires*, Interview viewed on KVUE, (October 2015). *Resilience, Traumatic Brain Injury, Depression and Posttraumatic Stress Among Iraq/Afghanistan War Veterans*, Timothy Elliott, Ph.D. with Rehabilitation Psychology editor Stephen Wegener, Ph.D., Rehabilitation Psychology Podcast, (January 2016). <https://soundcloud.com/apadiv22/podcast-02-jan-2016>

## TRAINEE OUTCOMES

- Senior Research Assistant, Victoria Torres, has been accepted to the University of Mississippi's clinical psychology doctoral program. Victoria will begin her graduate studies in the fall of 2016, and hopes to study substance use and abuse.
- Former Research Assistant, Grace Carpenter, is currently attending Portland State University, pursuing a Master of Science in clinical mental health counseling.
- Former Research Assistant, Ashley Szczepanek, is pursuing a master's degree in public health at University of New England.



- Samantha Synett currently attends University of Texas at Austin as a graduate student, and expects to receive a Master of Science in social work in May of 2017. After she completes her graduate degree, she plans to pursue licensure as a clinical social worker.
- Elisa Flynn is pursuing a master's degree in social work at the University of Houston.
- Former Scott & White Undergraduate Research Program (SWURP) Intern, Audrey Eichenberger, is working toward a medical doctoral degree at Texas A&M Health Science Center College of Medicine.
- Jennifer Teague, also a former SWURP intern, is working toward acceptance into medical school.
- Baylor Excellence and Applied Research (BEAR) Program intern for the spring of 2016, Tessa Denman, has accepted a position as a research assistant at WRI.

## OTHER SERVICE ACTIVITIES AND ACCOMPLISHMENTS

In addition, WRI investigators and collaborators contributed to several ventures beyond the scope of that which has been previously outlined. These activities include:

- The International Association of Fire Chiefs extended an invitation to Dr. Gulliver to attend their second RESCUES Stakeholder Meeting at NIST in Gaithersburg, Maryland on January 15 and 16, 2015.
- Dr. Gulliver attended the March 19, 2015 NIAAA AA3 review panel, where over 50 grants were evaluated. Dr. Koob, the Director of NIAAA, visited with the panel and outlined NIAAA funding priorities.
- Dr. Gulliver traveled to Toronto, Canada in March of 2015 to complete the final phase of the FEMA grant entitled *In the wake of suicide: Evaluating standard operating procedures for postvention*. The Toronto Fire Department will use the SOP guideline for suicide postvention, and key members were interviewed regarding the utility of the SOP guideline. Dr. Gulliver and Lt. William Ostiguy co-led the individual interviews.
- Warriors Research Institute collaborator, Lt. William Ostiguy received the University of Massachusetts Chancellor's Award for Longstanding Community Commitment and Service at the 29th Annual Community Breakfast on April 2nd, 2015.



- Dr. Gulliver was formally invited to chair the Governance Committee of the APA Society of Clinical Psychology Committee for the 2015-17 terms.
- Dr. Gulliver attended the American Psychological Association's Convention in Toronto, Ontario on August 6 -9, 2015.
- In June of 2016, Dr. Gulliver attended the NIAAA AA3 review panel.
- To close the 2016 fiscal year, Dr. Gulliver attended the 39<sup>th</sup> annual Research Society on Alcoholism scientific meeting where she is an organizer for the education committee.

**For additional information, please contact Alexia Maness at [alexia.maness@bswhealth.org](mailto:alexia.maness@bswhealth.org) or 254-730-2672.**