WG 3 (Psychological Health)

Neurofeedback as an Adjunct Therapy for PTSD

Yaen Shreibman.
Taatzumot Clinic.

Background:
The emergence of neuromodulator interventions has revolutionized the management of neuropsychiatric conditions in military settings. This lecture presents the integration of "Prism," an innovative device developed by Grey Matters, into the Taatzumot clinic. Prism is designed to provide targeted neuromodulator feedback, leveraging principles of neuroplasticity to restore functional neural circuits implicated in stress-related disorders, cognitive deficits, and other neurobehavioral conditions frequently encountered among soldiers.

Rationale:
The rationale for using Prism stems from a growing body of evidence suggesting that precise modulation of neural activity can enhance traditional therapeutic approaches. By delivering individualized stimulation protocols, Prism aims to recalibrate dysregulated brain networks, thereby accelerating recovery and improving resilience in high-stress environments. This technology not only complements existing treatment regiments but also offers a novel, non-invasive method to address complex psychiatric and neurological challenges.

Population:
Our target population primarily includes military personnel who have been exposed to combat situations, particularly combatants, who are experiencing stress-induced neuropsychiatric conditions, cognitive deficits, and trauma-related disorders.

The Pilot:
As part of our pilot initiative at the Taatzumot clinic, a structured integration plan has been developed. This includes comprehensive baseline assessments using neuropsychological evaluations to quantify the device's impact. Future research will focus on a comparative study involving two groups of soldiers: one receiving conventional treatment and the other receiving Prism as an adjunct. Early observations indicate promising improvements in treatment response rates and cognitive function among those utilizing Prism.

This presentation will discuss the background, integration strategy, and preliminary findings, setting the stage for further investigations into the efficacy of Prism. Ultimately, our goal is to enhance clinical outcomes and offer a scalable solution for neuropsychiatric care in military and other high-stress populations.

WG 3 (Psychological Health)

"Band of Brothers" - A Cost-Effective Intervention for Expanding Social Networks in Introductory Military Training

Yoav Levinstein.
Medical Corps, IDF.

Aim:
This study aimed to evaluate the effectiveness of the "Band of Brothers" (BoB) intervention, a cost-effective program designed to enhance social networks and support among soldiers during introductory military training, and to explore its impact on salutary measures.

Method:
A quasi-experimental design was employed. Sample A consisted of 360 male combat trainees, randomly assigned to either the intervention (n=240) or control (n=120) groups. The BoB intervention involved structured dyadic interactions over six weeks. Participants completed self-report questionnaires at baseline and post-intervention, measuring perceived social support, self-efficacy, sense of coherence (SOC), sense of community coherence (SOCC), and well-being. Sample B (n=60) participated in focus groups post-intervention to gather qualitative data.

Results:
Quantitative analysis revealed a greater increase in perceived social network size in the intervention group compared to the control group. However, changes in other measured salutary measures were minimal. Qualitative data from both samples indicated positive perceptions of the intervention, with thematic analysis highlighting enhanced social ties, emotional ventilation, empowerment, and improved morale.

Conclusions:
The BoB intervention demonstrates potential for strengthening social support and cohesion in early military training, particularly in challenging environments. While quantitative measures of salutary effects were limited, qualitative data strongly support the intervention's positive impact on social integration and perceived support. Further research with longitudinal designs and diverse populations is recommended to explore the long-term effects and broader applications of BoB intervention.