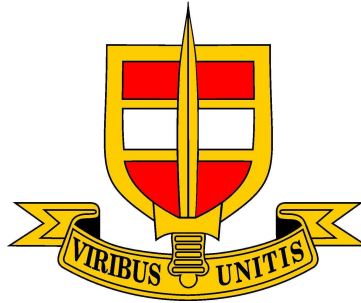




Institut für Human- und Sozialwissenschaften
Institute for Human and Social Sciences
Institute de la Humaines ed Social Sciences
Институт по гуманитарным и социальным наукам



12th International Military Mental Health Conference (12th IMMHC)

**Do cultural differences matter for mental health -
preparing soldiers for and reintegrating them after
international operations**

Vienna, 31 AUG to 04 SEP 2009

Austrian National Defence Academy and
Consortium of IMMHC

Conference scene:
Sala Terrena
National Defence Academy
Stiftgasse 2a, A- 1070 Vienna

<http://12immhc.bmlvs.gv.at>

Programme

31. 08. 2009 Monday

15.00-19.30	Arrival and early registration	National Defence Academy
19.30-22.00	Informal opening (icebreaker)	National Defence Academy

01. 09. 2009 Tuesday

08.00-09.30	late registration	
09.30-09.45	opening remarks and greetings of the organizing committee and the official guests to the conference participants	
09.45-10.30	official opening LTG Mag. Christian Segur-Cabanac, (Ministry of Defence & Sport) COL Mag. Dietmar Pfarr, MA (National Defence Academy) Official address from the IMMHC committee Prof. Jacques Mylle, PhD (Belgium)	
10.30-10.40	official conference photo	
10.40-11.00	coffee break	
11.00-11.30	Selection method of new recruits Ilfira Temirbulatova, Military Psychologist, National Guard Bishkek, (Kyrgyzstan)	
11.30-12.00	Psychological Conditions Concerning Intercultural Understanding HR Dr. Günther Fleck (Austria)	
12.00-12.30	Social and Cultural Dynamics of Traditional Healing Prof. Dr. med. Dagmar Eigner (Austria)	
12.30-14.00	lunch	
14.00-14.30	The Thrilling Clash of Evidence Based Medicine and Traditional Healing COL Dr. med. Harald Harbich (Austria)	

- 14.30-15.00 The Framework of Reasoning in the Realm of the Occult and Esoteric
LTC Prof. Peter Mulacz (Austria)
- 15.00-15.30 coffee break
- 15.30-16.00 Post-deployment Military Mental Health Care: a Cross Cultural Competence Gained or a Personality Changed?
CDR Dr. Marten Meijer (Netherlands)
- 16.00-16.30 What new brain scan techniques tell us about stress and its relevance for military stress management
Med. COL Alexandre E. van Acker (Belgium)
- 16.30-17.00 NATO Military Mental Health Expert Panel (MMH)
Gp Cpt. Geoffrey Reid (Great Britain)
- 17.15-22.00 Military History Museum

02. 09. 2009 Wednesday

- 09.00-09.30 Intercultural Education, which positively influences the Success Criteria of Peace keeping/Peace enforcement Operations according to NATO AJP 3.4.1 – A research Design
Dr. Hermann Jung, COL, ret. (Austria)
- 09.30-10.00 Mental Health from a Pluricultural Perspective – The Issue of soldiers within International Operations
Chibueze C. Udeani PhD. Institute for Caritative Science, Catholic-Theological Private University, Linz (Austria)
- 10.00-10.30 A (P, E)-fit approach to cultural differences in service components
Prof. Jacques Mylle, PhD (Belgium)
- 10.30-11.00 coffee break

- 11.00-11.30 Do nation-based differences matter for psychological state? Conscripts' moral and psychological well-being after 8-month of military service
Merle Parmak, MSc, Applied Research Center,
Estonian National Defence College, (Estonia)
- 11.30-12.00 Some Questions of Adaptation of a Military Contingent of Coalition at Fulfilment of Peace-Making Mission in the Countries of Middle and Southern Asia[Afghanistan, Iraq, etc)
Ilfira Temirbulatova, Military Psychologist, National Guard
Bishkek, (Kyrgyzstan)
- 12.00-12.30 Influence of migration background on service motivation of Swiss recruits
Gian Nakkas (Switzerland)
- 12.30-14.00 lunch
- 14.00-14.30 Military and Indigenous Cultures – Wives and Sweethearts?
Emeritus Prof. Sidney Irvine, Personal Appraisal Systems (Great Britain)
- 14.30-15.00 Measuring cognitive abilities and personality traits across language barriers: Benefits and limitations of automatic item generation in test adaptation
Mag. Markus Sommer, Schuhfried GmbH (Austria)
- 15.00-15.30 coffee break
- 15.30-16.00 The use of IAT (Implicit Association Theory) to measure social bias as a first step to managing biased behaviour.
Mrs. Wendy Lord, Hogrefe Oxford (Great Britain)
- 16.00-16.30 Invitation to the 13. IMMHC (Netherlands)
- 18.30-23.00 conference dinner

03. 09. 2009 Thursday

- 09.00-09.45 CHARLY - preventive preparatory psychosocial emergency care
Benjamin Wittekind (Germany)
- 09.45-10.15 Austrian Soldier's preparation for International Operations who deploy to
peacekeeping-missions, considering intercultural aspects.
Dipl.Päd. Beatrice Zilian, M.Ed. (Austria)
- 10.15-10.45 coffee break
- 10.45-11.15 Easy to say, hard to do. Insights into the preparation of the workshop on
Intercultural Competence for the General Staff Course
Mag. Irene Kucera & Mag. Hans Lampalzer, MA (Austria)
- 11.15-12.15 MTBI and Brain Dysfunction - Tools Can We Use Today - How, What,
Where, When?
Not So Much The Viennese Woman: More The Anaesthetised Patient
Emeritus Prof. Sidney Irvine, Personal Appraisal Systems (Great Britain)
- 12.15-14.00 lunch
- 13.00-14.00 IMMHC Steering Committee meeting
- 14.30-19.00 cultural programme (Spanisch Riding School, Albertina)

04. 09. 2009 Friday

- 09.00-16.00 cultural programme (Sigmund Freud Museum, National Library),
guided city tour

Abstracts in alphabetical order

**Alexandre E. Van Acker, Med. Col.
Military Hospital, Brussel (Belgium)**

What new brain scan techniques tell us about stress and its relevance for military stress management

Since new magnetic resonance techniques allowed us to see how the brain handles stress, we learned a lot about what stress does to us.

- Mothers who stress during their pregnancy will give birth to babies whose brain is more sensitive to stress.
- Children who grow up in stressful environments, especially from age 0 to 5 y, will show a higher sensitivity to stress
- Stress is cumulative over the years
- Stress can become a self fulfilling prophecy

What does this mean for the military:

- People join the military with a more or less stress sensitised brain
- The recruits start with their own ways of perceiving and dealing with stress
- Mainly during operations this can lead to awkward situations

Possible measures:

- Start "stress awareness" and "dealing with stress" courses and exercises at boot camp
- Continue this in the Unit.
- Retrain before and during mission.

Arendasy, M.², Sommer, M.¹ & Mayr, F.¹

¹ SCHUHFRIED GmbH (Austria)

² University of Graz, (Austria)

Institute of Psychology, Psychological methods and computer-based modelling research group

Measuring cognitive abilities and personality traits across language barriers: Benefits and limitations of automatic item generation in test adaptation

The globalizations of the economy and employees' increasing mobility have brought new challenges to psychological assessment that exceed the scope of traditional monolingual assessments. Based on several years of research in test adaptation there is a growing consensus in the psychometric literature that simply translating psychometric tests from one language to another is not sufficient to enable a valid comparison of respondents' test performance across languages. Several judgmental designs and psychometric methods have been developed in order to circumvent various sources of bias that call the valid comparison of test scores across languages into question. One of these designs is the combined forward and backward translation design that requires multi-disciplinary teams that work on the individual items in an attempt to ensure the psychological and linguistic equivalence of the content across languages. This approach is illustrated using data from a recently developed questionnaire measuring traffic-related personality traits and an objective personality test measuring willingness to take risks. Seeing as the judgmental approach outlined above has a high demand on costs and resources we explored the feasibility of top-down approaches to automatic item generation in test adaptation. As has been outlined by several researchers in the field of cross-lingual assessment, the definition of psychological similarity of the items in the source and target language is a crucial step that might be accomplished more conveniently within the framework of automatic item generation. This latter approach to test adaptation is illustrated using data from a recently developed Big Five questionnaire as well as several data sets investigating the measurement and full-score equivalence of verbal, spatial and analytic ability tests. The presentation focuses on the relative merits of both approaches at different stages of the test adaptation process and outlines their strengths, shortcomings and prerequisites. Finally, based on the above mentioned empirical studies and current research in test adaptation we will suggest a methodological framework on how both approaches can be combined to simultaneously enhance the quality of multi-lingual tests and reduce the cost and resource requirements in test adaptation in the long run.

Dagmar Eigner, Prof., Med. Dr.
Department for History of Medicine, Medical University of Vienna
Vienna, (Austria)

Social and Cultural Dynamics of Traditional Healing

Healing rituals reflect the interpretation of illness-causing conflicts in a society and the possibilities to solve them. Furthermore, the belief systems and cultural myths are revealed. With examples of traditional healing sessions in different countries and the stories that preceded them basic forms of communication embedded in the corresponding worldviews are shown. This also fosters the understanding of relationships and social dynamics in everyday life.

Günther Fleck, HR Dr.
Institute for Human and Social Sciences, National Defence Academy
Vienna, (Austria)

Psychological Conditions Concerning Intercultural Understanding

In the context of the world-wide globalisation intercultural understanding has become a central key concept in various areas including international military operations. Hence, soldiers need some basic abilities and knowledge about the culture where they are deployed in order to perform their mission effectively. In this paper a framework will be presented concerning necessary although not sufficient conditions for functioning in the context of foreign cultures. A selection of several important conditions will be outlined by focussing on motivations and abilities of the individual soldier, complemented by the discussion of possible barriers and means for overcoming them.

Harald Harbich, Col., Med. Dr.
Ministry of Defence, Vienna, (Austria)

The Thrilling Clash of Evidence Based Medicine and Traditional Healing

Evidence-based medicine (EBM) aims to apply evidence gained from the scientific method to certain parts of medical practice. It seeks to assess the quality of evidence relevant to the risks and benefits of treatments (including lack of treatment).

Many aspects of medical care depend on individual factors such as quality- and value-of-life-judgments, which are only partially subject to scientific methods. Therefore is alternative healing without any scientific background, e.g. homeopathy and especially Traditional Chinese Medicine (TCM), well appreciated in European population today. That also could be an expression of general scepticism against high tech. The lack of evidence and lack of benefit are not the same. The limitations as well as advantages of traditional healing versus EBM should be discussed. In international operations military medical personnel, who are well trained in EBM, are confronted with many kinds of traditional healing. Subject of this lecture is the dealing with that contrast.

Sidney H. Irvine, FBPsS, Emeritus Professor of Differential Psychology
University of Plymouth (Great Britain)

Military and Indigenous Cultures – Wives and Sweethearts?

The construct of a military culture common across nations varying only in degree, but not in underlying dimensions is more than a hypothesis. It is a recognisable fact in history, biography, fiction and film. Metaphors and models of military motivation can be examined to develop a key to understanding the precise nature of a command structure and to predict its psychological and social consequences. Such an examination yields salient characteristics of the necessary psychological adjustments to be made both by recruits and veteran soldiers. These are neither minor nor temporary. In particular, there are constraints and difficulties associated with becoming a severely stressed soldier during training and active service in a continuous command environment for a prolonged period.

The transfer of a military culture to operate within another indigenous system brings predictable consequences for service personnel. If they are perceived as alien invaders and enemies, even the warring factions within the host society will unite to repel them. Threats to life are real and constant. If they should be regarded as allies and/or liberators, resentment will still be present. Strategies for coping with active threat and passive rejection are essential.

To engage in active service against an unseen enemy of resistance, or even benign policing, requires a minimum of cooperation from the host society. This is never easily gained, but some knowledge about how it might be brought about exists. Training can provide an elementary understanding of the lifestyle and values of ordinary people in the theatre of operations. Illustrations of what might be done are drawn from a Central African context.

Of course, the transfer of the operational culture back to its own indigenous domestic culture *has the same underlying framework as that in the paragraph italicised above.* The difficult readjustment required will not be made with group training and the support of a homogeneous unit dependent on each other for survival. Social desirability does not embrace the confession of nightmares, traumatic memories, domestic maladjustment or marital breakdown among soldiers living at home. Reintegration will depend itself on the availability of a support context that could prove to be in many ways different from any command environment that finds a sick soldier on active service difficult to cope with.

**Sidney H. Irvine, FBPsS, Emeritus Professor of Differential Psychology
University of Plymouth (Great Britain)**

**Tools for Assessment of Brain Dysfunction and Percussive Injury:
Not The Viennese Woman - but The Anaesthetised Male**

Summary

The presentation briefly illustrates the nature of multiform computer-delivered cognitive tests, describes their use in determining the extent of cognitive deficits, and summarises the results, leaving time for discussion of the potential of components for assessing percussive effects in deployed military personnel.

Background

The British Army Recruit Battery (BARB) has been operational since 1991: and modern variants of item-generative tests for military use have been used in Germany and in Belgium. These tests have been used to select personnel continuously. Although their validity has been established, there has been no published account of their use as a diagnostic tool for describing brain dysfunction. Single participant, repeated measures of cognitive performance using multiple parallel forms of reliable and valid psychometrically referenced tests in situations where cognitive deficit is known to occur are extremely rare. This pioneering study uses multiform cognitive tests to reveal the nature and extent of individual post-operative cognitive decrements as a function of anaesthesia, and compares them with the effects of aging after a 7 year interval.

Method

Following critiques (cf. Irvine and Irvine, 1996; Irvine et al. 1998) of practices in the repeated measurement of cognitive deficit in older people, a single male volunteer aged 65 agreed to complete a battery of tests *for a period of 10 successive days* following minimally invasive endoscopic surgery. Nineteen weeks later the patient repeated the process. Seven years later, the patient agreed to take the tests: once again for 10 successive days.

Results

The results show significant and substantial immediate post-operative effects on perceptual speed, spatial orientation and working memory tests involving calculations, alphabet restructuring and semantic identity. In the seven-year follow up condition there was evidence of cognitive performance decrement over time, but not of the same severity as that produced by general anaesthesia.

Conclusions

In clinical contexts, item-generative multiform tests can be powerful tools in assessing the dimensions and degrees of brain dysfunction; and changes after treatments and intervals. Their great advantages include application on recruitment or on deployment, providing baseline measures, and the removal of memory confounds in measuring change because of its infinite number of parallel forms.

Hermann Jung, Col. ret., Dr., (Austria)

Intercultural Education, which positively influences the Success Criteria of Peace keeping/Peace enforcement Operations according to NATO AJP 3.4.1 – A research Design

This research design tries to apply the following theories and research results:

- Ting-Toomey's "Cross-Cultural Face-Negotiation
- Engeström's "Activity System merged into the identity negotiation frame"
- Susanne Weber's, "Intercultural Learning as Identity Negotiation"
- Shalom H. Schwartz' "Basic Human Values"

The aim of this presentation is to show how national/international preparation for peace support operations on the various leadership levels can contribute to those values that are most probably positively influencing the norms and values of the Rules of Engagement and in general the Success Criteria according to NATO papers.

According to the Theories of Ting-Toomey, the **mindful negotiation process** in combination with the **Basic Human Value Circle**, (Shalom H. Schwartz) proposes that through the preparatory courses for peace support a change of the value system is to be expected. This is also valid for experiences during deployment. So a well organized feedback system (by means of the After Action Reviews) could give helpful information for the didactic value and the curricular structure of the obligative preparatory training.

Irene Kucera, Mag. & Hans Lampalzer, Mag., MA
National Defence Academy (Austria)

Easy to say, hard to do.
Insights into the preparation of the workshop on *Intercultural Competence* for the General Staff Course

Operations preparation in the Austrian Armed Forces includes aspects of intercultural competence. It is not a question of whether or not to raise the issue of culture in the operations preparation for soldiers, rather it is a question of how to do so and where to start. Incontestably, the cultural dimension can have different impacts on the individual. This might significantly affect the work on the ground and eventually contribute to success or failure of the operation. Anthropological experience has shown that "even" people trained in "culture" face problems, like stereotyping people, capriciousness, frustration and lack of concentration.

While a minimum of information, such as the history, geography and the ethnic composition of the host country, is important for a thorough understanding of the mission, it goes without saying that at the same time affective and behaviour-oriented skills are key issues to operations preparation. Cognitive skills help soldiers to recognize their own culture-based values, feelings and attitudes. Consequently, this understanding helps them to explore characteristics in other cultures, and improves their ability to understand cultural dynamics and address possible feelings of discomfort. Information about another culture and cognitive skills cannot, however, prevent people from experiencing feelings akin to a culture shock.

Affective and behaviour-oriented competencies transcend knowledge acquired by means of soldier cards and political information and are, hence, more difficult to impart. Such training is not simply geared to one single skill that might be acquired like typewriting, but should indeed be seen as a long-term process.

The *intercultural competence* workshop was designed with the above in mind. The presentation focuses on the challenges identified in the preparation of lectures on *intercultural competence* for the General Staff Course. Tools are presented for teaching comprehensive understanding of culture.

Mrs. Wendy Lord, Hogrefe Oxford (Great Britain)

The use of IAT (Implicit Association Theory) to measure social bias as a first step to managing biased behaviour.

We all have social biases. Social bias is a normal outcome of socialisation into the culture we grow up in. Very often, people are unaware of the biases they hold. More worrying, people are often unaware that, as a result of their unconscious negative attitudes to particular social groups, they are behaving in ways that make people from cultures or with social characteristics other than their own feel excluded.

In today's world, armies, like all organisations are increasing in social diversity and so there is a need to actively strive towards inclusiveness across social categories such as gender, sexual orientation, and, with the existence of international armies (like NATO, UN), national cultures. It is only through a willingness to accept and explore our prejudices and stereotypical beliefs that we can begin to understand and manage our biased behaviour.

The challenge, though, has always been to measure bias, particularly given that so much of it is unconscious. A combination of Implicit Association Theory (IAT) and progress in the sophistication of electronic testing techniques has led to the development of a methodology that can measure unconscious bias. Early metrics based on this technique had drawbacks that made them difficult to apply in practice. The Implicitly series of IAT tests extends the methodology in two key ways that add utility for application in practice:

- Scores from the Implicitly series of tests, unlike earlier metrics, don't just measure the strength of the social bias but rather link the test scores to the risk of displaying discriminatory behaviour in real life.
- The Implicitly series produces non-judgemental feedback which 'contextualises' social bias and guides test-takers through exercises which help them understand and challenge their negative attitudes.

In this presentation we will explore the nature of social bias, where it comes from, how it manifests in behaviour, how the Implicitly tests measure it and what to do with the results of that measurement.

Marten MEIJER, Commander, PhD
Associate Professor
Defence Academy Breda (Netherlands)

Post-deployment Military Mental Health Care: a Cross Cultural Competence Gained or a Personality Changed?

A 'cross-cultural' or 'overseas type' is an individual who is truly open to and interested in other people and their ideas, capable of building relationships of trust among people. He or she is sensitive to the feelings and thoughts of another, expresses respect and positive regard for others, and is nonjudgmental. Finally, he or she tends to be self-confident, is able to take initiative, is calm in situations of frustration of ambiguity and is not rigid. The individual also is a technically or professionally competent person. Not all military personnel are overseas types by nature, so professional armed forces have to train their military personnel in cross cultural competences before deployment. From some studies in the Royal Netherlands Army it appears that openness is affected by deployment experiences in the NATO International Security Assistance Force in Afghanistan. Battle group members tend to be less open after deployment.

Members of the Provincial Reconstruction Teams appear to be more open after deployment. Openness is also a personality factor, which is measured in the Big Five Personality Inventory, although both scales vary at item level. From a comparison between military cadets and officers who served for approximately seventeen years in the Netherlands Armed Forces and deployed twice it appeared that the officers are far more open than cadets. These results are discussed in the perspectives of personality theory and cross cultural competences. Recommendations are made to integrate attention for changes in competences or personality traits into the post-deployment military mental health care programs.

Peter MULACZ, LTC, Prof.
National Defence Academy (Austria)

The Framework of Reasoning in the Realm of the Occult and Esoteric

Understanding the framework of reasoning in the realm of the occult and esoteric is important for soldiers confronted with different world views when being deployed in foreign areas or when encountering occult belief systems in a social sub-layer deep under the surface of our own society. Superstition and belief in the paranormal play a much more important role in human life than generally acknowledged. Clashes of different belief systems may result in frictions which could easily be avoided by mutual understanding based on reliable information.

Jacques Mylle, PhD, MSc, MA
Behavioral Science Department
Royal Military Academy, (Belgium)

A (P,E)-fit Approach to Cultural differences in Service Components

Research in organizational psychology has proven that large organizations do not show a single organizational culture at the company level but that the components show a different culture, according to their “organizational identity”.

Moreover, modern trends in performance research rely on the so called (P,E)-fit approach. I.e. people perform well when there is a fit between the person’s characteristics (personality, capabilities) and the environmental demands. In the same vein, people search for a professional environment that fits with their characteristics.

Two hypotheses will be investigated in two military samples. 1a: Officers belonging to a different service component show differences in personality. 1b: Students at the Royal Academy show differences in personality according to their service component and to the faculty they belong too.2: the longer officers stay in the military, the less these differences become. The subsamples are composed of students in their basic education and students in the continuous education (major’s course). Personality is measured, using the big five questionnaire “OCEAN”.

Influence of migration background on service motivation of Swiss recruits

Immigration has affected both Swiss society and its army. As about 7% of young Swiss citizens are naturalized and 11% have bi-national parents, a significant number of recruits today have a migration background. Studies have shown that this segment of the population is often psychologically vulnerable due to lacking socio-economical integration. Military service, however, has always been considered an important contributor to social cohesion in Switzerland. It is thus important to know whether these recruits distinguish themselves from their native comrades regarding service motivation (i.e. willingness to do military service), not least in order for military cadre to adjust to the distinctive requirements of recruits and maintain high standards of military training.

Questionnaire data on motivation, personality, stress and socio-demographics were obtained from 831 Swiss recruits during basic military training in four different branches of service within the frame of a ten-week longitudinal study in 2007.

One-way ANOVA for repeated measures with parental ethnicity, recommendation for cadre training, critical life events, social support, civilian stress and coping styles as independent variables revealed an overall decline of service motivation consistent with the "bathtub curve" reported in literature.

Although no group differences could be observed in the first week, recruits with fathers from the Balkans and Turkey developed lower service motivation than their comrades over the course of time, while recruits with native Swiss fathers exhibited the highest levels. Paternal ethnicity did not interact with any other independent variable. However, recruits who were recommended for cadre training showed a persistently higher motivation than the rest, independent of their ethnic background.

Similar results were found with regard to the ethnic composition of the recruits' parents; those of bi-national parentage were consistently less motivated than their autochthonous Swiss comrades or those of entirely foreign extraction.

Results suggest that while the military cadre succeeds in maintaining the high motivation of the most promising recruits, they are less successful with regular recruits of particular ethnic background. Reasons and possible solutions are discussed.

LT Merle Parmak MSc
Applied Research Centre, Estonian National Defence College,
Riia, Tartu, ESTONIA

**Soldiers' moral and psychological well being after eight month of a military service:
Does ethnic nationality matter for the psychological state?**

Researchers did not show many interest in how soldiers' ethnic nationality could be related with their coping or motivation to cope in specific military environment. However, especially in organisations or societies where different ethnic nationalities are present the aspect of ethnic nationalism should not be overlooked. This longitudinal research is intended to explore the dynamics of conscripts' moral and psychological well being across compulsory military service in the Estonian Defence Forces based on their ethnical nationality; i.e. Estonian vs Russian roots. Data were collected from infantry recruits (n=142) on 3rd and 11th month of service. A tendency to statistical significant differences between the nationality groups on well being and moral was detected at the beginning of their service period, and an indication for statistical significant difference at the end of the conscription. The general dynamics of changes revealed that, during conscription, enthusiasm and motivation gets higher for Russians and lower for Estonians. It can be concluded that, in some way, the military environment or the society in the broad sense has a divergent influence on our ethnic nationalities serving their time in Armed Forces.

Ifira Temirbulatova, Military Psychologist
National Guard, Bishkek, Kyrgyzstan

**OVERCOMING LANGUAGE BARRIER DURING PSYCHOLOGICAL
EXAMINATION IN THE ARMY**

1. Problem: 70% - 80% of all new recruits in the Kyrgyzstan Army do not know Russian language. However 99% of all the available psychological tests are in Russian language. And if there is a question of conducting the psychological investigation it is in fact impossible to conduct it.
2. Ways of solving this problem:
 - a) to teach every recruit Russian language – it is impossible.
 - б) to adapt existing psychological methods to this contingent, i.e. to translate into Kyrgyz language.

It is not a problem to translate these methods into different language. There is more serious problem which can not be solved by a simple translation. The problem is in understanding the essence of the questions.

Questionnaires were made by representatives of a certain country with certain mentality, certain stereotypes inherent only in that country. For example: Russia, Germany, England, etc. We are all different from each other and one question can be interpreted differently. For example the question 'Do you like spending time at parties?' If the answer is 'Yes' in one country can be interpreted as sociability, that same answer can be interpreted as fond of drink or use of drugs, etc. in the other country.

Conclusion: extravert sociability in one country and, completely the opposite, delinquency in behaviour in another country.

That is why a simple question of adapting a questionnaire is rather difficult, requires a long time and serious mutual work of many specialists.

Kyrgyz Army does not have the funds or methods or specialists to do that.

In spite of these difficulties I have got a method which can solve this problem with less expenses and sufficiently correctly. And at this stage of developing of military psychology in Kyrgyzstan this is better than using not adapted methods.

Method – is a battery of tests which consists of following methods.

Evaluation of general cognitive processes.

- Attention is studied using methods 'Shulte tables' and 'Counting by Kripelyn'. Digits are produced which need to be found and added.

- Memory is studied using method '10 words by Luriya'. Память изучается по методике «Десять слов по Лурия». 10 words are produced which need to be remembered.

- Peculiarities of thinking are studied using method 'Standard progressive matrices by JC Raven'. Graphic pictures are produced which need to be matched with correct answers.

- Emotional sphere is studied using methods '8 colour test by Lucher' and projective drawing tests 'House, Tree, Person', 'Person', 'Person under the rain' and 'Animal which doesn't exist'.

As you can see during psychological examination using this method there is no requirement for special answers on questions that can be interpreted differently depending on different mentality and cultural specification of different countries.

There is a need to point out at the important moment in the process of psychological testing which is often neglected by psychologists – fixing the behavioural peculiarities of investigated person, observation of how the investigated person does the tests.

For example: turn pale, flush, worried, fuss or the opposite – absolutely calm, concentrated and impenetrable – indexes of nervous psychological stability. I.e. the observation gives additional reliable information.

Conclusion:

1. I would like to repeat that the existing standard questionnaires do need to be adapted to the studies of new recruits in Kyrgyz Army. But this work is very long, laborious and which requires attraction big funds and efforts. If we want to receive reliable information and not to do profanation????

2. Method which I use during the last years proves its value. During the selection of soldiers I manage to reveal recruits which are in strongly pronounced group of risk with problems like very low index of intellect or pronounced emotional instability, etc., which have a big influence on service of soldiers in the Army.

Benjamin Wittekind
ESG Elektroniksystem- und Logistik-GmbH (Germany)

CHARLY - PREVENTIVE PREPARATORY PSYCHOSOCIAL EMERGENCY CARE

CHARLY, an innovative multimedia training platform, provides psychosocial support for mission and rescue forces. Used in preparatory training for missions, it provides psychosocial emergency care. It complements existing care and training units and helps to efficiently and sustainably increase the psychosocial resilience of mission forces.

Using CHARLY, soldiers and mission forces experience the connections between traumatic stress and their own stress reactions, they recognise the symptoms and effects of stress and learn how to cope with traumatic stress (self management). The platform helps to accept your own limits and promotes leaders' understanding of work-related trauma.

CHARLY has been developed under commission from the German Armed Forces, the initial version is for the Explosive Ordnance Disposal forces.

Chibueze C. Udeani PhD.
Institute for Caritative Science
Catholic-Theological Private University, Linz (Austria)

Mental Health from a Pluricultural Perspective – The Issue of soldiers within International Operations

Health is just more than functional state of the organs of human body, the neural systems and their interconnected functions. The issue of mental health, like that of health in general, is a cultural issue. This could be seen from the point of view of not only the definitions but also the perceptions of health. Cultural traditions and mind sets play a very vital role when it comes to health. In many cultures health is seen as an issue of harmony between body, soul and mind. Mental health is an area where due to cultural influences the issue of culture becomes very vital. This is both with reference to its perception, understanding and the dealing with it.

Within the context of our 21st Century the randomness of cultural interactions and intersections has increased enormously. This makes the issue of addressing health in general and mental health in particular from a pluricultural perspective very necessary. The issue of soldiers within international operations falls within the sphere of the aforementioned spectrum of cultural interactions. This hence is the reason or justification for addressing the case of mental health within this context from a pluricultural perspective.

Dipl. Päd. Beatrice Zilian, M.Ed.
Eviation brigade, (Austria)

Austrian Soldier's preparation for International Operations who deploy to peacekeeping-missions, considering intercultural aspects.

This presentation belongs to a special research, in which the author put a focus on mission preparation, especially for the mission areas Kosovo, Syrian Arab Republic and Afghanistan. The aim was to find out, how much intercultural education is looked at closely and worked out well during the preparation phase before the deployment. The intention was to find out how much input about culture/s, religion/s, habits of ethnical groups, but also geography, history and political backgrounds of mission-areas and the countries which surround and (will probably) effect them, is really shown to the soldiers who participate in international operations.

But not inputs only should be given. The trainees – young and old, low and high decorated soldiers should be opened in their hearts, to let the lessons taught in. More, they should not be open only, they should be able to live and to cooperate with other cultures, religions, habits, etc. as well as possible. Contents about topics mentioned above can't be taught within a short time, e.g. during the time, in which they are usually prepared for the next mission abroad. The author thinks, that it will take any single soldier a life long to build up knowledge and empathy to achieve an excellent background for peacekeeping missions they are to serve in.

Sponsors:

HOGREFE
Austria GmbH



  **SCHUHFRIED** 

 **Qualität durch Kompetenz**

Zeitgemäße Psychologie

www.schuhfried.at



ESG Elektroniksystem- und Logistik-GmbH, München

THE FORCES' PARTNER

For four decades, ESG has been developing, integrating and operating electronics and IT systems for the military, for public authorities and for industry. With our logistics solutions, we ensure the high availability and cost-effectiveness of these sys-

tems in operation. Innovative technology transfer between the markets is our basis for a significant contribution to the added value of our customers. As an IT engineering company, we plan, develop and integrate customised C4I-STAR systems. We

are a manufacturer-independent and hardware-neutral technology and process consultant for studies, concepts and system comparisons, as well as a specialised systems company for mission avionics, simulation and training.

Further information:

ESG ELEKTRONIKSYSTEM- UND LOGISTIK-GMBH • T +49 89 92160 • marketing@esg.de • www.esg.de