

THE MILITARY REACH REVIEW

Auburn University | August 2020

PROMOTING MILITARY FAMILY READINESS

The Military REACH Review provides monthly updates on the happenings of Military REACH and connects readers to the latest products that are available on www.MilitaryREACH.org.

ATTENTION PARENTS OF SERVICE MEMBERS

In an effort to expand our outreach to military family members, we are currently looking to talk with you. If you are a parent of a Service member, or know a parent of a Service member, who is willing to connect with us and answer a few questions about your experience we would appreciate it if you would complete this brief survey:

https://auburn.qualtrics.com/jfe/form/SV_2lf4hvgJuQhg4YZ

Family Focus Articles are quick reads that connect research to real-life.



CO-PARENTING ACROSS THE DEPLOYMENT CYCLE

Featured News provides updates on the happenings of the Military REACH team.



Student Highlight: Kristyn Waldron, Research Team



Student Highlight: Sean Lucas, Research and Outreach Intern

August Featured Function: Advanced Library Search

REACH LIBRARY ADVANCED SEARCH

Choose Category and Enter Search Terms

Basic Search **Advanced Search** Explore the REACH Library

Select	<input type="checkbox"/>	Search for articles, authors, keywords, and more...	<input type="checkbox"/>
Select	<input type="checkbox"/>	AND	<input type="checkbox"/>
Select	<input type="checkbox"/>	AND	<input type="checkbox"/>

SEARCH

The Advanced Library Search gives users the ability to specify their search using multiple words or phrases.

Users can:

- select whether to search by author, key words, title, or all three
- make use of a variety of filters to narrow down an existing search

THIS MONTH:

★ OP-ED ABOUT HOW TO CONNECT RESEARCH TO REAL LIFE BY DAVINA QUICHOCHO, MILITARY REACH GRADUATE RESEARCH ASSISTANT (P. 3)

★ AUGUST FEATURED FUNCTION: ADVANCED LIBRARY SEARCH (P. 1)

★ 12 NEW TRIP REPORTS FOCUSED ON PARENTS, COUPLES, AND YOUTH (P. 2)

★ 1 NEW FAMILY FOCUS ARTICLE (P. 1)

★ 2 NEW FEATURED NEWS ARTICLES (P. 1)

KEEP UP WITH US ON:



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RESEARCH AND OUTREACH SM

TRANSLATING RESEARCH INTO PRACTICE

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TRIP Report: ★

Link to Source: ★

Translating Research into Practice (TRIP) Reports

Translating Research into Practice Reports evaluate and summarize military family research, while also providing practical implications. This month our team created 12 TRIP reports focused on studies that examine parents, couples, and youth.

COUPLES

Relationship changes of military couples during reintegration: A longitudinal analysis ★

Knobloch-Fedders, Knobloch, Scott, & Fiore (2020). ★

PARENTS

Intergenerational transmission of emotion dysregulation: The role of authoritarian parenting style and family chronic stress ★

Shaw & Starr (2019) ★

YOUTH

Exploring the context of self-care for youth in military families ★

Lucier-Greer, McCoy, Gale, Goetz, & Mancini (2020) ★

COUPLES

Prevalence of intimate partner violence perpetration among military populations: A systematic review and meta-analysis ★

Kwan, Sparrow, Facer-Irwin, Thandi, Fear, & MacManus (2020) ★

PARENTS

The contributions of child-mother attachment, maternal parenting stress, and military status to the prediction of child behavior problems ★

Tupper, Bureau, Deneault, Dixon-Luinenburg, & St-Laurent (2020) ★

YOUTH

Character strengths and performance outcomes among military brat and non-brat cadets ★

Gosnell, Kelly, Ender, & Matthews (2020) ★

COUPLES

Patterns of strength in U.S. military couples ★

Pflieger, Porter, Carballo, Stander, & Corry (2020) ★

PARENTS

Co-parenting programs: A systematic review and meta-analysis ★

Nunes, de Roten, Ghaziri, Favez, & Darwiche (2020) ★

VETERANS

Differences in functional and structural social support among female and male veterans and civilians ★

Campbell, Gray, Hoerster, Fortney, & Simpson (2020) ★

OTHER

Thrown back: Reintegration experiences of National Guard/ Reserve mothers of young children ★

Nicholson & DeVoe (2020) ★

DEPLOYMENT

Parental deployment and distress, and adolescent disordered eating in prevention-seeking military dependents ★

Higgins Neyland et al. (2020) ★

PROGRAMMING

Pilot trial of a telepsychotherapy parenting skills intervention for veteran families: Implications for managing parenting stress during COVID-19 ★

Riegler, Raj, Moscato, Narad, Kincaid, & Wade ★

“NEAT, BUT NOW WHAT?”: CONNECTING RESEARCH FINDINGS TO YOUR ACTUAL LIFE

Davina Quichocho, MA
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Auburn University

Have you ever seen a product advertisement and thought to yourself, “Why would I buy something like that?” Whoever was selling that product was probably hoping you would buy it, but they failed to show or convince you how the product would be beneficial to you. Sometimes reading research can feel like that. At times you can think “so what?” or “who cares?” We ask ourselves these questions because it is unclear how the research (or product!) can be useful to us. Here are some tips for how to connect research to real life.

1. Recognize the tale being told

Most research tells two basic types of tales: cautionary or triumphant. Cautionary tales in literature help us recognize “dangers” like the Big Bad Wolf. Scientific cautionary tales alert us to patterns of threat and risk, such as the link between smoking and poor health. Literary triumph tales teach us about heroic strength and powerful tools, like Harry Potter’s bravery and magic wand. Scientifically supported strengths and tools include physical health and social support - having them helps people with all kinds of challenges! Knowing the type of tale you’re reading will help you focus on what your takeaway should be: a healthy awareness of a risk or a helpful tool to try out. As a helping professional or policy maker, you can instead loosely translate “dangers” in cautionary tales as “indicators of people who could probably use my help.” Likewise, you can translate “tools” in triumph tales as “skills to be taught that can enhance the well-being of the people I serve.”

2. Look at the details and put them in motion

Maybe you read a triumph tale study and learned that social support is a tool for maintaining mental health - great! But do you know how to use it? Try reading deeper into the study to find what the researchers specifically meant by “social

support.” Was it a count of the number of friends? Having at least one friend to call when in need? With a clearer picture of what the researchers meant, you can think of specific ways to apply this information. Do you need to get out and socialize to up your friend count? Do you need to let yourself be okay with reaching out for help? Try to plan your next steps like an actionable to-do list. A great way to get started is by asking yourself “based on this information, what is something I can do or try?” If you are a helping professional or a policymaker, ask yourself, “How do I help my client or constituents put this into practice?” Perhaps a clinician can assist their client in developing a realistic plan of inviting a new acquaintance to coffee in order to build their social support. Alternatively, policymakers and community leaders can provide public space or host community events that bring people together, creating opportunities to boost social support among those whom leaders are responsible for.

3. Be resourceful

Perhaps a study demonstrates that healthy family functioning can be a tool to enhance overall life satisfaction. But none of us come from perfect families, so how is that supposed to help? Sometimes the findings from a study will direct you to focus on resources at your disposal to get to the tool you need. As a family aiming for healthier functioning, you can seek out online resources or professional services. As a helping professional, you can employ your existing techniques or seek new training in a specific area. As a policy maker, you can write policies that help families have better access to resources or use funding to build programs and host events that support families in obtaining the tools that research has unearthed.

4. Take note of the characters

Broadly speaking, who participated in the study? Try and see them in your mind’s eye. Do you see yourself or people you care about? If the study is about military children, the study might be about your child! If not, you might know a military child, work with one in a classroom or therapy practice, or have military child

constituents. This is important because it helps you understand to whom the findings will best apply. Okay, now think about who participated, more specifically? Dig deeper. Maybe the study is about military children, but it turns out all of these children were white, age 2-5, and from Great Britain. Maybe the people you were picturing don’t seem to fit here anymore. That doesn’t mean this study doesn’t matter; you will just have to work harder to exercise your judgement in applying the findings.

5. Be mentally flexible and creative

If a cautionary tale points out risk, don’t assume it is destiny at work! Research highlights patterns that tend to be true among the people who participated, so it might not apply to different types of people who weren’t in the study. It might not also capture exceptions. This means that, even if you read a scientifically solid study, always consider the findings with healthy caution. One good study does not convey absolute truth. Lots of studies working together to study a phenomenon is a much more trustworthy illustration of what we really know about any given risk (or tool)! If a triumph tale points to a tool, remember there is more than one way to use it. Hammers can be used to insert nails, but can also be used to remove nails, and even to remove wine corks. Think about how tools can be used in your hands specifically. Maybe you have fairly stable mental health, and for you it is a tool to help you maintain relationships and do well at work. Great! Maybe you’re a person with depression and for you, “good” mental health is having a day where you take a shower. Great! This level of mental health can instill hope for better days ahead. The same tool can be used differently by different people.

6. Conduct your own research

If you’re having trouble applying research, remember how big the scientific community is! A quick search can bring information to clarify a concept, or point you to relevant resources for minimizing risk and maximizing tools. Good research that has been replicated is also likely to have testimonials from those who have applied the findings themselves. Venture out bravely, ready to ask questions and make connections.