



DCoE Retrospective Outcomes Evaluation of the 360° Leaders Course

In November 2012, the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) published results of their study of the 360° Program finding statistical evidence that 360° reduces Psychopathology, improves Sleep and improves Well-Being.

DCoE Study Findings.

Impact on Psychopathology. Statistically significant reductions in psychopathy index scores were found (i.e., depression, hostility, interpersonal sensitivity, obsessive compulsiveness, paranoia, phobic anxiety, somatization, and global severity), with largest decreases in hostility and global severity for both high and low psychological distress groups. Greater magnitude of change was noted for the high psychological distress group. Note: These findings are significant as hostility and interpersonal sensitivity have been associated with violence and suicides (page 35).

Impact on Sleep. Statistically significant improvements in sleep were found for both groups (falling asleep, staying asleep, waking up at the desired time, improvement in the degree that sleep problems interfered with daily functioning and quality of life), with the high psychological distress group reporting greater improvements in falling asleep and in waking up at the desired time. In addition, all participants demonstrated improvements in sleep habits (e.g., decreased use of alcohol to fall asleep, having a 'wind-down' routine).

Impact on Well-Being (Health, Relationships, Quality of Life). Statistically significant increases in importance (command support, family diet, family relationships, general health, psychological health, occupation, quality of life, social support, and spirituality) and in satisfaction (children, family relationships, marriage, occupation, psychological health, quality of life, sexual relationships, social support, spirituality, diet, family diet, physical fitness, and general health) were found for both groups, with strongest improvements in fitness, sexual relationships, and psychological health. The high psychological distress group reported greater improvements in satisfaction with marriage and financial situation. Note: This finding is important as these two factors have been associated with risk for suicide ideation (page 37).

Conclusions. The authors identified some methodological limitations with the 360° analysis (i.e., lack of a control group or a randomized controlled trial design), and noted that the positive effect could be simply related to being away from combat and daily life stressors; however, if simply being removed from these stressors would result in improvements, we would see much greater positive effects from block leave. Ultimately, the DCoE analysis presents highly

<p>360° Program Outcomes Defense Center of Excellence for Psychological Health and TBI, 360° Program Outcomes Study, November 2012</p>
<p>DCoE Study Conclusion: “Overall 360° appears to lead to short-term improvements in symptoms of psychopathology, sleep, and well-being as measured by attitudes toward and satisfaction with health, relationships, and quality of life.”</p>



compelling outcomes for 360° based on the short term data from the course. Although the 360° program has many antidotal reports of long term benefits and change, a longer term analysis is needed to objectively determine if the observed improvements persist.

360° Program Study: Statistically Significant Impact on Psychopathology

- *"Results indicated that following completion of the 360° Program, there was a significant reduction in psychological distress scores"*
 - *"Participants with high psychological distress showed marked improvements in the hostility and interpersonal-sensitivity indices of the SCL-90-R, both of which are externalizing behaviors often connected with violence and suicide."*
- "It raises the possibility that 360° could hold promise for reducing adverse behavioral outcomes (violence, suicide) that have been associated with combat related stress."*

360° Program Study: Statistically Significant Impact on Sleep

- *"These results support the hypothesis that 360° can lead to improved self-reported satisfaction with falling asleep, staying asleep, and waking up at the desired time."*
- *"These results support the hypothesis that 360° training can improve the reported degree to which sleep problems affect daily function and cause distress."*

Statistically Significant Impact on Well-Being (Health, Relationships, Quality of Life)

- *"Well-being, as assessed by attitudes toward and satisfaction with health, relationships, and quality of life was shown to improve by the end of training. Specifically, all participants showed significant improvements in their perceptions of importance for command support, family diet, family relationships, health, marriage, psychological health, occupation, quality of life, social support, and spirituality."*
- *"Further, examination of satisfaction scores revealed that across all participants statistically significant improvements in satisfaction were observed for diet, fitness, health, marriage, psychological health, quality of life, and sexual relationships. Relatively higher effect sizes (i.e., greater change in satisfaction) were associated with psychological health, sexual relationships, and fitness."*
- ***"The improvements in satisfaction with marriage and financial matters are noteworthy since these domains have been shown to be closely associated with risk for suicide ideation."***