

Fiscal Year:	FY 2016	Task Last Updated:	FY 11/06/2015
PI Name:	Rose, Raphael Ph.D.		
Project Title:	Self-Guided Multimedia Stress Management and Resilience Training		
Division Name:	Human Research		
Program/Discipline:	HUMAN RESEARCH		
Program/Discipline--Element/Subdiscipline:	HUMAN RESEARCH--Behavior and performance		
Joint Agency Name:	TechPort:	Yes	
Human Research Program Elements:	(1) HFBP :Human Factors & Behavioral Performance (IRP Rev H)		
Human Research Program Risks:	(1) BMed :Risk of Adverse Cognitive or Behavioral Conditions and Psychiatric Disorders		
Space Biology Element:	None		
Space Biology Cross-Element Discipline:	None		
Space Biology Special Category:	None		
PI Email:	rose@psych.ucla.edu	Fax:	FY 310-825-9048
PI Organization Type:	UNIVERSITY	Phone:	310-825-9048
Organization Name:	University of California, Los Angeles		
PI Address 1:	Department of Psychology		
PI Address 2:	Box 951563, 1285 Franz Hall		
PI Web Page:			
City:	Los Angeles	State:	CA
Zip Code:	90095-1563	Congressional District:	33
Comments:			
Project Type:	GROUND	Solicitation / Funding Source:	Directed Research
Start Date:	12/11/2013	End Date:	12/31/2017
No. of Post Docs:		No. of PhD Degrees:	
No. of PhD Candidates:	1	No. of Master' Degrees:	
No. of Master's Candidates:		No. of Bachelor's Degrees:	
No. of Bachelor's Candidates:	1	Monitoring Center:	NASA JSC
Contact Monitor:	Leveton, Lauren	Contact Phone:	
Contact Email:	lauren.b.leveton@nasa.gov		
Flight Program:			
Flight Assignment:	NOTE: End date is now 12/31/2017 per NSSC information (Ed., 11/29/16) NOTE: Period of performance changed to 12/11/2013-12/10/2016 per NSSC information (previously noted as 9/18/2013-10/31/2015 per HRP information)--Ed., 9/9/14		
Key Personnel Changes/Previous PI:			
COI Name (Institution):	Craske, Michelle Ph.D. (University of California, Los Angeles) Smith, Scott Ph.D. (NASA-Johnson Space Center Nutrition Biochemistry Lab)		
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Performance Goal No.:			
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Task Description:	Stress and anxiety-related problems are some of the most common and costly behavioral health problems in society. For those working in operational environments (i.e., astronauts, flight controllers, military), stress and anxiety-related problems before, during, or after missions can seriously compromise efficiency, safety, and performance. To address behavioral health issues like stress, it is important to maximize the privacy, validity, and acceptability of the training and countermeasures used. Technology-based behavioral health programs (e.g., computer or web-based programs) are effective for treating behavioral health problems. These programs increase availability of evidence-based interventions to individuals who are not able or willing to receive such in-person treatments. Our prior research validated the autonomous multimedia resilience training program we created (i.e., Stress Management and Resilience Training for Optimal Performance; SMART-OP). SMART-OP interactively trains users to manage stress and build resilience over 6 weekly training sessions lasting approximately 45 minutes each. Results from a randomized controlled trial with a stressed but otherwise healthy sample (N=66) indicated that SMART-OP decreased perceived stress, improved perceived control over stress, and was rated as significantly more useful than an attention control group that received marketed videos and published material on stress management. SMART-OP was also rated as “excellent” in terms of user-friendliness, acceptability, and had low dropout, and high homework adherence. We propose to evaluate the effectiveness, usefulness, and usability of SMART-OP with a sample of flight controllers and instructors (including those in training flow) at Johnson Space Center (JSC) by comparing it to a Wait List Control group. Additionally, we will examine the effects of self-guided stress management and resilience training on biomarkers for stress (i.e., cortisol, a-amylase), heart rate, and cognitive and behavioral performance. Based on several meetings with the Space Flight Resource Management (SFRM) Working Group, we learned that trainees are not progressing through the training flow satisfactorily and that they identified stress as a potential contributor to poor trainee performance. Additionally, stress was identified as an area of concern to address with flight controller and instructors. Since SMART-OP significantly reduced perceived stress, increased perceived control over stressors, and was rated as highly useful, SMART-OP could provide helpful stress management training for flight controllers. Also, since SMART-OP is evidence-based, confidential, and self-directed, it may be more acceptable to flight controller trainees than other programs.
Rationale for HRP Directed Research:	This research is directed because it contains highly constrained research.
Research Impact/Earth Benefits:	An important aspect of the research that NASA supports is the potential applications on Earth and benefits to society in general. Stress-related health and mental problems are among the most common and costly in the country. Further validation and development of SMART-OP can help potential further dissemination of the program to other populations; for example, those who work in operational settings (e.g., military, police, emergency room personnel), including their family members, or to those who lead stressful lives (which could be applicable to nearly any individual). SMART-OP could have significant impact on Earth in helping people manage the deleterious effects of stress thereby addressing a major aspect of the important work that NASA pursues and supports.
Task Progress:	Summary: SMART-OP (Stress Management and Resilience Training for Optimal Performance) is a self-guided, multimedia, interactive, computer-based, stress management, and resilience training program based on evidenced-based cognitive-behavioral principles and emotion regulation approaches. The main aim of this project is to evaluate SMART-OP for efficacy and acceptability in a randomized controlled trial (RCT) with a sample of stressed but healthy flight controllers/instructors at NASA-Johnson Space Center (JSC). So far 22 eligible participants have been randomized either to SMART-OP or to a wait-list control, and 13 of these have already completed the study including post-assessment. Three of eligible participants dropped out prior to the pre-assessment citing time constraints. Study Implementation: The randomized controlled trial was launched at the end of our first year, and this year implementation has successfully continued with 20 new participants who have either completed or are currently in the process of completing SMART-OP. The self-guided SMART-OP sessions are conducted weekly and take about 35-45 minutes to complete. Participants are randomized either to begin SMART-OP right away, or to a 6-week wait-list control. Before and after training, and before and after the wait period, participants complete a pre- or post-assessment that takes about two hours and is administered by the Nutritional Biochemistry Lab at JSC. So far, 32 pre- and post-assessments have been successfully completed, as well as 76 SMART-OP training sessions. Recruitment: Participant recruitment is being addressed by the UCLA team in conjunction with Test Subject Screening (TSS) and Behavioral Health & Performance (BHP) element personnel. Several presentations were made by the Principal Investigator at JSC to generate study interest, and advertising is regularly done in the JSC Today. Since the time of this report last year, 62 new potential participants have expressed interest (through informational sessions/presentations, and advertisements) in the study. Thirty-one of those have been cleared by TSS, we have screened 30 for eligibility, and 17 met inclusion criteria (no medical or psychiatric diagnoses, but stressed based on self-report). Revisions: Four revisions to the originally proposed procedures were made during this past year. Most importantly we replaced the Attention Control condition with a wait-list control (WLC) condition. The Attention Control condition was eliminated due to concerns that this was not a sufficiently beneficial use of participants’ time, and because WLC is a more externally valid comparison group condition in the population of flight controllers. We also made a minor change to our eligibility screening procedure, and included an additional measure of stress to our pre- and post-assessment protocols. Lastly, we eliminated the proposed 3-month follow-up due to time constraints, and because the wait-list control group can serve as its own control condition by comparing within-subject changes across three assessments. An Institutional Review Board (IRB) approval for these revisions was obtained from JSC in April 2015. Data collection: Collected data is extracted weekly by our research team, and a system for data entry is currently being developed in preparation for data analysis. We will be looking at over 500 variables of data, including self-report measures of stress, resilience, depression, anxiety, personality, emotion, sleep, and health behaviors, psychophysiological data such as 24-hour heart rate, alpha amylase, and cortisol, and user feedback such as perceived system usability, working alliance, and treatment credibility.
Bibliography Type:	Description: (Last Updated: 02/11/2021)