

THE WALTER REED ARMY INSTITUTE OF RESEARCH

Center for Military Psychiatry and Neuroscience

For over sixty years, neuropsychiatry investigators at the Walter Reed Army Institute of Research have sought to understand, prevent, and treat the myriad and generally poorly understood threats to soldier health and performance that act primarily “in the head.” During this time, the program has yielded numerous scientific innovations. Early research in the 1950s on the electrophysiology of neurons in the visual system provided the groundwork for Dr. David Hubel’s 1981 Nobel Prize in Medicine. This standard of excellence has been maintained with research innovations leading to over 30 patents for novel scientific contributions, and numerous publications in high-impact journals such as *Science*, *Nature*, the *New England Journal of Medicine* and the *Journal of the American Medical Association*.

Mission

- Conduct basic and applied research that promotes psychological resilience, neurological functioning, and operational readiness in Service Members.
- Develop evidence-based strategies to diagnose, prevent, and mitigate the effects of psychological demands, continuous operations, and brain trauma on the health and well-being of Service Members, we aim to reduce the threats involved with combat stress.

Major Accomplishments

- Lead agent for Mental Health Advisory Teams (MHATs) to assess Service Member mental health status and behavioral care delivery system in deployed settings
- Battlemind Training developed, validated, and implemented throughout the US Army and integrated into Comprehensive Soldier Fitness resilience plan.
- Identified protein markers of traumatic brain injury (TBI) to enable the eventual production of a field-ready biomedical device capable of identifying TBI in Service Members
- Completed preclinical brain injury neuroprotection research that led to the initiation of the multi-center, Phase II drug trial in moderate and severe TBI patients.
- Demonstrated that a thoracic Kevlar vest protects the brain in air shock tube exposures.
- Establishing that blast exposure without secondary impact can induce brain injury. Contributed to policy on Service Member evaluation following IED blast exposure.
- Discovered that sleep is “banked.” Extended nighttime sleep protects against performance deficits in a subsequent week of sleep restriction.

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Walter Reed Army
Institute of Research

Soldier Health • World Health



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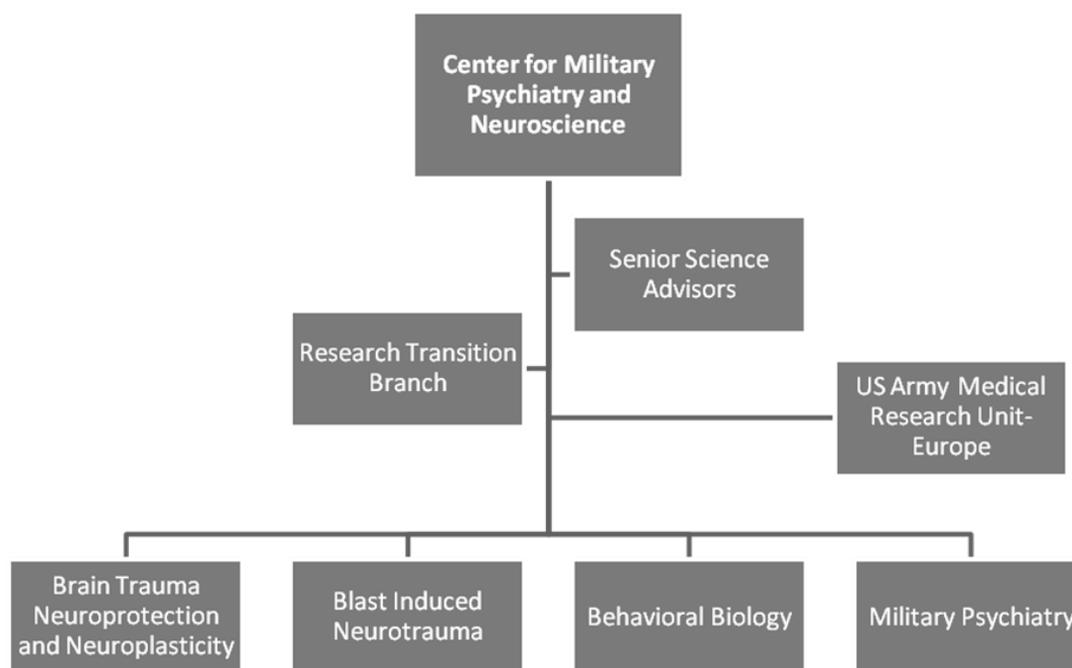
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The Center for Military Psychiatry and Neuroscience includes four research branches as well as a transition office which is responsible for ensuring rapid dissemination of information and recommendations produced by the research program branches.

The US Army Medical Research Unit-Europe (USAMRU-E) is an integral component of the Center as its laboratory hosts much of the field research, including support and evaluation of the Army's Mental Health Advisory Teams (MHATs) and randomized trials of test instruments and candidate recommendations for change to doctrine.



The Center for Military Psychiatry and Neuroscience seeks to be the Department of Defense's premier organization for psychiatry and neuroscience research by:

1. Focusing on issues critical to Service Member psychological and neurological health;
2. Attracting, developing, and sustaining world-class researchers and collaborators across disciplines;
3. Fostering a climate of innovation and scientific creativity while facilitating cooperation, communication, and integration of scientific knowledge among scientists; and
4. Transitioning products from the bench to the battlefield in order to promote Service Member health and well-being.

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