



# Family Resilience: An Annotated Bibliography

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## Abstract

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All families are faced with challenges at one time or another. The military environment, however, presents additional challenges for families. Geographic isolation, postings, frequent time away, high-risk deployments, and unpredictability are unique aspects of military life that put stress on members and their families. The quality of life experienced by families is a key determinant of many outcomes that affect the Canadian Forces (CF) directly. As such, family resilience is a concept of prime importance in the CF. This annotated bibliography reviews work on family resilience in military families and similar populations, as well as in society in general. It presents a comprehensive collection of theoretical frameworks, models, and empirical literature on family resilience.

## Résumé

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Un jour ou l'autre, toutes les familles sont aux prises avec des difficultés. Toutefois, le contexte militaire présente des défis additionnels pour les familles. L'isolement géographique, les affectations, les déplacements fréquents, les missions dangereuses et l'imprévisibilité sont des aspects propres à la vie militaire qui augmentent le niveau de stress des militaires et de leur famille. La qualité de vie des familles joue un rôle déterminant quant à de nombreux résultats qui touchent directement les Forces canadiennes (FC). À ce titre, la résilience familiale est extrêmement importante au sein des FC. Cette bibliographie commentée fait le point sur les travaux portant sur la résilience familiale chez les militaires et les populations semblables, de même que dans l'ensemble de la société. Elle présente un recueil détaillé de cadres théoriques, de modèles et de documentation empirique sur la résilience familiale.

# Executive Summary

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## Aim

Although all families face challenges, the military environment presents additional challenges for families. Geographic isolation, postings, frequent time away, high-risk deployments, and unpredictability are unique aspects of military life that put stress on members and their families. Family resilience is an important concept to consider in the Canadian Forces (CF), since the well-being and quality of life of CF families play a key role in affecting the service member as well as the organization. The aim of this paper is to provide an overview of the existing review papers and research studies conducted on the topic of family resilience, both in the military and in society in general. It presents a comprehensive collection of theoretical frameworks, models, and empirical studies on family resilience.

## Method

A review of the literature was undertaken using various data sources (e.g., databases such as PsychInfo). The results were compiled into an annotated bibliography.

## Findings

Several models and definitions of family resilience have been presented by researchers. It is clear that there is a lack of consensus on definitions, measurements, and operationalizations of resilience. Although individual resilience has been a subject of much research, family resilience has also been studied as an entity in itself, and is considered to be more than the simple sum of the resiliency characteristics of each individual family member. Factors such as family celebrations, financial management, hardiness, social support networks, and family routines and traditions are critical for the successful adaptation of families to stressors. Family resilience must also be considered in terms of the life cycle, since stressors, strengths and sources of support vary across the stages of life.

Military families face unique challenges. Parental deployment, as well as the possibility of injury or death of the parent while on duty, may be stressful for military families. Military experiences can affect families in a number of ways. There is evidence that factors that lead individuals into combat can also make them poor marriage material, that combat causes problems such as PTSD which can increase marital problems, and that combat can intensify pre-existing stress or other problems which can then adversely affect marriages. Social support, whether it was from other military spouses or the organization, is important for family adaptation to deployments and other military-related time away from home. As well, having an optimistic outlook, adequate financial resources, and prior experience with separation are associated with adjustment among spouses of military members.

It is evident that the family has a significant impact on aspects of work. Resilience in families therefore contributes not only to the success of military members, but also to the organization as a whole. As such, resilience among CF families is a critical topic for study.

K. Pépin and K. Sudom, November 2008, *Family Resilience: An Annotated Bibliography*  
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# Sommaire

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## But

Un jour ou l'autre, toutes les familles sont aux prises avec des difficultés, mais le contexte militaire présente des défis additionnels pour les familles. L'isolement géographique, les affectations, les déplacements fréquents, les missions dangereuses et l'imprévisibilité sont des aspects propres à la vie militaire qui augmentent le niveau de stress des militaires et de leur famille. La résilience familiale est un concept important dont il faut tenir compte au sein des Forces canadiennes (FC), car le bien-être et la qualité de vie des familles des membres des FC ont une influence déterminante, tant sur les militaires que sur l'organisation. Ce document vise à offrir une vue d'ensemble des articles de synthèse existants et des études de recherche portant sur la résilience familiale chez les militaires et dans l'ensemble de la société. Elle présente un recueil détaillé de cadres théoriques, de modèles et d'études empiriques sur la résilience familiale.

## Méthode

On a entrepris un examen de la documentation à l'aide de différentes sources de données (p. ex., des bases de données comme PsychInfo). Les résultats obtenus ont été réunis dans une bibliographie commentée.

## Conclusions

Des chercheurs ont présenté différents modèles et définitions relatifs à la résilience familiale. Il y a de toute évidence absence de consensus en ce qui a trait aux définitions, aux mesures et aux opérationnalisations relatives à la résilience. La résilience individuelle a fait l'objet de nombreuses recherches, mais la résilience familiale a également été étudiée comme une entité, et elle est considérée comme davantage que la simple somme des caractéristiques de résilience de chaque membre d'une famille. Certains facteurs tels que les fêtes familiales, la gestion financière, la force, les réseaux de soutien social, de même que les routines et les traditions familiales sont essentiels à l'adaptation des familles aux facteurs de stress. La résilience familiale doit également être considérée en fonction du cycle de vie, car les facteurs de stress, les forces et les sources de soutien varient selon les étapes de la vie.

Les familles de militaires sont aux prises avec des difficultés particulières. La participation d'un parent à une mission de même que la possibilité que ce dernier soit blessé ou tué en service peuvent être une source de stress pour une famille de militaire. L'expérience militaire peut toucher les familles de diverses manières. Il a été démontré que certains facteurs qui amènent des personnes à combattre peuvent faire de ces personnes de piètres candidats au mariage, que le combat amène des problèmes (p. ex., le syndrome de stress post-traumatique) qui peuvent aggraver certains problèmes conjugaux. Le combat peut également augmenter le niveau de stress préexistant ou accentuer d'autres problèmes pouvant nuire au mariage. Le soutien social, de la part d'autres conjoints de militaires ou de l'organisation, est important pour l'adaptation des familles aux missions et aux autres périodes d'éloignement liées à la vie militaire. De plus, une attitude optimiste, des ressources financières adéquates et une expérience de séparation préalable sont associées à une adaptation chez les conjoints de militaires.

La famille peut influencer le travail du militaire de façon importante. La résilience familiale contribue donc non seulement à la réussite du travail du militaire, mais aussi au succès de l'ensemble de l'organisation. Par conséquent, la résilience familiale au sein des FC est un sujet d'étude très important.

K. Pépin et K. Sudom, novembre 2008, *Résilience familiale : Bibliographie commentée*  
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# 1. Introduction

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Researchers have struggled to understand how some individuals are able to negotiate their way through adverse situations and even thrive while others exposed to similar stressors cannot cope effectively. An attempt to comprehend this phenomenon has led to the study of resilience. A variety of definitions of resilience have been proposed. Some researchers have defined resiliency in terms of the absence of symptoms of psychological distress, or a quick return to pre-trauma levels of adjustment, following a trauma (e.g., Bonanno, 2004; Connor & Davidson, 2003; McFarlane & Yehuda, 1996), while others have defined it in terms of competencies or behavioural indicators that represent adaptive functioning (e.g., Flores et al., 2005). In the simplest terms, resilience is “the ability to withstand and rebound from adversity” (Walsh, 2002, p.130).

Individual resilience has been studied by researchers in terms of personality or trait-like variables that protect individuals from the adverse psychological consequences of stress. However, less research has been conducted on resilience of families, particularly families that are exposed to unique stressors such as those that are associated with military life. All families are faced with challenges at one time or another. The military environment, however, presents unique stressors for families. Geographic isolation, postings, frequent time away, high-risk deployments, and unpredictability are distinctive aspects of military life that put stress on members and their families.

The quality of life experienced by families is a key determinant of many outcomes that affect the Canadian Forces (CF) directly. Indeed, evidence has shown that family affects job performance, readiness, and achievements during deployments (Myklebust, 1999). “The effect of family life upon the work setting is an important though often overlooked issue for work organizations, with implications for the morale, stability, and productivity of the work force” (Crouter, 1984, p.426). In light of this, “[t]he Canadian Forces have become increasingly aware that it’s not only the ‘right’ thing to do, but within their best interests to support its military families” (Myklebust, 1999, p.3). Resilient families contribute to the success of the member, the missions, and the organization as a whole. As such, family resilience is a concept of prime importance in the Canadian Forces.

## 1.1 Aim

This paper provides a scan of the family resilience literature, including theoretical models of resilience, from 1985 to present. The annotated bibliography is divided into three sections: literature reviews, models, and empirical studies.

## **1.1.1 Sources Used**

### **1.1.1.1 Database**

- Psych-Info
- Sociological Abstract
- EBSCO

### **1.1.1.2 Web Search Engines**

- Google
- Google Scholar

### **1.1.1.3 Libraries**

- Carleton University
- University of Ottawa

### **1.1.1.4 Military Sources**

- Defence Research and Development Canada (DRDC)
- U.S. Department of Defense (DoD)
- The Technical Cooperation Program (TTCP)
- RAND
- Directorate of Military Personnel Operation Research and Analysis (DMPORA)

### **1.1.2 Key Words and Concepts**

A sample of key words used for the literature review can be found below:

- Family resilience
- Family coping
- Family hardiness
- Family stress
- Military families (also Army families, Navy families, Air Force families)
- Military wives (also Army wives, Navy wives, Air Force wives)
- Military spouses (also Army spouses, Navy spouses, Air Force spouses)
- ABCX Model (also Double ABCX Model)
- From the list of sources generated, other relevant references were identified.

## 2. Results

### 2.1 Models and Definitions of Family Resilience

Lavee, Y., McCubbin H.I., & Patterson, J.M. (1985). The double ABCX model of family stress and adaptation: An empirical test by analysis of structural equations with latent variables. *Journal of Marriage and the Family*, 47, 811-825.

<b>N:</b>	288
<b>PARTICIPANTS:</b>	Enlisted families (spouse and member) located in West Germany in 1983
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	<p>Social support (community, friendship, community activities)</p> <p>Family life events</p> <p>Family system resources (supportive communication, family cohesion, family adaptability)</p> <p>Coherence and meaning</p> <p>Relocation strains</p>
<b>IV OPERATION:</b>	<p>Social support was defined by three scales: Community support, friendship support, and community activity (McCubbin &amp; Patterson, 1982).</p> <p>Family life events was defined by a 12-item scale (McCubbin, Patterson, &amp; Wilson, 1981) assessing the occurrence and perceived severity of major events in the family one year prior to survey administration.</p> <p>Three scales assessed family system resources: Family cohesion (Olson, Portner, &amp; Bell, 1982), family adaptability (Olson et al., 1982), and supportive communication (two items).</p> <p>Coherence and meaning were composed of three scales: Family-army fit, predictability, and commitment (McCubbin and Patterson, 1983a).</p> <p>Relocation strain was measured by two scales: Pre-travel strains and post-arrival hardships.</p>

<b>DV CONSTRUCT:</b>	Family adaptation (satisfaction, well-being, distress)
<b>DV OPERATION:</b>	<p>Satisfaction: Two items (family life, army life)</p> <p>Well-being: One item measured the degree to which a respondent feels energized, peppy, vital, cheerful, healthy, relaxed, calm and happy.</p> <p>Family distress: Checklist of emotional, marital health, financial, and legal problems.</p>
<b>FINDINGS:</b>	<p>This study examined the relationships among the major variables of the Double ABCX model using structural equation modeling. The model tested the relationship between family life events (A), social support and family systems resources (B), coherence and meaning (C) with family adaptation (X).</p> <p>The results supported the concept of “pile-up demands,” in that previous events experienced by the family can influence the degree of strain the family experiences following a crisis.</p> <p>Family system resources and social support contributed to adaptation, but in different ways. While family system resources (cohesion, adaptability, supportive communication) directly influenced adaptation, social support (community support and activity, friendship) acted as a buffer, reducing post crisis strain.</p>
<b>NOTES:</b>	The Double ABCX Model of family stress and adaptation (McCubbin & Patterson, 1982, 1983b, 1983c) builds on Hill’s (1949, 1958) ABCX model of family stress and crisis.

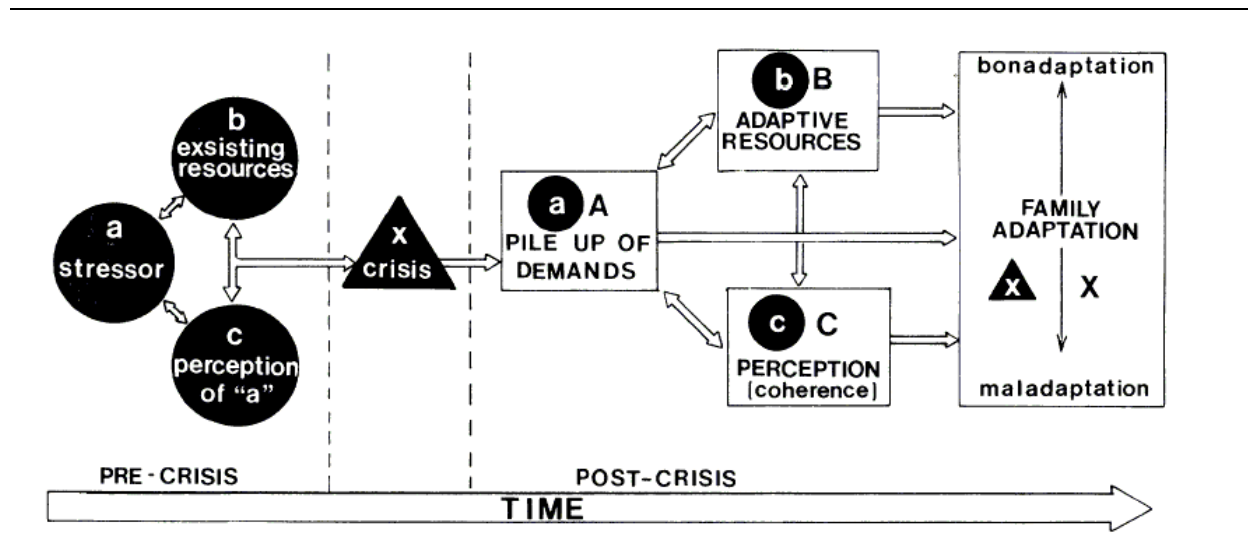


Figure 1. The Double ABCX Model

James-Tanner, S., Pinsent, C., Vito, D., Lefebvre, M., & Hunsley, J. (1994). *A comparison of two family stress models with Canadian and expatriate couples*. Presented at the Annual Convention of the Canadian Psychological Association, Penticton, Canada.

<b>N:</b>	157 couples
<b>PARTICIPANTS:</b>	83 expatriate couples (from Canada, U.S., and Europe) stationed in Nepal, and 74 couples living in Canada
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Marital Adjustment
<b>IV OPERATION:</b>	Dyadic Adjustment Scale (DAS; Spanier, 1976)
<b>DV CONSTRUCT:</b>	Adaptability and cohesion
<b>DV OPERATION:</b>	Marital Adaptability and Cohesion Evaluation Scale III (MACES III; Olson et al., 1985)
<b>FINDINGS:</b>	The Double ABCX model postulates that stressors (A), resources (B), and perceptions (C) interact to determine the degree of severity of crisis experienced. According to this model, higher levels of family resources (adaptability and cohesion) may lead to greater levels of marital adjustment. The congruence model suggests that couples who are more similar to one another (in this case, in terms of adaptability and cohesion), will have higher levels of marital adjustment. There was no support found for the congruence model in either of the samples. Overall, the results supported the predictive ability of the Double ABCX model for both samples, such that increasing levels of adaptability and cohesion were related to higher marital adjustment. However, in the expatriate sample the level of husbands' adaptability did not affect adjustment score, while in the in-Canada sample, husbands' cohesion score did not affect adjustment. The authors indicate that the relative importance of resources may depend upon the context, and that further research is needed to examine this possibility.
<b>NOTES:</b>	



Hawley, D.R. & DeHaan, L. (1996). Toward a definition of family resilience: Integrating life-span and family perspectives. *Family Process*, 35, 283-198.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This article reviews the literature pertaining to resilience as a family-level variable. In addition, an overview of the developmental pathology literature dealing with individual resilience is provided. Finally, implications for extending the study of family resilience drawn from research on individual resilience are discussed and a definition for family resilience proposed.</p> <p>The authors believe that the concept of family resilience is a refinement of the family stress and family strength literatures. The unique conceptual contribution of resilience may relate to the notion of a family ethos (i.e., a world view or sense of coherence) that attempts to describe a shared set of values and attitudes held by a family that confer resilience. The authors conclude that resiliency can be considered a legitimate family-level construct. However, they warn that researchers may encounter difficulties in operationalizing those portions of the concept that rely on shared perceptions of reality.</p> <p>Based on their discussion, the authors propose a definition as an initial attempt to integrate contributions from both individual and family resilience literatures: “Family resilience describes the path a family follows as it adapts and prospers in the face of stress, both in the present and over time. Resilient families respond positively to these conditions in unique ways, depending on the context, developmental level, the interactive combination of risk and protective factors, and the family’s shared outlook” (p.7).</p>
<b>NOTES:</b>	

Luthar, S., Cicchetti, D., & Becker, R. (2000). The construct of resilience: A critical evaluation and guidelines for future work. *Child Development, 71*, 543-562.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This article presents a critical assessment of the construct of resilience in terms of ambiguities in definitions and central terminology, heterogeneity in risk experienced and competence achieved by individuals viewed as resilient, instability of the phenomenon, and concerns regarding the usefulness of resilience as a theoretical construct.</p> <p>There is little consensus about definitions, measurements, and operationalization of resilience. This lack of consensus may result in varying conclusions regarding risks and protective processes as well as different estimates of rates of resilience among similar risk groups. The authors recommend that researchers clearly explicate their approaches and provide justifications.</p> <p>Inconsistency also exists in the conceptualization of resilience as a personal trait or innate characteristic versus a dynamic process involving exposure to adversity. Another issue is the inconsistent use of central terms such as “protective” and “vulnerability” factors used within models of resilience. The authors recommended that researchers exercise caution in their use of terminology, clearly indicating when their work focuses on a process rather than a personality trait.</p> <p>The multidimensional nature of resilience has led some researchers to question whether resilience is a veridical construct or a mythical entity. For instance, at-risk children may function competently in certain domains while lacking considerable competence in others. Similarly, the inconsistent inclusion of diverse adaptation domains makes the identification of “optimal” indicators difficult. When multiple outcomes are assessed, the dilemma of whether to examine each outcome separately or together emerges. Another issue raised by this problem is whether some domains should be given more importance and if a distinction should be made in terms of “excellent” versus “adequate” levels of competence. The</p>

	<p>authors reiterated that consensus on pivotal terms within major models is needed.</p> <p>Another criticism of the construct involves the robustness of the findings. As a result of the uncertainty in risk measurements, it is difficult to determine whether all individuals have been exposed to the same levels of adversity. Further, researchers often deal with small sample sizes with few individuals having been exposed to high adversity or high competence. Finally, the ontogenic nature of the construct makes findings unstable. Longitudinal studies are recommended to understand resilience. In addition, it is suggested that studies be more theoretically based as opposed to empirically based.</p>
<b>NOTES:</b>	

Thompson, M., & Pasto, L. (2001). *Psychometric assessment and refinement of the Family Issues Inventory of the Human Dimensions of Operations (HDO) project*. DCIEM Technical Report TR 2001-049. Department of National Defence, Ottawa, Ontario.

<b>N:</b>	318
<b>PARTICIPANTS:</b>	CF Land Force personnel
<b>METHOD:</b>	Questionnaire
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Family Concerns
<b>DV OPERATION:</b>	Family Issues Inventory
<b>FINDINGS:</b>	<p>This objective of this study was to assess the psychometrics properties of the Family Issues scale, a measure designed by the Directorate of Human Resources Research and Evaluation (DHRRE) in the Human Dimensions of Operations (HDO) project. Item inspection yielded in two distinct sections, namely Family Attitudes and Perceived Support. Firstly, a factor analysis revealed that Family Attitudes had two distinct factors, Family Concerns and Positive Attitudes. Further, only Family Concerns had good reliability and validity. Secondly, a descriptive analysis of Perceived Support revealed that in general, most of the listed sources and services were perceived as being available to respondents' families. Respondents had greater availability expectations toward friends, family and neighbors than formal military sources of support and were most unsure about the availability of civilian support services.</p>
<b>NOTES:</b>	

Patterson, J.M. (2002a). Understanding family resilience. *Journal of Clinical Psychology*, 58, 233-246.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>MEASUREMENT TAKEN:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>In this article, the focus is on the family system as the unit of analysis as opposed to the individual. According to the author, to assess whether a family is resilient, three elements must be considered. First, the family-level outcome must be conceptualized in such a way that it is possible to measure the degree of competency of the family in accomplishing an outcome. Second, there must be some risk leading to the expectation that the family will not successfully achieve the outcome. Finally, it is necessary to understand the mechanisms that interrupt or prevent the expected adverse outcome.</p> <p>This article conceptualizes family-level outcomes as a prerequisite for assessing family competence in relation to the unique functions that families perform for their members and for society. Risk and protective processes associated with resilience are discussed in terms of family stress and family coping theory. Two perspectives of resilience are distinguished: exposure to significant risk as a prerequisite for being considered resilient versus promotion of strengths for all families in which life in general is seen as a risk. There is still much debate about how significant a risk has to be before the outcome can be viewed as resilience.</p>
<b>NOTES:</b>	<p>In an effort to emphasize adaptation as the central outcome of the stress process, the Double ABCX Model of family stress and adaptation (McCubbin and Patterson, 1982, 1983b, 1983c) is now called the Family Adjustment and Adaptation Response (FAAR) Model (Patterson, 1988, 1989, 1993).</p>

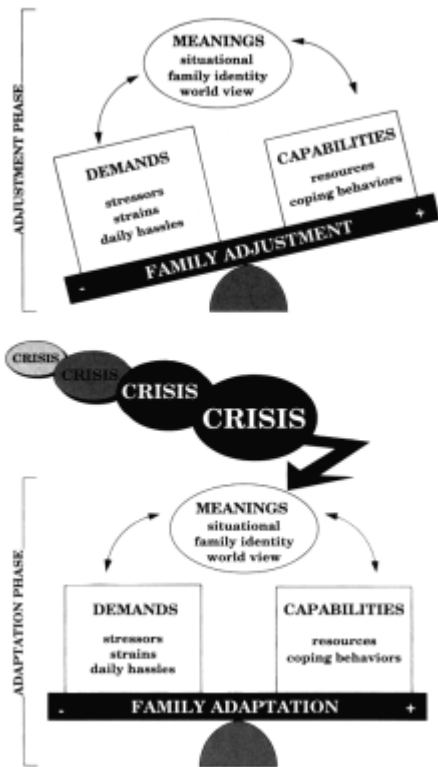


Figure 2. The Family Adjustment and Adaptation Response (FAAR) Model

Patterson, J.M. (2002b). Integrating family resilience and family stress theory. *Journal of Marriage and Family*, 64, 349-360.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>In this article, the concept of family resilience is integrated with conceptual definitions from family stress theory using the Family Adjustment and Adaptation Response (FAAR) Model in order to distinguish between family resilience as a capacity and family resilience as a process. Clinical practitioners and researchers have applied the construct of family resilience very differently. For practitioners, family resilience is synonymous with family strengths and “generally implies the capacity of a family to successfully manage challenging life circumstances” (p.341). For researchers, family resilience is a “process where there are interactions between risks and protective factors relative to a specified outcome” (p.342).</p> <p>The family resilience process is discussed in terms of the meaning of significant risk exposure. A major difference between researchers and practitioners is how they view the notion of risk. Researchers believe that significant risk emerges from distinct sources such as chronic exposure to adverse social conditions, exposure to traumatic events, or a combination of the above. The significant risk perspective suggests that only families exposed to risk can be considered resilient. Practitioners, on the other hand, embrace the “life as risk perspective” and view all competent families as resilient. Risks should be examined in terms of mechanisms rather than factors.</p> <p>The family resilience process is also discussed in terms of the importance of making conceptual and operational distinctions between family system outcomes (as opposed to individual level) and family protective processes. Protective factors that contribute to competent family outcomes are found at three levels: individual family members, the family unit, and the community. Cohesiveness, flexibility, and communication are identified as key family protective patterns.</p>

	Recommendations for future family resilience research include providing clear conceptual and operational definition of key variables, developing and testing conceptual models for risk and protective process, studying families experiencing significant risk, conducting longitudinal studies, and including qualitative methods in research.
<b>NOTES:</b>	



Walsh, F. (2002). A family resilience framework: Innovative practice applications. *Family Relations, 51*, 130-137.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature Review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This article presents an overview of a research-informed family resilience framework, developed as a conceptual guideline to clinical intervention and prevention efforts with vulnerable families. The family resilience approach to clinical practice views the family in relation to the larger social system (e.g., workplace, school) as well as in terms of how it evolves over the multigenerational life cycle (coping with significant events and transitions such as the birth of a child). The author discusses the advantages of clinical use of a family resilience framework, including the fact that it focuses attention on family strengths under stress rather than weaknesses, it does not assume that a single model fits all families and situations, and it considers that possibility that the functioning and well-being of family members can vary over time across the life cycle as new challenges emerge. One example of a resilience framework, developed by Walsh (1996, 1998), synthesized findings from a number of studies to identify three domains of family functioning: family belief systems (making meaning of adversity, positive outlook, spirituality), organizational patterns (flexibility, connectedness, social and economic resources), and communication processes (clarity, open emotional sharing, and collaborative problem solving). The author concludes that research and clinical practice must be rebalanced to focus on how families succeed rather than fail.</p>
<b>NOTES:</b>	

Walsh, F. (2003). Family resilience: A framework for clinical practice. *Family Process*, 42, 1-18.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This article presents an overview of a family resilience framework developed for clinical practice. Key processes in family resilience are outlined in three domains: belief system, organizational patterns, and communication/problem solving.</p> <p>The author proposes a family resilience framework, which “combines ecological and developmental perspectives on family functioning in relation to its broader sociocultural context and evolution over the multigenerational life-cycle,” (p.3). Belief system (making meaning of adversity, positive outlook, transcendence and spirituality), organizational patterns (flexibility, connectedness, social and economic resources), and communication processes (clarity, open to emotional sharing, collaborative problem solving) are identified as key processes in family resilience.</p>
<b>NOTES:</b>	

Norris, D., & Dunn, J. (2005). *Healthy family/relationship functioning. The development of a preliminary model*. DRDC CORA CR 2005-03. Department of National Defence, Ottawa, Canada.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Litterature review and analysis
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Healthy family relationship functioning
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	This report revised family functioning key concepts; propositions and assumptions embedded within sociological, clinical theoretical and integrative frameworks. A particular consideration was given to the utility of each model and framework to address the transactional and contextual nature of family functioning. A preliminary model of healthy relationship functioning within military context or model of military family resilience is presented and encompasses environmental factors, including the military context, internal and external processes. This model also considers the fact that military family resilience occurs in a context of reciprocity and transpires through inherent interdependence between family/relationships and the institution.
<b>NOTES:</b>	

Simon, J.B., Murphy, J.J., & Smith, S.M. (2005). Understanding and fostering family resilience. *The Family Journal: Counseling and Therapy for Couples and Families*, 13, 427-436.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This article provides a literature review of family resilience including its dimensions, working models, and the characteristics that contribute to family resilience. Although previous literature has focused on individual strengths, the focus of resilience has more recently been extended to the family unit. Two components of family resilience were identified: the individual/family exhibits a positive response to an adverse situation, and the individual/family emerges from the situation more confident and resourceful. There are three dimensions of family resilience: length of the situation (short-term challenges versus longer-term crises), life stage (e.g., families with small children may face different challenges than those with older children), and the internal and external sources of support that a family has available during a challenge or crisis. In contrast to traditional definitions, family resilience is a result of the interaction of characteristics of the family and of individuals within the family, rather than being a sum of the resilient characteristics of individual members.</p> <p>The authors discuss two theoretical models of family resilience. First, the resiliency model of family adjustment and adaptation views resilience as a process, and emphasizes the roles played by the family's strengths, resources and coping skills in dealing with situations throughout life stages. Second, the systems theory of family resilience implies that the individual can be understood in the context of the larger family and social world that he/she is a part of. Thus, resilience in this context is viewed as a system in which all families have the capacity for resilience if key strengths and resources within the family are recognized and enhanced.</p> <p>Several practical applications of resilience orientation to family-related assessment and treatment were explored. For example, practitioners with a resilience perspective can focus assessment on identifying family strengths</p>

	and resources, rather than focusing on problems, and can enhance capacity for growth and change during treatment. The authors highlight the need for more research and training in the area of family resilience.
<b>NOTES:</b>	

Sherwood, E. M. (2008). *Marital strength in Canadian military couples: A grounded theory approach*. PhD thesis, University of Calgary.

<b>N:</b>	17
<b>PARTICIPANTS:</b>	Military members and their spouses
<b>METHOD:</b>	Interviews
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	The research project examined marital strength in Canadian military couples. Although interviewees experienced similar pressures and demands, there was variation in the level of marital distress during times of stress. Couples who perceived high levels of respect, intimacy, and commitment, even throughout difficult times, reported the highest level of marital strength. Several themes of duality emerged from the interviews, including the notion of being both separate and together (i.e. strong and self-reliant when the military member is physically absent, yet still highly dedicated to the marriage), making transitions throughout the life course yet retaining stability in the marriage, and the balance between devotion to family and devotion to the military. The findings led to the development of a model of resilience, which suggested that resilience in a Canadian military marriage is based on intimacy, commitment, and respect.
<b>NOTES:</b>	

## 2.2 Family Adaptation to Stress

### 2.2.1 Studies of Resilience in Non-Military Families

Lavee, Y. McCubbin, H. I. & Olson, D. H. (1987). The effects of stressful life events and transitions on family functioning and well-being. *Journal of Marriage and Family*, 49, 857-873.

<b>N:</b>	1,140 families
<b>PARTICIPANTS:</b>	Various types of families
<b>METHOD:</b>	Survey (Multivariate path model) Longitudinal
<b>IV CONSTRUCT:</b>	Pileup Demands Stressful life events Normative Transitions Intra-family strains (also DV in the model) Resources Marital adjustment (also DV in the model) Appraisal Sense of Coherence (also DV in the model)
<b>IV OPERATION:</b>	Stressful Life Events Scale represented the number of non-normative events experienced by the family in the past year Normative Transitions Scale represented the number of normative changes/transitions that happened in the past year Intrafamily Strains was a measure of changes in family interaction and role performance that happened in the past year Marital adjustment was operationally defined by husband and wife self-report of marital adjustment (8 subscales, 10 items each) Sense of coherence was operationalized by selected items from the instrument F-COPES

	(All scales come from McCubbin et al., 1981).
<b>DV CONSTRUCT:</b>	Adaptational outcome Family well-being
<b>DV OPERATION:</b>	11-item scale selected from Quality of Life (Olson & Barnes, 1982).
<b>FINDINGS:</b>	<p>Life events and transitions had no direct effects on family well-being, but they intensified intrafamily strains. Family strain negatively affected marital adjustments and perceived well-being. Family strain was positively associated with a more optimistic appraisal of the situation. Both marital adjustment and appraisal were positively related to well-being, thereby counteracting the effect of the pileup demands.</p> <p>The authors concluded that marital adjustment was a mediating factor for family well-being whereas appraisal of the situation plays a stress-buffering role.</p>
<b>NOTES:</b>	



McCubbin, H. I., McCubbin, M.A., & Thompson, A.L. (1993). Resilience in families: The role of family schema and appraisal in family adaptation to crises. In T.H. Brubaker (ed.), *Family Relations: Challenges for the future* (pp. 153-177). Newbury Park CA: Sage Publications.

<b>N:</b>	210
<b>PARTICIPANTS:</b>	Families of different ethnic backgrounds
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Family adaptation Family maladaptation
<b>IV OPERATION:</b>	The APGAR index of family well-being The Family Maladaptation Index (previously referred to as the Family Distress Index)
<b>DV CONSTRUCT:</b>	Pile-up Vulnerability: Family care responsibility Family appraisal Family resources Community support Social support Family problem solving
<b>DV OPERATION:</b>	Pile-up Vulnerability: Family care responsibility Index Family Coherence Index Family Hardiness Index (McCubbin et al., 1986) Community Services Index Social Support Index (McCubbin et al., 1987) Family Problem Solving Communication Index (McCubbin et al., 1988).
<b>FINDINGS:</b>	The critical factors (vulnerability, resources, appraisal, problem solving, or coping) that promote an optimal level of family adaptation appear to vary by ethnic background.

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**NOTES:**

This chapter examines the “C” factor of the Double ABCX Model. The “C” factor is the appraisal component of resiliency in families that the authors labelled “family schema”. Family schema included the family’s shared values, goals, priorities, expectations, and worldview.

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Masten, A. S. & Coastworth, J. D. (1998). The development of competence in favorable and unfavorable environments: Lessons from research on successful children. *American Psychologist*, 53, 205-220.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This article examines findings from studies of competence and resilience that investigated how some children are able to flourish in the midst of adversity.</p> <p>The authors compiled a list of powerful adaptive systems that foster and protect the development of competency in both favorable and unfavorable environment. Those include: good parent-child attachment relationships, good cognitive development, and self-regulation of attention, emotion and behaviour.</p> <p>They emphasize the multi-dimensional nature of the resilience construct and the importance of early childhood education as an effort to foster competence and prevent problems.</p>
<b>NOTES:</b>	

Dallos, R. & Hamilton-Brown, L. (2000). Pathways to problems – An exploratory study of how problems evolve vs. dissolve in families. *Journal of Family Therapy*, 22, 375-393.

<b>N:</b>	9
<b>PARTICIPANTS:</b>	Two groups of families: one where difficulties had spontaneously improved and one where the difficulties were current
<b>METHOD:</b>	Interviews
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	A combination of factors, including helpful inputs in the form of practical assistance and non-pathologizing definitions can help avert descent into pathology. In the spontaneous recovery group, families were more likely to view problems as transitory and as normal developmental issues, and they were more likely to have positive support from friends, family, and professionals. In contrast, the group with current problems there was an absence of such positive inputs and instead they had negative perceptions of events, and a sense of incompetence as parents.
<b>NOTES:</b>	

De Hann, L., Hawley, D.R., & Deal, J.D. (2002). Operationalizing family resilience: A methodological strategy. *The American Journal of Family Therapy*, 30, 275-291.

<b>N:</b>	76
<b>PARTICIPANTS:</b>	Couples (complete data from 37 husbands and 39 wives)
<b>METHOD:</b>	Survey  Longitudinal (Second or third trimester in pregnancy, 6 and 12 months postpartum)
<b>IV CONSTRUCT:</b>	Division of family tasks/work outside home  Depression/anxiety  Expectations regarding new child's affect
<b>IV OPERATION:</b>	General satisfaction questions  Subscales from the Symptom Checklist 90 (Derogatis, 1977)  Series of scale measuring expectations regarding new child's affect developed by Belsky (1985)
<b>DV CONSTRUCT:</b>	Marital adjustment
<b>DV OPERATION:</b>	Dyadic Adjustment Scale (Spanier, 1976)  20 item-questionnaire assessing conflict between spouses (e.g. "we almost never seem to agree")
<b>FINDINGS:</b>	There were no differences between resilient and non-resilient individuals in the pre-crisis data in terms of initial DAS scores, depression, anxiety, division of work outside the family, and expectations regarding new child's affect. However, non-resilient people scored higher on marital conflict measures and were less satisfied with current division of work within the family.  Looking at the post-crisis data, resilient individuals reported less marital conflict, more marital satisfaction, less depression, more satisfaction with the division of work within the family and outside the family, and reported more positive child's affect.
<b>NOTES:</b>	In this dataset, the crisis refers to the couple's transition into first time parenthood.

Conger, R.D. & Conger, K.J. (2002). Resilience in Midwestern families: Selected findings from the first decade of a prospective, longitudinal study. *Journal of Marriage and Family*, 64, 361-373.

<b>N:</b>	558
<b>PARTICIPANTS:</b>	Youth and their family
<b>METHOD:</b>	Survey Longitudinal
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>The study found that parents experienced considerable resilience to economic hardship when they supported each other emotionally, demonstrated effective problem-solving skills, and possessed a sense of mastery and self-confidence.</p> <p>For adolescents, support from parents, siblings, and adults outside the family promoted resilience to economic hardship.</p> <p>Resilience to the transition from childhood to adulthood was promoted by nurturing-involved parenting and less angry or hostile parenting.</p>
<b>NOTES:</b>	

Antonovsky, A. & Sourani, T. (2006). Family sense of coherence and family adaptation. *Journal of Marriage and the Family*, 50, 79-92.

<b>N:</b>	120
<b>PARTICIPANTS:</b>	60 males who had a disability for between two and 10 years, aged 25 to 50 at the time of onset of disability, and married with at least one child at home) and their spouses
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Family coherence (a shared view of the world as comprehensible, manageable, and meaningful)
<b>IV OPERATION:</b>	Family sense of coherence scale (FSOC)
<b>DV CONSTRUCT:</b>	Family adaptation (the degree to which the family is able to adapt to the challenges of the external environment)
<b>DV OPERATION:</b>	Family adaptation scale (FAS)
<b>FINDINGS:</b>	There was a high level of spouse consensus on the scale scores, indicating that members in a family have similar perceptions of family sense of coherence and adaptation. Thus, the authors conclude that although these constructs have never been measured at the family level before, it does make sense to discuss them on this level. The strength of the sense of coherence, central to successful coping with family stressors, was associated with family adaptation. Thus, families with a high sense of coherence are more likely to be well-adapted and to be able to deal with crises.
<b>NOTES:</b>	

## 2.2.2 Family Adaptation to Military Life

McCubbin H.I., & Lavee, Y. (1986). Strengthening army families: A family life cycle stage perspective. *Evaluation and Program Planning*, 9, 221-231.

<b>N:</b>	782
<b>PARTICIPANTS:</b>	Army families
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	<p>Pileup of family demands</p> <p>Personal strengths and family strengths</p> <p>Family appraisal</p> <p>Community supports</p>
<b>IV OPERATION:</b>	<p>Pileup of family demands was measured by three separate indices: family life changes, pre-travel hassles, and post-arrival hassles</p> <p>Personal strengths were measured with four indices: Rank, military member's coping skills, spouse's employment, and spouse self-reliance/confidence in being able to manage children, finances, and decisions.</p> <p>Family strengths were measured with three indices: family emotional and esteem support to the military member, family emotional and esteem support to the spouse, and family cohesion.</p> <p>Family appraisal was assessed through two measures: military member and spouse incidences of coherence.</p> <p>Community supports were assessed through four indices: community and friendship support, quality of religious programs, quality of community services, and command sponsorship.</p>
<b>DV CONSTRUCT:</b>	Family adaptation
<b>DV OPERATION:</b>	Composite of three separate measures: military member's report of his general well-being, spouse's report of her general well-being, and the family's level of distress
<b>FINDINGS:</b>	Stressors and strains, family and personal strengths, and community support



	<p>varied across stages of the family life cycle.</p> <p>Couples without children appeared to adapt best if their pre-travel hassles were kept to a minimum, the military member had some basic coping skills, and the family felt a sense of community support.</p> <p>Families with preschool/school age children appeared to adapt best if their family life events and pre-travel hassles before relocation were few in number, spouses felt valued and affirmed, and the military member had a feeling of coherence –predictability, control, and a sense of the family fitting into the Army and its lifestyle. Family adaptation was also facilitated by quality religious programs and community services.</p> <p>Families with adolescents or young adults appeared to adapt best if their post-arrival hassles were kept to a minimum, military members felt valued and affirmed by other family members, the bonds of family unity and togetherness were strong, and the military member had a sense of coherence with a sense that the family fit into the Army and its lifestyle.</p> <p>Empty nesters appeared to adapt best if the pile up of family life events was limited, the military member had some basic coping skills, and the family had strong bonds of togetherness and unity.</p>
<b>NOTES:</b>	

Popoff, T., Truscott, S., & Hysert, R. (1986). *Military family study: An overview of life/work stress and its relationship to health and organizational morale*. ORAE Project Report PR 351. Department of National Defence, Ottawa, Canada.

<b>N:</b>	3,077
<b>PARTICIPANTS:</b>	CF members and spouses
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Life/work stress
<b>IV OPERATION:</b>	Role Stress and Role Stressors: structured questions derived from literature review and exploratory research within CF in major role areas such as work, marriage, parenting, housing, financial situation and particular aspect of military service such as posting and separation
<b>DV CONSTRUCT:</b>	Health and organizational morale
<b>DV OPERATION:</b>	<p>Psycho-physiological symptoms: adapted versions of Macmillian's Health Opinion Survey (HOS), which assesses the frequency of occurrence of psycho-physiological symptoms of anxiety and depression</p> <p>Symptoms of mood and anxiety disorders: 22-items Dupuy's General Well-being Schedule (GWB)</p> <p>Organizational morale or identity: willingness to identify with his/her military career; sense of personal worth and support for the organization; and sense of common interest and purpose with other CF members</p>
<b>FINDINGS:</b>	<p>Among service members, stresses emerging from individuals' relationships with the organization and from the interrelationships of role stresses pertaining to dual career families, marriage, work, parenting and work-related family separations had the greatest impact upon psychological well-being.</p> <p>Among civilian service spouses, stresses associated with parenting, household economics, marriage and maintaining a career while married to a CF member, and balancing job and family responsibilities had the greatest impact on individual well-being.</p> <p>Overall, the findings suggest that the stress service family members encountered in their relationship with the organization as well as stress associated with family/work balance influences their well-being and morale.</p>
<b>NOTES:</b>	

Popoff, T., & Truscott, S. (1986). *The emotional well-being of Canadian military families in relation to the Canadian population*. ORAE Project PR 364. Department of National Defence, Ottawa, Ontario.

<b>N:</b>	1,675
<b>PARTICIPANTS:</b>	CF members and spouses
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Emotional well-being
<b>DV OPERATION:</b>	Mental health: Mcmillian's Health Opinion Survey (HOS), which assesses the frequency of occurrence of psycho-physiological symptoms of anxiety and depression
<b>FINDINGS:</b>	<p>This report examines the prevalence of depressive and anxiety symptoms among service members and their spouses. Overall, there was a general trend toward positive well-being across gender, age, marital status, rank, element and trade.</p> <p>Additionally, a comparison of these findings with those of the general Canadian population revealed that the prevalence of "frequent" symptoms of depression and anxiety were generally lower in the CF, and the prevalence of such symptoms among service individuals were higher among those between 20-24 years old, especially women. Moreover, a higher proportion of service women than men consulted service providers for emotional problems.</p>
<b>NOTES:</b>	

Orthner, D. K., & Bowen, G. L. (1990). *Family adaptation in the military*. U.S. Army Research Institute for the Behavioral and Social Sciences.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	In a review of the research on adaptation of families to military life, it was found that in general, the problems associated with separations due to military service were greatest for young families. Families had fewer problems adapting to day-to-day stressors, although approximately one-fifth of spouses reported that they had problems achieving personal goals in a military environment. Family adaptation was strongly associated with degree of experience with the military. Qualitative research corroborated the quantitative studies, and indicated that the families with the most difficulty adapting to military life include those that are younger, those with financial and marital problems, those lacking in experience and maturity, those who are away from extended family and other support systems, and those who recently arrived at a new post. Social support was found to be one of the most important factors affecting adaptation. In addition, family adaptation was associated with perceived support from leaders. Importantly, studies have found that family adaptation to military life is important for soldier commitment to military career, spouse support for military career, and member career intentions. To this end, the authors suggest a number of policy directions to support family adaptation, including strategies that reduce demands on the family, increase the ability of families to meet demands, increase resources for families, and help families to better understand their needs.
<b>NOTES:</b>	

Frowen, D. M. for Technical Panel UTP-3 The Technical Cooperation Program (1995).  
*Military family support issues in TTCP member nations.*

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Collaborative effort among the TTCP nations to identify common areas of interest in the realm of military family issues
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	There is an assumption that if the military provides a supportive environment to families, this will have benefits for the military, including greater member satisfaction with military life, improved retention, family adaptation, and mission readiness. This paper reviews military family support issues in the TTCP nations. Family support issues of common interest to two or more TTCP nations included the need to provide effective family support structures, use of statistical data collection/continuous attitude surveys to remain up to date on family concerns, to provide family support during operational deployments, to assist with childcare, to provide partner employment assistance during postings, and to aid in the prevention of family violence. The author identified these as areas for collaborative research among the nations.
<b>NOTES:</b>	

Dunn, J. (2004). *A state of crisis? An explanatory examination of family breakdown in the CF.*  
 D STRAT HR Research Note RN 17/04. Department of National Defence, Ottawa, Canada.

<b>N:</b>	1) 214 focus groups (2,136 CF members); 107 service providers; 507 CF members <sup>1</sup>  2) 11,355  3) 3,500
<b>PARTICIPANTS:</b>	CF members and service providers
<b>METHOD:</b>	1) Literature review of three qualitative studies; 2) Interviews and focus groups; 3) Focus groups
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Family breakdown
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	The objective of this report was to assess CF members' perceptions of military family breakdown. Although the perception that CF families were in crisis was common among CF members, contradictions emerged when their perceptions of their own relationships were examined. Indeed, while many of them believed that military life interfered with and was detrimental to their family life, they also reported that their family did not necessarily suffer from their work commitments. Most of them were satisfied and happy in their relationships. The concept of "moral panic" was offered to explain this discrepancy.
<b>NOTES:</b>	Methodology consisted of three steps: 1) review of qualitative research; 2) analysis of HDDS data; and 3) focus groups on members' view of family breakdown

<sup>1</sup> For additional information about the methodology used, see Dunn, Ford and Flemming, 2004a, 2004b; and Dunn and Morrow, 2002.

Adler-Baeder, F., Taylor, L., Pasley, K. (2005). *Marital transitions in military families: Their prevalence and their relevance for adaptation to the military*. Military Family Research Institute, Perdue University.

<b>N:</b>	Dataset 1: 30,384 service members (1999) Dataset 2: 18,043 military spouses (1999) Dataset 3: 18,370 matched couples (military members and paired spouses; 1992)
<b>PARTICIPANTS:</b>	Service members and spouses in the Army, Navy, Marines, Air Force, and Coast Guard
<b>METHOD:</b>	Analysis of data from three previous DoD surveys
<b>IV CONSTRUCT:</b>	Marital status  Children
<b>IV OPERATION:</b>	First marriage vs. remarriage  Presence of children in the home
<b>DV CONSTRUCT:</b>	Internal and external family adaptation
<b>DV OPERATION:</b>	Internal: e.g. marital satisfaction, family problems  External: e.g. positive view of military life, support for retention of military member, satisfaction with military lifestyle
<b>FINDINGS:</b>	<p>In the 1999 surveys, a substantial portion of married military personnel was in remarriages. Approximately 19% were remarried, 14% were part of a stepfamily, and 20% experienced divorce. The proportion of female service members who experienced divorce and remarriage was greater than the proportion of male members. When compared to similar age categories in the general U.S. population, these proportions for women were high. In the 1992 survey of matched couples, 29% of couples constituted a remarriage.</p> <p>The researchers examined the impact of marital and parental status on family adaptation, expecting that those in remarriages and those in remarriages with children would have lower adaptation due to their more complex situation and to their prior history of family problems. It was found that having children was associated with lower internal adaptation, regardless of marital status. Contrary to expectation, external adaptation was higher for remarriages compared to first marriages. Thus, it appears that remarriage confers some benefit to couples. The lowest external adaptation was found for childless couples in first marriages, while childless couples in remarriages</p>

	reported the highest external adaptation.
<b>NOTES:</b>	



Burrell, L. M. (2006). Moving military families: The impact of relocation on family well-being, employment, and commitment to the military. In C. A. Castro, A. B. Adler, & T. W. Britt (Eds.), *Military life: The psychology of serving in peace and combat. Vol. 3. The military family* (pp. 39-63). Praeger Security International: Westport, Connecticut.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This paper discusses the impact of moving on military families. Relocating can have a negative impact on families in terms of health, well-being, and spousal employment, although it can also be a positive experience, for example by allowing the family to experience a new location and new social environment. Moving may directly affect adaptation, but the effects may be moderated by individual- and family-related factors (e.g., personality, individual and family coping strategies, prior experience with moving). The author reviews the ABC-X model of adaptation and explains how it can be applied to moving. In this model, A (stressors), B (coping resources), and C (appraisals of stressors) affect the amount of stress (X) experienced by families. However, it is acknowledged that existing models of adaptation to stress do not consider the repeated and continuous nature of the moving experience for military families. Importantly, how a family adapts to a move can have an impact on retention; if families are not able to adapt then the military member may eventually decide not to reenlist. The authors suggest a new model of adaptation that overcomes some of the shortcomings of the ABC-X model. In particular, an ideal model would take into account the first family move, and follow the family before, during, and after each additional move during their military experience, and their eventual return to a civilian lifestyle.</p>
<b>NOTES:</b>	

Hammer, L. B., Cullen, J. C., Marchand, G. C., & Dezsofi, J.A. (2006). Reducing the negative impact of work-family conflict on military personnel: Individual coping strategies and multilevel interventions. In C. A. Castro, A. B. Adler, & T. W. Britt (Eds.), *Military life: The psychology of serving in peace and combat. Vol. 3. The military family* (220-242). Praeger Security International: Westport, Connecticut.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This paper reviewed interventions, or moderators, of work-family conflict, using the Soldier Adaptation Model (SAM) as a framework. According to the SAM, military stressors (e.g., deployment), and their effects on outcomes (e.g., depression, job satisfaction) are influenced by moderators at the individual, group/leader, and organizational levels. These moderators are reviewed. At the individual level, individuals who have a large repertoire of coping strategies at their disposal are likely to cope more effectively with work-family conflicts. In particular, it is important to promote the use of active, problem-focused coping strategies in dealing with conflict, and to discourage use of avoidant methods of coping. However, focusing on individual coping strategies alone may not be sufficient to reduce work-family conflict, and thus the authors suggest a multilevel approach to reducing work-family conflict, which includes focus on unit- and organizational-level interventions. These include family-friendly policies (e.g., flexible work arrangements), family-friendly services (e.g., services which provide resource and referral information, education, counselling, and direct services such as childcare). These organizational-level supports have been found to be important for alleviating work-family conflict, although such research has primarily been conducted in non-military environments. Thus, further research is needed on interventions to reduce work-family conflict in the military population.</p>
<b>NOTES:</b>	

Wright, K. M., Burrell, L. M., Schroeder, E. D., & Thomas, J. L. (2006). Military spouses: Coping with the fear and the reality of service member injury and death. In C. A. Castro, A. B. Adler, & T. W. Britt (Eds.), *Military life: The psychology of serving in peace and combat*. Vol. 3. *The military family* (pp. 64-90). Praeger Security International: Westport, Connecticut.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>Coping with fear for a service member's safety, as well as coping with an actual death, are discussed in the paper. Anticipatory fear can lead to a number of negative health outcomes for spouses of military members. However, a number of factors may affect this relationship, including individual and couple characteristics (e.g., length of time married, spouse employment status, coping strategies) and contextual factors (e.g., social support, information from media and rear detachment). The authors provide a number of suggestions for coping with fear of service member injury or death based on the literature, including increasing social support, seeking help from mental health professionals when needed, and decreasing exposure to combat-related media coverage.</p> <p>In terms of coping with the loss of a service member, the bereavement literature indicates that there is significant variability in response to loss. Rather than focusing on recovery as a series of stages, more recent research has moved toward identifying the factors that can negatively or positively affect the recovery process. For example, finding meaning in traumatic loss may be an important coping mechanism helping to attenuate symptoms of psychological distress. As well, social support at the organizational level (e.g., family assistance centers) may facilitate coping. Recommendations for helping spouses cope with death include joining bereavement support groups, focusing energy on new challenges, and participating in rituals for military casualties.</p>
<b>NOTES:</b>	

Karney, B. R., & Crown, J. S. (2007). *Families under stress. An assessment of data, theory, and research on marriage and divorce in the military*. RAND National Defense Research Institute: Arlington, Virginia.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Used service personnel records from the past 10 years to examine how deployments affect risk of marital dissolution.
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>The authors discuss the idea of the “stress hypothesis,” which implies that divorce rates should increase as demands on the military increase. Looking at the relationship between military service and family life is particularly important since the majority of service members are married, and family life can have an impact on performance and retention.</p> <p>In interviews, spouses strongly believe that the demands of military service, and deployments specifically, lead to divorce. However, quantitative evidence that military stress accounts for marital problems is scarce.</p> <p>Marriages of female force members are at higher risk of dissolution than those of males. As well, marriages of enlisted members are at higher risk of dissolution than those of officers.</p> <p>Support for the stress hypothesis was found only for active Air Force members. Among those members, the more days they were deployed, the greater the risk of marital dissolution after their return. However, length of deployment did not have an effect on marital dissolution in the other services. In fact, longer deployments were associated with a lower risk of marital dissolution for some groups. The authors explain this seemingly counterintuitive finding in terms of the benefits of deployments for families (e.g., increased income), as well as the fact that there may be other adverse consequences of deployment that are not reflected in the service personnel records, such as decreased marital satisfaction or child well-being.</p> <p>The authors provide an integrative framework, adapted from research on civilian marriages, to understand military marriages. The model includes enduring and emergent traits, marital resources, adaptive processes, military</p>

	and non-military experiences, and marital satisfaction. Thus, the model moves beyond the stress hypothesis to account for factors both within and outside of the military that can have an effect on marriages.
<b>NOTES:</b>	

## 2.3 Factors associated with Family Resilience

### 2.3.1 Demographic Variables

McCubbin, H.I. & McCubbin, M.A. (1988). Typologies of resilient families: Emerging roles of social class and ethnicity. *Family Relations*, 37, 247-254.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>Findings from other studies on resilience are reviewed and summarized. A number of family strengths and coping skills that facilitate the management of stressors across the family life cycle have been identified. These include family celebrations, communication, financial management, hardiness, health, leisure activities, personality traits, social support networks outside of the family, routines, and traditions. These factors vary in importance throughout the family life cycle.</p> <p>The authors present research on several typologies of resilience. The typology of balanced families suggests that families can be viewed as balanced, midrange, or extreme (in terms of cohesion and adaptability), with the latter being the most dysfunctional. The typology of rhythmic families suggests that family types can be defined in terms of the degree to which they place emphasis on family time and routines, and the degree to which they value such time and routines. Finally, the typology of regenerative families attempts to categorize families in terms of their levels of coherence and hardiness.</p> <p>Among military families, critical family strengths include individual resources (rank, coping skills, self-reliance), family resources (support from family, cohesion), community resources (military unit, community support, religious programs), and the fit of the military member and his/her spouse to the military. Among ethnic minorities, it has been found that emphasis on</p>

	family time together and sense of fit with the military lifestyle are important factors for family adaptation, whereas Caucasian military families draw upon a broader set of individual, family, and community capabilities for adaptation. Family life education programs should thus not be generalized without a greater understanding of ethnic minorities, since emphasis on certain strengths that are known to be salient for white middle-class families may not be relevant for minorities.
<b>NOTES:</b>	

Ganyane, E.M. (2005). *Gender difference in salutogenic functioning in military deployment*. Unpublished masters thesis, University of South Africa, Pretoria, South Africa.

<b>N:</b>	112
<b>PARTICIPANTS:</b>	69 men and 43 women employed in Kwa-Zulu Natal work in the South African National Defence Force
<b>METHOD:</b>	Questionnaire
<b>IV CONSTRUCT:</b>	Age Education Population groups Marital status Years of service Gender
<b>IV OPERATION:</b>	Age groups: 21-26, 27-32, 33-38, 39-44, 45+ Education: Std 8-9, std 10, post matriculation Coloured, white, black Unmarried, married, divorced Years of service: 2-5, 6-10, 10 and more Male/female
<b>DV CONSTRUCT:</b>	Sense of coherence (comprehensibility, manageability, meaningfulness) Hardiness (commitment, control, challenge) Self-efficacy
<b>DV OPERATION:</b>	Sense of coherence (Antonovsky, 1979; 1987) Personal views scale (Kobasa, 1979) Self-efficacy scale (Bandura, 1982)
<b>FINDINGS:</b>	This thesis examined gender differences in salutogenic functioning of



	<p>families during a military deployment.</p> <p>The results indicated that there are gender differences with regards to the salutogenic construct sense of coherence (meaningfulness) and hardiness (commitment and challenge). While females scored higher than males in sense of coherence and self-efficacy, males scored higher on hardiness than females. Thus, both males and females are able to meet the challenges posed by military deployments, although they may do so by different mechanisms.</p>
<b>NOTES:</b>	<p>The salutogenic paradigm focuses on how individuals stay healthy despite the influence of stressors. It is different from the pathogenic paradigm, which focuses on how people get sick.</p>

Westhuis, D.J., Fafara, R.J., & Ouellette, P. (2006). Does ethnicity affect the coping of military spouses? *Armed Forces & Society*, 32, 584-603.

<b>N:</b>	4,464
<b>PARTICIPANTS:</b>	Civilian spouses of army soldiers
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Risk and protective factors  Personal experience  Ethnicity of spouse
<b>IV OPERATION:</b>	Ten items assessing attitudes towards the army  Two demographic questions (age, education), and two other questions about participation in family resource group and deployment of the spouse.  Personal Experience scale (PES): Frequency that military spouses reported the following problems occurred in the past six months: job-related, emotional/nervous, marital, financial, and parenting difficulty.  Ethnicity (Caucasian, African American, and Hispanic)
<b>DV CONSTRUCT:</b>	Coping
<b>DV OPERATION:</b>	The Daily Coping Scale or DCS (developed by the authors) was composed of twelve items assessing the ability of the spouse to manage different activities in the past 12 months such as daily household tasks, transportation, shopping, financial matters, childcare, taking care of children at home, disciplining children, children's health, their own health, loneliness, safety/security of home, and spending time together as a family.
<b>FINDINGS:</b>	This study examined how ethnicity affected the coping of military spouses. The results of stepwise regressions indicated that while there were four common predictors (problem experienced, how informed spouses were about the army, support at current location, and demands of the army on family members), four other predictors were ethnic specific (opportunities to achieve personal goals, satisfaction with how informed the member keeps them, member/spouse satisfaction of the opportunity for serving the country, and satisfaction with spouse's military job/security).  It was concluded that coping with life by African-American spouses with children was affected by the frequency of emotional problems they are experiencing and their belief that their spouse can have a secure and stable

	<p>career in the military and that their spouse's career will make a positive contribution to society.</p> <p>Financial and job-related problems were sensitive areas for Hispanic spouses. In addition, Army leaders and program developers should be sensitive to how their decision affects Hispanic family well-being and spouse's ability to maintain a close support group.</p> <p>Finally, it maybe important to provide Caucasian spouses opportunities to fulfill their career goals, to keep them informed about Army issues, encourage them to have a local support network, and provide them support in dealing with financial issues.</p> <p>The findings supported previous research that found that financial issues, parenting issues, and marital adjustment affected military family functioning.</p>
<b>NOTES:</b>	This study used the ABCX Model

### 2.3.2 Impacts of Work and Social Support

Truscott, S., & Flemming, S. (1986). *Occupational stress among married and single parent Canadian Forces Personnel*. ORAE Project Report PR 375. Department of National Defence, Ottawa, Ontario.

<b>N:</b>	1,000
<b>PARTICIPANTS:</b>	CF members
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Occupational stress
<b>DV OPERATION:</b>	Potential Life Stressors in different role areas (occupation, housing, parenting and others). <sup>2</sup>
<b>FINDINGS:</b>	More than half of the respondents reported their job in CF as being stressful. Work-family conflicts were the most stressful aspect of their job and most were bothered by an overload of tasks and responsibilities. Role conflict and uncertainty emanating from different work demands and expectations from others on the job was highly correlated with stress across all sectors. Additionally, increased job stress was related to lower unit cohesion, job satisfaction and willingness to complete a full military career. A closer examination of the factors contributing, mediating or buffering the incidence of stress revealed that perceived support from supervisors and coworkers served to limit stress.
<b>NOTES:</b>	

<sup>2</sup> For a complete description of the survey instrument, see Popoff, Truscott & Hysert, 1986.

Rosen, L. N., & Moghadam, L. Z. (1990). Matching the support to the stressor: Implications for the buffering hypothesis. *Military Psychology*, 2, 193-204.

<b>N:</b>	1,090
<b>PARTICIPANTS:</b>	Military wives
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Stressor  Social support
<b>IV OPERATION:</b>	Total number of days in the past 6 months that husbands had been away from home overnight  Perceived support from other wives in husband's unit  Perceived support from parents, siblings, and other relatives  Perceived support from military wives outside the husband's unit  Perceived support from friends outside the military
<b>DV CONSTRUCT:</b>	Well-being
<b>DV OPERATION:</b>	Subjective distress scale comprising items assessing symptoms of depression, anxiety, somatic complaints, positive well-being, and emotional control
<b>FINDINGS:</b>	Perceived support from other wives in husband's unit functioned as a buffer against the negative impact of a husband's absence on well-being. The other types of support were not effective in this regard.
<b>NOTES:</b>	

Bowen, G. L. (1998). Effects of leader support in the work unit on the relationship between work spillover and family adaptation. *Journal of Family and Economic Issues, 19*, 25-52.

<b>N:</b>	3,190
<b>PARTICIPANTS:</b>	Married soldiers in the US Army
<b>METHOD:</b>	Survey (hierarchical multiple regression analysis)
<b>IV CONSTRUCT:</b>	Leader support (unit supervisor family support, unit leadership family support, leader support for families)
<b>IV OPERATION:</b>	<p>Unit supervisor family support: four items assessing the extent to which soldiers evaluated their work supervisor as being interested in the welfare of their families and responsive.</p> <p>Unit leadership family support: three items assessing the extent to which soldiers evaluated leaders in soldiers' unit or place of duty in terms of being knowledgeable of family programs and as encouraging unit-wide family activities.</p> <p>Leader support for families: three items assessing the general supportiveness of officers in high post, officers at soldier's place of duty, and non-commissioned officers at soldier's place of duty.</p>
<b>DV CONSTRUCT:</b>	<p>Family adaptation (internal and external adaptation)</p> <p>Work spillover (energy and time interference)</p>
<b>DV OPERATION:</b>	<p>Family adaptation (internal): coping with family demands, marital happiness, marital separation risk, family manageability, spouse communication, marital disagreements</p> <p>Family adaptation (external): Army-family fit, spouse army support, spouse career support, satisfaction with the army as a way of life.</p> <p>Work spillover (energy interference) was measured by four items using statements such as "in such a bad mood that I am difficult to be around".</p> <p>Work spillover (time interference) was measured by four items indicating the extent to which work responsibilities interfered with soldier's ability to perform instrumental and expressive roles in the family.</p>
<b>FINDINGS:</b>	<p>This study examined the direct versus buffering effect of leader support in the work unit on the relationship between work spillover and family adaptation.</p> <p>Support was found for the preventive effect hypothesis. As leadership support</p>

	increased, level of work spillover decreased. The higher leader support was, the higher the level of external family adaptation. Leader support was found to moderate or buffer the negative effects of spillover in the internal adaptation of female soldiers only.
<b>NOTES:</b>	Scales were developed and tested in Bowen et al., 1997 and Bowen et al., 1993.

Bourg, C., & Segal, M. W. (1999). The impact of family supportive policies and practices on organizational commitment to the Army. *Armed Forces & Society*, 25, 633-652.

<b>N:</b>	1033
<b>PARTICIPANTS:</b>	Couples (enlisted men with civilian wives)
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:<sup>3</sup></b>	Perceived Army policy support Perceived unit leader support for families Army-family conflict
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Wife's organizational commitment to the Army Soldier's organizational commitment
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>Soldiers' rank, age, presence of child and assignment to a combat unit was positively associated with organizational commitment. As well, the presence of a child positively influenced wives' commitment to the organization.</p> <p>Older age and greater length of marriage were associated with less Army-family conflict. The working status of the wife did not affect her commitment or the soldier's commitment.</p> <p>Perceived supportiveness of Army family policies and unit leader practices had a positive effect on organizational commitment of soldiers. Perceived supportiveness of unit leader practices also had a positive effect on organizational commitment of wives.</p> <p>Perceived supportiveness of Army family policies also had an indirect effect on commitment through the negative effects of perceived support on Army-family conflict.</p> <p>High levels of perceived Army-family conflict had negative direct effects on soldiers' and wives' commitment.</p> <p>Of the variables examined, wives' commitment had the greatest effect on</p>

<sup>3</sup> Details of the scales were not provided in the report.



	soldiers' commitment. Army-family conflict had a direct effect on soldier commitment, as well as an indirect effect (through wife's commitment).
<b>NOTES:</b>	Control variables used were age, rank, race, type of unit (combat versus non-combat), length of marriage, presence of children, and wife's employment status. Scales used were not described.

Bowen, G. G., Mancini, J. A., Martin, J. A., Ware, W. B., & Nelson, J. P. (2003). Promoting the adaptation of military families: An empirical test of a community practice model. *Family Relations*, 52, 33-44.

<b>N:</b>	82
<b>PARTICIPANTS:</b>	U.S. Air Force
<b>METHOD:</b>	Survey (Structural Equation Modeling)
<b>IV CONSTRUCT:</b>	Unit support  Informal community support  Sense of community (also an outcome of unit support and informal community support)
<b>IV OPERATION:</b>	Four items drawn from two scales: features of unit organizational and leadership support  Three items from a single scale (similar to Lavee et al., 1985) assessing social support  Four items from a single scale (satisfaction with supportiveness of the base, the sense of community at the base, the Air Force/military way of life, the Air Force/military as a good place to raise children)
<b>DV CONSTRUCT:</b>	Internal family adaptation
<b>DV OPERATION:</b>	Five items: perceptions of success in managing family responsibilities, frequency of conflicts with family members, frequency of negative thoughts towards the relationship, and cooperation
<b>FINDINGS:</b>	Results support the Air Force community practice model, which focuses on the nexus between formal and informal networks of social care as a target for intervention efforts to support the adaptation of members and their families. According to the model, the ability of families to adapt to the Air Force lifestyle is partly influenced by formal and informal networks.  The direct effects of informal community networks on adaptation were modest, and there were no significant direct effects of formal networks. Instead a more complex pattern emerged, in that sense of community (i.e., the meaning people attach to their interactions with others) was an important mediator between unit and community network support and family adaptation. The model was similar among five pay groups, indicating that social support networks have a role in the well-being of military families

	regardless of socioeconomic standing in the military community.
<b>NOTES:</b>	The analyses controlled for base location, housing location, community tenure, and number of children in home.

## 2.4 Effects of Deployment and Separation on Families

### 2.4.1 Military Separations and Deployments

Gimbel, C. & Booth, A. (1994). Why does military combat experience adversely affect marital relations? *Journal of Marriage and the Family*, 56, 691-703.

<b>N:</b>	2,101
<b>PARTICIPANTS:</b>	Ever-married Vietnam veterans
<b>METHOD:</b>	Survey (Path analysis using LISREL)
<b>IV CONSTRUCT:</b>	Marital adversity  Combat  Pre-military problems (early emotional problems and school problems when they were younger)
<b>IV OPERATION:</b>	Four item scale about pre-war and post-war marriages/divorces (e.g. ever divorced, cheating, abuse, and separation)  Combat: 48 point scale comprised of 12 items assessing combat involvement  Pre-military problems (early emotional): Asked about first episodes of anxiety attack, long periods of anxiety, depression, and phobias  Pre-military problems (school problems): four item index composed of misbehaving in school, expelled/suspended, playing hooky, and fighting at school
<b>DV CONSTRUCT:</b>	Combat related stress  Adult anti-social behaviour  Education
<b>DV OPERATION:</b>	Experience of 9 symptoms (nightmares, trouble sleeping, etc)  Sum of 5 items such as “ever arrested?”, “ever made money outside the law?”  Total educational attainment

<b>FINDINGS:</b>	<p>Three models were tested: 1) factors that lead men into combat also decrease marital quality and stability; 2) combat causes psychological problems that can increase marital distress; and 3) combat intensifies premilitary stress and antisocial behaviours, which then negatively affect marriage. Support for all three models was found.</p> <p>The effect of combat on marital adversity was reduced when premilitary problems were included in the model, indicating that such factors play a role in marital quality.</p> <p>The effect of combat on marital adversity was mediated by post-traumatic stress symptoms and adult antisocial behaviour. When both mediators were in the model together, antisocial behaviour emerged as the strongest.</p> <p>Low educational attainment, job instability, and low income had little effect on the relationship between combat and marital adversity.</p>
<b>NOTES:</b>	<p>Age at the time of the interview, race, and intelligence were controlled for.</p>

Schumm, W., Bell, D. B., & Tran, G. (1994). *Family adaptation to the demands of Army life: A review of findings*. U.S. Army Research Institute for the Behavioral and Social Sciences.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	This paper presents a review of the research in the U.S. Army on family adaptation. Family adaptation is defined as “the ability of soldiers and their families to meet Army demands and their ability to achieve personal and family satisfaction at the same time” (p. vii). The four major stressors that Army families must adapt to are: relocation (mobility), separation, danger, and institutional aspects of the Army; the most stressful of these is separation, particularly for deployment to a war zone. Families can overcome stressors by being prepared and informed. Adaptation is most effective when marital partners work as a team but can also each function well independently. The authors point to the importance of promoting family teamwork in marital enrichment programs and parent education programs for military families.
<b>NOTES:</b>	

Wood, S. & Scarville, J. (1995). Waiting wives: Separation and reunion among army wives. *Armed Forces & Society*, 21, 217-237.

<b>N:</b>	35
<b>PARTICIPANTS:</b>	Women married to soldiers in a Cohesion, Operational, Readiness, and Training battalion.
<b>METHOD:</b>	Unstructured interviews and participant-observation, longitudinal  Data were collected at four stages: before the deployment, during the deployment, immediately prior to reunion, and 6-8 weeks after the reunion.
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This is an ethnographic study on the effects of separation and reunion among wives of soldiers deployed in military operation in Sinai, Egypt. It described the stressors associated with separation, presents models of coping and adaptation and use of support group activities for wives' adjustment.</p> <p>Being employed, having a social support network of friends and family, and participating in family support group activities were important for women who adjusted successfully to separation. Religion and church community were also seen as important sources of support.</p> <p>While optimism, marital stability, adequate financial resources, prior separation experience, and experience in the army were associated with good adjustment, depression, immaturity, and loneliness were associated with maladjustment.</p> <p>The presence of illness or health problems was associated with maladjustment.</p> <p>Most families who adjusted to separation also adjusted well to reunion.</p>
<b>NOTES:</b>	

Jensen, P. D. & Watanabe, H. (1996). Children's response to parental separation during Operation Desert Storm. *Journal of the American Academy of Child and Adolescent Psychiatry*, 35, 433-441.

<b>N:</b>	480
<b>PARTICIPANTS:</b>	Children and the remaining care-taking parent
<b>METHOD:</b>	Survey (cross-sectional and longitudinal)
<b>IV CONSTRUCT:</b>	Parent deployment status
<b>IV OPERATION:</b>	Soldier-parent deployed during Operation Desert Storm vs. not deployed
<b>DV CONSTRUCT:</b>	Child behaviour Parent behaviour (to control for baseline differences in families)
<b>DV OPERATION:</b>	Child Behaviour Check-list (Achenbach & Edelbrock, 1983) Children's Depression Inventory (Kovacs & Beck, 1977) Revised Children's Manifest Anxiety Scale (Reynolds & Richmond, 1978) Center for Epidemiologic Studied-Depression Scale (Radloff, 1977). Dyadic Adjustment Scale (Sharpley & Cross, 1982). Life Events Record (adapted from Coddington, 1972; Holmes & Rahe, 1967). Social Asset Scale
<b>FINDINGS:</b>	Children of deployed parents had elevated levels of self-reported depressive symptoms, as did their parents. As well, the families of a deployed military member experienced more intervening stressors in the preceding year compared to those families of non-deployed personnel. However, there were no significant differences in parents' reports of child behaviour problems according to deployment status. As well, deployment per se did not provoke high levels of symptoms in children who were otherwise healthy. The authors note that factors other than deployment are also important for child well-being, including parental psychopathology and the presence or absence of community family supports.  Boys and younger children appeared more vulnerable to the effects of deployment.
<b>NOTES:</b>	In most cases, the deployed parent was a male and the remaining parent is a



	<p>female. Accordingly, parental measures were usually completed by mothers.</p> <p>The study controlled for baseline level measures prior to development, as well as children's age and parent's military rank.</p>
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Waruszynki, B. (1996). *Military family support during and following peacekeeping operations . Phase One- Review of the literature and analysis of the feedback from service providers on military family support services*. ORA Project Report PR 9607. Department of National Defence, Ottawa, Canada.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	Service providers from LFC Bases
<b>METHOD:</b>	Literature review; focus groups and interviews
<b>IV CONSTRUCT:</b>	Deployment
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Military family support services
<b>DV OPERATION:</b>	Service providers' perceptions of military family support services
<b>FINDINGS:</b>	<p>This report presents the findings of the first phase of a study examining military family support during and following peacekeeping operations in Land Force Command. A literature review of military support systems and an analysis of service providers' perceptions of military support services were provided. Respondents examined the degree of usefulness, and the strengths and weaknesses of each existing family support service and made several recommendations to improve these services. Military Family Resource Centers (MFRCs), United Nations Mission Information Line (UNMIL), Hotline Numbers, Military Social Work Services, Military Chaplain Support Services, and Military administrative and logistical support were among the various family support services evaluated by service providers. It was noted that Reservists faced different challenges than the Regular Force personnel as most of the spouses were seeking support from family and community sources. Reservists may lack the formal support that is essential to family health and well-being.</p>
<b>NOTES:</b>	

Truscott, S., Flemming, S., & Waruszycki, B. (1997). *Military family support during and following peacekeeping operations. Phase Two- A review of focus group findings among personnel and spouses*. ORD Project Report 9702. Department of National Defence, Ottawa, Canada.

<b>N:</b>	156 (13 focus groups of 8-12 individuals/group)
<b>PARTICIPANTS:</b>	CF Personnel and Spouses
<b>METHOD:</b>	Focus groups
<b>IV CONSTRUCT:</b>	Deployment
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Military family support services
<b>DV OPERATION:</b>	Service users' perceptions of military family support services
<b>FINDINGS:</b>	<p>This report presents the second phase of research on military family support during and following peacekeeping operations in LFC and summarizes the system users' perceptions of the strengths and weaknesses of family support services as well as their recommendations to improve such support. The main weaknesses identified by participants were: (a) inconsistent service provision; (b) weak services for Reservists and augmentees; (c) poor attitudes among some service providers; (d) stigma preventing reporting of domestic problems; (e) poor awareness of available services; (f) inadequate services for children and teens; and (g) role conflict. Recommendations were made in three areas: policies; programs and resources coordination; and communication and education. Provision of a comprehensive baseline services package across CF members in the events of a deployment was also recommended. Other recommendations were related to the need to improve communication on many levels, enhance education and implement a variety of policies and programs aimed to address specific deficiencies.</p>
<b>NOTES:</b>	

Myklebust, Lt. K. (1999). *The impact of family issues throughout the deployment cycle: The Human Dimension of Operations Project*. Director Human Resources Research and Evaluation, Department of National Defence, Ottawa, Canada.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>The author discusses the development of the Human Dimensions of Operations project, which was conceived in order to identify the human factors associated with operational effectiveness. The family dimension has a significant impact upon performance and readiness, and influences the stress level of military personnel throughout the deployment cycle. Many changes have taken place in the CF which have resulted in increased importance placed on family, including the fact that many members are married and have dependent children, in contrast to being primarily an institution made up of single individuals; as well, there are increasing numbers of women, single parents, and dual-military couples entering the CF.</p> <p>The author reviews some of the previous research on the dynamics of the military. Family concerns have been identified as a primary source of stress for military personnel. The family plays a key role in maintaining the health and well-being of deployed individuals, although in order for the family to be an effective support system, it must function well itself. Studies have shown that support and resources (emotional and material) for members and their families can act as moderators of stress. Important stress moderators for the CF include Military Family Resource Centres (MFRCs), military social work services, rear party support services, and personal support groups. However, it was recognized that CF support services were underutilized and military families often preferred support from informal sources (e.g., friends and family).</p>
<b>NOTES:</b>	

Rohall, D.E., Segal, M.W., & Segal, D.R. (1999). Examining the importance of organizational support on family adjustment to army life in a period of increasing separation. *Journal of Political and Military Sociology*, 27, 49-65.

<b>N:</b>	381
<b>PARTICIPANTS:</b>	Enlisted personnel from Battalion A (n=255) returned to Fort Bliss after a 6 month deployment to Korea and Battalion B who replaced them (n=151)
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Soldier's unit Soldier's morale Leader's support for families and other soldiers Satisfaction with resources to communicate home Demographics
<b>IV OPERATION:</b>	Unit: Battalions A and B (lower operational tempo) Morale measured by nine item scale Support measured by four item scale Satisfaction measured by one item scale Rank
<b>DV CONSTRUCT:</b>	Soldiers' perceptions of their families' ability to adjust to the Army Concerns for different aspects of family life such as the well-being of their friends and loved ones and their families' ability to take care of daily tasks
<b>DV OPERATION:</b>	Four item scale The family concern index - 10 items
<b>FINDINGS:</b>	Several personal and organizational resources were found to alleviate the negative effects of frequent deployments regardless of the unit. Soldiers' morale, satisfaction with resources to communicate home, and perceptions of leader support were among those.  Lower ranking enlisted soldiers reported significantly lower family adjustment to Army life than higher-ranking soldiers. Lower ranking enlisted soldiers were younger, had less financial resources, and fewer established

	<p>social networks.</p> <p>With the exception of senior soldiers from Battalion B, family adjustment was positively correlated with soldier’s morale, perceptions of organizational support, and satisfaction with resources to communicate home.</p> <p>The best predictor of family adjustment was morale, followed by perceptions of leader support, and the unit.</p>
<b>NOTES:</b>	

Van Breda, A.D. (1999). Developing resilience to routine separations: An occupational social work intervention. *Family in Society: The Journal of Contemporary Human Service*, 80, 597-605.

<b>N:</b>	24
<b>PARTICIPANTS:</b>	South African Navy Couples
<b>METHOD:</b>	Survey  Longitudinal (Two weeks prior to the seminar and two months later)
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Communication, problem solving, affective involvement, affective responsiveness, roles, behaviour control, and general family functioning  Subjective satisfaction in five areas: work, finance, friendships, family relationships, and personal life  Separation resilience: Emotional continuity, family support, religious support, perspectives on separations, and family-oriented management
<b>DV OPERATION:</b>	Family Assessment Device (Epstein et al., 1983)  Heimler Scale of Social Functioning (Heimler, 1990)  Deployment Resilience Scale (Van Breda, 1997).
<b>FINDINGS:</b>	In response to a need expressed by South African Navy families, the social work department designed a one-day psychoeducational seminar for Navy couples to help them deal with routine separations. This article described the effectiveness of this seminar.  The results showed that the separation resilience seminar significantly improved scores on many of the factors measured, including general family functioning, health, social functioning, and perspectives on separations. Overall, the seminar was positive in terms of its effects on personal and family functioning. However, factors associated with improvements in the marital relationship, and factors associated with children, did not change, indicating that these may need to be addressed in a separate workshop.
<b>NOTES:</b>	

Campbell, C. L., & Demi, A. S. (2000). Adult children of fathers missing in action (MIA): An examination of emotional distress, grief, and family hardiness. *Family Relations*, 49, 267-276.

<b>N:</b>	20
<b>PARTICIPANTS:</b>	Non-probability (snowball) sample of adult children of MIA fathers from the Vietnam War
<b>METHOD:</b>	Telephone interviews
<b>IV CONSTRUCT:</b>	Gender  Age
<b>IV OPERATION:</b>	Current age  Age at the time of father's MIA status
<b>DV CONSTRUCT:</b>	Emotional distress related to fathers MIA status (intrusion, avoidance)  Grief manifestation (existential loss/emotional needs, guilt/blame/anger, and preoccupation with thoughts of the decease)  Resilience in adult child's family of origin (commitment, challenge, control)
<b>DV OPERATION:</b>	Impact of Event Scale (Horowitz et al., 1979)  Bereavement Experience Questionnaire Short Form (Guarnaccia & Hayslip, 1998)  Family Hardiness Index (McCubbin et al., 1986)
<b>FINDINGS:</b>	This study examined emotional distress, grief, and family hardiness in adult children of MIA fathers using Resiliency Model of Family Stress, Adjustment, and Adaptation (McCubbin & McCubbin, 1996)  Results showed that 25 years after their father went missing, participants still had unresolved grief and emotional distress related to their fathers' MA status. Findings provide support for family hardiness as a strength that facilitated successful family adaptation. In particular, hardiness was associated with less guilt, blame, anger, and less avoidance of thoughts, events and places that stimulated the recall of their fathers' MIA status.
<b>NOTES:</b>	



Busuttil, W., & Busuttil, A. (2001). Psychological effects on families subjected to enforced and prolonged separations generated under life threatening situations. *Sexual and Relationship Therapy, 16*, 207-228.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	Data reviewed includes families of military members, oil workers and commercial airline pilots
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>Looked at the effects of three types of separation on families. Findings are listed under subheading of types of separation detailed in the report.</p> <p>Type I separation: frequent cycles of parting and reunions</p> <p>Wives of military members were as a group depressed, ambivalent, and anergic. Those who were able to cope successfully had the capacity to be alone. The coping behaviour of mothers married to military members was positively correlated with children's behaviour. The children of mothers who coped well had fewer psychologically maladaptive coping behaviours.</p> <p>Among wives of oil rig workers, greater social support during the husband's absence decreases "Intermittent Husband Syndrome" (a cluster of symptoms comprising anxiety, depression and sexual difficulties. Three stereotypical patterns of adaptation were identified: becoming lonely and unable to cope, learning to cope and enjoy one's own interests, and resentment of both the husband's absence and his return.</p> <p>Features of Intermittent Husband Syndrome were also found among wives of commercial airline pilots.</p> <p>Type II separation: separations enforced under threat of death</p> <p>Among wives whose husbands went to war, feelings of anger, hostility and loneliness were common. The threat that their husband may not return creates "anticipatory grief" about the potential death.</p> <p>Type III separation: indefinitely prolonged situation enforced under life</p>

	<p>threatening situations</p> <p>A wife's ability to run the family was most important variable in predicting psychological well-being of the family. Common coping patterns included seeking resolution and expressing feelings, maintaining family integrity, establishing autonomy and maintaining family ties, reducing anxiety, establishing independence through self-development, and maintaining the past.</p> <p>Other findings:  The gradient of symptoms resulting from separation ranges from "Intermittent Husband Syndrome" to severe psychosis and psychiatric PTSD.</p> <p>Maintaining memory of the father during separation promotes dysfunctional coping but helps in healthier reunion.</p> <p>Closing out the father's memory during separation helps with coping but hinders reunification, but it also prepares the family for sudden death.</p>
<b>NOTES:</b>	No studies assessed morbidity of members of non-nuclear families

Schuum, W.R., Bell, B., & Knott, B. (2001). Predicting the extent and stressfulness of problem rumors at home among army wives or soldiers deployed overseas on humanitarian mission. *Psychological Reports*, 89, 123-134.

<b>N:</b>	500
<b>PARTICIPANTS:</b>	Civilian wives of enlisted members from Fort Drum, New York
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	<p>Experience of rumors</p> <p>Family strength</p> <p>Marital satisfaction</p> <p>Family manageability</p> <p>Adaptability to army life</p> <p>Deployment readiness</p> <p>Previous deployment experience</p> <p>Having a confidant</p> <p>Communication</p> <p>Support system</p> <p>Leader supportiveness of families</p> <p>Soldier's rank</p> <p>Spouse's education</p> <p>Deployment condition</p>
<b>IV OPERATION:</b>	<p>Please indicate whether you have experienced the following:</p> <p>(1) Rumors about what is happening in Somalia</p> <p>(2) Rumors about the date of your spouse's return</p> <p>Family strength (Emotional adaptability, marital satisfaction). "How satisfied were you with the way your marriage was going before the deployment to Somalia?"</p>

	<p>Family Manageability Scale</p> <p>Adaptability to Army Life Scale</p> <p>Deployment Readiness Scale</p> <p>Previous Deployment Experience Scale</p> <p>Having a Confidant Scale</p> <p>Communication (use of telephone and regular mail, problems) (two items)</p> <p>Leader Supportiveness of Families Scale</p> <p>Duration of deployment and whether in a remote location in Somalia</p>
<b>DV CONSTRUCT:</b>	Stressfulness of rumors
<b>DV OPERATION:</b>	<p>Use the scale below (1-4) to indicate how stressful this was for you?</p> <p>(1) Rumors about what is happening in Somalia</p> <p>(2) Rumors about the date of your spouse's return</p>
<b>FINDINGS:</b>	<p>The strongest predictor of rumors (as a problem) was the spouse's report of communication problems.</p> <p>Higher rank was associated with fewer rumor problems. The authors suggest that this was probably due to the fact that spouses were more familiar with the system and had better access to accurate information about the deployment. Spouse's education was not related to rumor problems.</p> <p>Family strengths were not related to rumors. The longer the deployment, the more likely rumors were to become a problem, although remoteness of the area was unrelated. Effective unit leadership and family support groups were associated with reduced stressfulness of rumors, as was greater emotional adaptability of the spouse.</p> <p>Mail may increase the stressfulness of rumors, likely because it is a slower method of communication. Reducing communication problems appeared to be the best way to reduce rumor stress, followed by maintaining or improving leaders' supportiveness of families, such that uncertainty and anxiety are alleviated.</p>
<b>NOTES:</b>	

McEvenue, S., & Flemming, S. (2002). *Impacts of deployments on families: A review of recent published research findings*. Directorate of Quality of Life Research Note RN 13/02, Department of National Defence, Ottawa, Canada.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>MEASUREMENT TAKEN:</b>	NA
<b>METHOD:</b>	Annotated bibliography
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This report contains information gathered on impacts of deployment on families of military members. The report identified a number of key areas where past research has focused. Several researchers have studied the effects of military-induced separation on children, and children’s ability to cope with the military lifestyle. Another area of research concerns the impact of greater numbers of women choosing the military as a career and whether there are differences in the impact of maternal versus paternal separation for the child. Several researchers have examined the impacts of military life on the family as a whole, including the coping strategies used by couples to adjust to the stressors of military life. Finally, the report discusses research on the effects of combat experience and PTSD on the family, in terms of, for example, family violence, marital breakdown, family cohesion, and communication, effects which have been termed “secondary traumatisation.”</p>
<b>NOTES:</b>	

Ryan-Wenger, N. (2002). Impact of the threat of war on children in military families. *Journal of Pediatric Health Care*, 16, 245-252.

<b>N:</b>	91
<b>PARTICIPANTS:</b>	Children of active-duty, reserve, and civilian families
<b>METHOD:</b>	Interviews Survey
<b>IV CONSTRUCT:</b>	Type of families
<b>IV OPERATION:</b>	Active-duty, reserve, and civilian
<b>DV CONSTRUCT:</b>	Emotional status Coping strategies
<b>DV OPERATION:</b>	Child assessment interview (Hodges et al., 1982) & children's fear (Ollendick & King, 1991) Revised Children's Manifest Anxiety Scale (Reynolds & Richmond, 1985). Emotional indicators on Human Figure Drawings (HFDs) School Age Childrens' Coping Strategies Inventory (Ryan-Wenger, 1990).
<b>FINDINGS:</b>	<p>This study compared children of active-duty, reserve, and civilian families with respect to their perceptions of war, origin of fears related to war, levels of manifest anxiety, coping strategies, and projection of emotional problems in human figure drawings</p> <p>There was no evidence of a "military family syndrome" (LaGrone, 1978). No differences between children of active-duty, reserve, and civilian families with respect to anxiety were found.</p> <p>No differences were found in terms of number of coping strategies, frequency, and effectiveness among the three groups. However, active-duty children were more likely to use "fight with someone", "day dream" or "bite nails" to cope with stressors while children of reservists were more likely to "do something about it". When asked about the most helpful coping strategy, active-duty children were more likely to say "fight with someone" or "yell or scream".</p> <p>Active-duty children were significantly more likely to state that they worry about what their parent will say to them. These findings may be related to an</p>

	alleged authoritarian parenting style attributed to military families (LaGrone, 1978).
<b>NOTES:</b>	Theoretical frameworks included Lazarus's theory of stress, coping, and emotions as well as Rachman's theory of fear acquisition.

Flemming, S, & McKee, B. (2003). *Op kinetic task force Kosovo quality of life update*. ORD Project Report PR 2003/19. Department of National Defence, Ottawa, Canada.

<b>N:</b>	Phase 1 : > 200 Phase 2 : 94
<b>PARTICIPANTS:</b>	Phase1: CF members deployed to Macedonia and Kosovo (OP KINETIC) Phase 2: CF members and/or their spouses
<b>METHOD:</b>	Phase 1: 14 focused groups; 18 semi-structured interviews with commanders and service providers; Surveys Phase 2: 5 focus groups; Questionnaires
<b>IV CONSTRUCT:</b>	Deployment
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Phase 1: Satisfaction with: (a) general CF QOL; (b) general CCKFOR QOL; (c) pre-deployment strategies; (d) family support; (d) pay and benefits; (e) living conditions; (f) care of injured; (g) clothe of soldier; and (h) equipment suitability. Phase 2: family support from spouses' perspective and post-deployment/ integration strategies
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	This objective of this research was to assess quality of life (QOL) among CF personnel deployed in Macedonia and Kosovo (OP KINETIC). This was accomplished in two phases. The first phase observed the pre-deployment period and QOL in-theatre whereas the second phase assessed the family support provided in Canada during deployment and the effectiveness of post-deployment integration period. In the first phase, a significant minority of the personnel were dissatisfied with their military and in-theatre QOL during the mission as well as with the effectiveness of pre-deployment strategies undertaken prior OP KINETIC, including training and pre-screening. Availability of communications between spouses and families was a major source of dissatisfaction whereas basic living conditions were satisfying. In the second phase, there was no clear consensus among spouses and personnel on what family support services should have been provided during and post-deployment. Some suggest that a standard education and/or counseling should to support family re-integration should be implemented whereas others suggest that these should begin prior deployment.



<b>NOTES:</b>	
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McCreary, D. R., Thompson, M. M., & Pasto, L. (2003). Predeployment family concerns and soldier well-being. The impact of family concerns on the predeployment well-being of Canadian Forces personnel. *The Canadian Journal of Police and Security Services, 1*, 33-40.

<b>N:</b>	180
<b>PARTICIPANTS:</b>	CF personnel preparing for deployment
<b>METHOD:</b>	Survey
<b>IV CONSTRUCT:</b>	Family concerns
<b>IV OPERATION:</b>	Four items assessing time spent away from family, problems in family, communication with family, and concern about impact of deployment on family
<b>DV CONSTRUCT:</b>	Psychological well-being
<b>DV OPERATION:</b>	SIGNS (subset of items from Hopkins Symptom Checklist; Derogatis et al., 1974)
<b>FINDINGS:</b>	Although family concerns reported were at relatively low levels, out of the four items, respondents were most concerned with time spent away from family. Family concerns were associated with all measured dimensions of well-being. Family concerns explained 91% of the variance in depression, 68% of hyper-alertness symptoms, 55% of anxiety, and 60% of somatic complaints. Overall, levels of symptoms reported were relatively low.
<b>NOTES:</b>	The authors note that since the respondents were being deployed to an established mission theatre (Bosnia), reliable communication links with home may explain the low levels of family concerns. As well, members were part of a formed unit, so they and their families would have easy access to Military Family Resource Centers (MFRCs). Family concerns may be higher for augmentees, reservists, or for personnel whose families live far from the base.

Pittman, J.F., Kerpelman, J.L., & McFadyen, J.M. (2004). Internal and external adaptation in army families: Lessons from Operations Desert Shield and Desert Storm. *Family Relations*, 53, 249-260.

<b>N:</b>	1,064
<b>PARTICIPANTS:</b>	U.S. Army families
<b>METHOD:</b>	Survey (structural equation modeling)
<b>IV CONSTRUCT:</b>	<p>Personal and family functioning/coping during deployment</p> <p>Satisfaction with services, unit services, and community services</p> <p>Perceived unit culture</p>
<b>IV OPERATION:</b>	<p>Six-item composite assessing how wives of deployed members felt they managed day-to-day activity.</p> <p>Three-item composite measuring satisfaction with pre-deployment preparation for army members</p> <p>Three-item composite measuring satisfaction with briefings targeted to families</p> <p>Three-item composite measuring satisfaction with information provided about the deployed member while away</p> <p>Three-item composite measuring satisfaction with unit services</p> <p>Three-item composite measuring satisfaction with community services</p> <p>Three-item composite tapping into satisfaction with the support army leaders express towards the family</p> <p>Three-item composite evaluating the extent to which spouses' unit care about families</p> <p>Single item measuring "concern your spouse's unit has for families".</p>
<b>DV CONSTRUCT:</b>	<p>External adaptation</p> <p>Internal adaptation (also predictor of external adaptation)</p>
<b>DV OPERATION:</b>	<p>Four items composite assessing the perceptions of army-related family problems</p> <p>Five item composite assessing satisfaction with army life</p>

	<p>Single item “how much is a problem coping with day-to-day stress”</p> <p>Single item assessing problems when attempting to achieve personal goals within the context of Army life</p> <p>Four-item composite assessing day-to-day functioning</p> <p>Six-item composite measuring marital quality</p> <p>Seven-item composite assessing family problems</p> <p>One single item assessing marriage quality since reunion</p> <p>Three single items assessing difficulties during the reunion phase</p>
<b>FINDINGS:</b>	<p>Satisfaction with services was associated with more positive deployment-period coping. There was no direct link between support services and post-reunion internal adaptation. The use of services directly influenced reports of external adaptation in the post-deployment period. A positive experience with the services provided during the stressful period of a deployment substantially enhanced families’ views of the supportiveness of the local unit culture.</p>
<b>NOTES:</b>	<p>Structural equation modeling was used to test the effects of coping during deployment, use of family support services, and perceptions of the unit culture on family adaptation (internal and external) during the post-deployment period.</p>

Cozza, S. J. Chun, R. S., & Polo, J. A. (2005). Military families and children during operation Iraqi Freedom. *Psychiatric Quarterly*, 76, 371-378.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	Parental deployment, parental injury, and parental death
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>The authors review the current major concerns related to military children as a result of the war in Iraq. They propose that there are three main areas of wartime stress: the deployment of military parents, illness of military parents, and parental death.</p> <p>A number of studies have found increases in anxiety and depression among children whose military parent was deployed during non-wartime, compared to those who did not have a deployed parent. Most of the research on wartime deployment has been conducted during Operation Desert Storm, which was shorter and resulted in fewer casualties than the war in Iraq. Nonetheless, moderate increases in symptoms of psychological distress have been found among children whose parents were deployed to combat areas, and families of those deployed to combat areas were less cohesive than those in which the service member was deployed to a non-combat area.</p> <p>In terms of injuries and psychiatric illness of parents, issues revolve around the nature of the information that parents share with children about the injury (e.g., sharing too much or too little may make it difficult for children to understand the nature of the injury and the implications for the injured parent). The authors also discuss research dealing with the negative impact of PTSD on family cohesion, interpersonal conflict, and problem-solving abilities among families of Vietnam veterans.</p> <p>Finally, children who experienced the death of a parent for any reason are at higher risk for developing psychiatric disorders, although there is no research looking specifically at the impact of war-related parental death on children. The authors point out that the media may serve as the most significant source of stress related to parental death for children. The emotional functioning of the surviving parent, as well as the aftermath of parental death (e.g., dealing with the disruption to routine, possibility of having to leave the military community) are likely to be important factors in determining how children</p>

	deal with parental death.
<b>NOTES:</b>	

Everson, R. B. (2005). *Quality of life among army spouses: Parenting and family stress during deployment to Operation Iraqi Freedom*. Unpublished masters thesis, Florida State University, Florida, United States of America.

<b>N:</b>	205
<b>PARTICIPANTS:</b>	U.S. Army wives of deployed and non-deployed soldiers
<b>METHOD:</b>	Survey (structural equation modeling)
<b>IV CONSTRUCT:</b>	Length of deployment
<b>IV OPERATION:</b>	Spouses married to non-deployed members, deployed for less than 6 months, and deployed for more than six months.
<b>DV CONSTRUCT:</b>	<p>Stressors (“A”)</p> <p>Parenting stress</p> <p>Family stressors &amp; family strains</p> <p>Resources for coping (“B”)</p> <p>Family coping</p> <p>Personal coping</p> <p>Definition/Perception of the event (“C”)</p> <p>Psychological strains &amp; Physiological strains</p> <p>Sense of coherence</p> <p>Crisis (“X”)</p> <p>Quality of life (QOL)</p>
<b>DV OPERATION:</b>	<p>Parental Stress Scale (Berry &amp; Jones, 1995)</p> <p>Family Inventory of Life Events and Changes (McCubbin &amp; McCubbin, 1989; McCubbin &amp; Patterson, 1987)</p> <p>Family Crisis Oriented Personal Evaluation Scales (McCubbin et al., 1987)</p> <p>Coping Scale for Adult Short Form (Frydenberg &amp; Lewis, 1994)</p> <p>Occupational Stress Inventory (Osipow &amp; Spokane, 1987)</p>

	<p>Orientation to Life Scale (Antonovsky, 1987)</p> <p>Generalized Contentment Scale (Hudson, 1982)</p>
<b>FINDINGS:</b>	<p>The researcher tested whether levels of parental stress, family stress, levels of family and personal coping resources, and perception/definitions of events predict quality of life, for individuals whose military spouse/partner had deployed for less than or greater than 6 months.</p> <p>The results indicated that length of deployment was a significant factor in terms of influence of stressors, level of coping, and appraisal of perception factors on the quality of life for this sample of Army spouses. Spouses of members deployed for more than six months displayed greater levels of family stress and lower quality of life than spouses of members deployed for less than 6 months.</p> <p>Path analysis was conducted with LISREL. For the group of spouses with non-deployed members, the greatest total effects on their QOL resulted from well-being and family coping. For the group of spouses with members deployed for less than 6 months, the greatest total effects on their QOL resulted from family coping and family stress. Finally, for the group of spouses with members deployed for more than 6 months, the greatest total effects on their QOL resulted from parental and family stress.</p>
<b>NOTES:</b>	<p>Using the ABCX-model (Hill, 1949; McCubbin &amp; McCubbin, 1996) from family stress and resilience theory, the interactive effect of parenting and family stressors, family coping resources, and the perception of both coping and stressors on overall quality of life in military families were examined.</p>



Huebner, A. J., & Mancini, J. A. (2005). *Adjustments among adolescents in military families when a parent is deployed*. Final report to the Military Family Research Institute and Department of Defense Quality of Life Office. Department of Human Development, Virginia Polytechnic Institute and State University.

<b>N:</b>	107
<b>PARTICIPANTS:</b>	Youth age 12-18 attending camps in summer 2004, who had a deployed parent
<b>METHOD:</b>	Focus groups
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	Focus groups revealed that adolescents demonstrated a great deal of resilience in dealing with the deployments of their military parents. Many exhibited more mature roles during the deployment, such as by taking responsibility for younger siblings and attempting to protect siblings and the parent remaining at home from negative emotions and stress. Many participants reported symptoms of depression and changes in school performance. Those who reported feeling supported by others had more adaptive coping skills and better resiliency. The authors highlight a number of implications, including developing educational materials for parents which include information on adolescent behaviours and emotions across the deployment cycle, and the importance of taking a developmentally appropriate approach to discussing deployment.
<b>NOTES:</b>	

Dandeker, C., French, C., Birtles, C., & Wessely, S. (2006). Deployment experiences of British Army wives before, during and after deployment: Satisfaction with military life and use of support networks. In *Human Dimensions in Military Operations – Military Leaders’ Strategies for Addressing Stress and Psychological Support* (pp. 38-1 – 38-20). Meeting Proceedings RTO-MP-HFM-134, Paper 38. Neuilly-sur-Seine, France: RTO.

<b>N:</b>	50
<b>PARTICIPANTS:</b>	British Army wives and their spouses
<b>METHOD:</b>	Semi-structured interviews
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>Prior to deployment, most wives reported that they did not worry about the demands placed on them due to their military spouse being deployed. Few wives reported asking for help from military sources in preparing for the deployment. Instead, most asked for help from their family and other military wives. During and after the deployment, other military families and work colleagues were the most often used support networks. Most service husbands reported that home life was more important than career. A few husbands thought that the deployment had a negative impact on their marriage, whereas none of the wives thought that this was the case. Approximately 40% of the wives thought that their husband’s career was equally important to home life. Although half of the wives were not happy that their husband was in the Army, most wanted them to stay because of financial security. It was concluded that wives prefer informal to formal sources of support, and they are more tolerant than the soldiers of the demands that the Army places on families.</p>
<b>NOTES:</b>	

Watson Wiens, T., & Boss, P. (2006). Maintaining family resiliency before, during, and after military separation. In C. A. Castro, A. B. Adler, & T. W. Britt (Eds.), *Military life: The psychology of serving in peace and combat. Vol. 3 The military family* (pp. 13-38). Westport, Connecticut: Praeger Security International.

<b>N:</b>	NA
<b>PARTICIPANTS:</b>	NA
<b>METHOD:</b>	Literature review
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>The authors review the literature on family resilience throughout the deployment cycle. Although military separations are challenging for families, they can also serve to strengthen families by increasing their resiliency. Resilience is defined as “the ability to bounce back to a level of functioning equal to or greater than before” (p. 15). Studies have found that brief absences during wartime do not generally have long-term adverse effects on the family, but lengthy separations can have long-term behavioural and emotional effects. Several models have been proposed by researchers to describe the emotional cycle of separation for families, covering the anticipatory pre-deployment period, the period of separation, and the reunion, all of which have unique stressors and require different coping mechanisms. Protective factors identified include flexible gender roles, active coping strategies, and community and social supports. Risk factors include being deployed as an individual service member rather than part of a unit, being young and inexperienced, and having a pile-up of stressors (i.e., normal life stressors that become greater issues because the military member is absent). Preparedness, support groups, having regular communication with the deployed member, and managing homecoming and reintegration issues, are key factors in dealing with the stress of separation.</p>
<b>NOTES:</b>	

## 2.4.2 Studies from Non-Military Populations

Yamashita, M. (1993). Spousal separation and its impact on women's mental health: A study of Japanese corporate transfers. *Journal of Advanced Nursing*, 18, 1515-1523.

<b>N:</b>	28
<b>PARTICIPANTS:</b>	Japanese wives separated from their husbands because of occupational transfer of their husband for at least 3-4 months
<b>METHOD:</b>	Open interviews
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>The major categories identified in the data that were associated with successfully dealing with the separation included: consolidating spousal and family relationships, thinking positively, spending time at work or hobbies, making judgments and decisions, and receiving social support.</p> <p>Wives reported that they had gained confidence and independence as a result of their separations. Wives reported difficulty communicating with husbands due to the husbands' work schedules, as well as financial strain in maintaining two households. Their primary concern was their husbands' health and safety.</p>
<b>NOTES:</b>	

Regehr, C., Dimitropoulos, G., Bright, S., George, S., & Henderson, J. (2005). Behind the brotherhood: Rewards and challenges for wives of firefighters. *Family Relations*, 54, 423-435.

<b>N:</b>	14
<b>PARTICIPANTS:</b>	Wives of firefighters
<b>METHOD:</b>	Qualitative, one-on-one and semi-structured interviews
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This study examined the effect of emergency service work on the spouses of firefighters.</p> <p>The results suggested that physical absences created by shift-work, emotional and physical absences created by camaraderie among firefighters to the exclusion of families, emotional absences stemming from trauma responses, and loss of a certain and secure future when faced with death or injury of other firefighters presented challenges in terms of work-family fit.</p> <p>In the past, social supports available within the firefighting community and the fire service helped families cope with the stressors mentioned above. The authors recommended that the organization assist families in making initial contacts with one another.</p>
<b>NOTES:</b>	

Zvonkovic, A.M, Solomon, C.R., Humble, A.M., & Manoogian, M. (2005). Family work and relationships: Lessons from families of men whose jobs require travel. *Family Relations*, 54, 411-422.

<b>N:</b>	53
<b>PARTICIPANTS:</b>	Families of fishermen and truck drivers with at least one child younger than 18
<b>METHOD:</b>	Focus groups, in-depth face-to-face interviews, and in-depth telephone interviews
<b>IV CONSTRUCT:</b>	NA
<b>IV OPERATION:</b>	NA
<b>DV CONSTRUCT:</b>	NA
<b>DV OPERATION:</b>	NA
<b>FINDINGS:</b>	<p>This paper utilized general systems theory to examine how family relationships are patterned and examined roles and their functions in trucking and fishing families.</p> <p>Three themes emerged from families with husbands who worked at great distances:</p> <p>Men as the driving force of breadwinning families: Women stated that they could not imagine their husbands doing anything else. Husbands' occupation influenced the work their wives did.</p> <p>Women's rewards and burdens: Wives undertook virtually all the family work tasks both traditionally carried out by females or males. For some wives, having their husbands at home was even more stressful because they could no longer follow their own schedule.</p> <p>Emotional connections in families with periodic absence: Finding time to be a husband and father was difficult.</p>
<b>NOTES:</b>	

### 3. Discussion

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Family resilience implies the ability of a family to cope successfully with challenging life events, and involves a process of interactions between risk and protective factors as they relate to a particular outcome. Protective factors may be found at the level of the individual family members, the family unit, and the community (Patterson, 2002b). This annotated bibliography provided an overview of existing review papers and research studies conducted on family resilience. Several models and definitions of family resilience have been presented by researchers.

It is clear that there is a lack of consensus on definitions, measurements, and operationalizations of resilience. For example, at the level of the individual, there has been inconsistency in the conceptualization of resilience as a personal trait, involving stable individual-level variables that confer resistance to the negative effects of stress (e.g., problem-solving skills, sense of mastery), versus a dynamic process involving interaction between the individual and the stressor. Although individual resilience has been a subject of much research, family resilience has also been studied as an entity in itself, and is considered to be greater than the simple sum of the resilience of each individual family member.

Family resilience is conceptualized differently by researchers and practitioners. While practitioners view family resilience as the *capacity* of a family to deal with challenges, researchers tend to view resilience as a *process* involving interactions between risks and protective factors. In the latter case, resilience is a path of adaptation to stress over time, in which families respond to stressors in ways that depend on the context, stage of life, and risk and protective factors present. As is the case with individual resilience, there is debate in the literature about how significant a risk has to be for a family before an outcome can be considered as resilience. As well, there is debate over whether a risk needs to be present at all; that is, whether exposure to a risk is necessary to demonstrate resilience, versus the promotion of It is clear that consensus on the construct of resilience and the terms used to describe it is needed.

It has been suggested that resilience is a multi-dimensional construct. A number of factors associated with family resilience have been measured. For example, resilience in children may be a result of factors such as healthy attachment relationships between parent and child, and good cognitive development. As well, successful adaptation of families depends on work factors, such as the degree of work spillover into family life and perceived support from leaders. The study of resilience in families, and the development of programs to develop family strengths should also take into account social class and ethnicity. In particular, it was found that Caucasian military families drew upon a broader set of individual, family, and community capabilities for successful adaptation, whereas ethnic minorities placed more emphasis on a smaller set of capabilities, including family time together and sense of fit with the military lifestyle. Thus, programs to enhance resilience among families must consider such demographic variables, since emphasizing certain strengths that are known to be important for white, middle-class families may not be relevant for all families.

Factors such as family celebrations, financial management, hardiness, social support networks, and family routines and traditions are critical for the successful adaptation of families to stressors. In addition, belief systems (e.g., making meaning of adversity), organizational patterns (e.g., flexibility, connectedness) and communication processes (e.g., collaborative problem-solving) are all key processes in family resilience (Walsh, 2002). Family resilience must also be considered in terms of the life cycle, since stressors, strengths and sources of support vary across the stages of life.

Military families face unique challenges. In particular, the deployment of a parent, as well as the possibility of injury or death of the parent while on duty, may be stressful for military families. Military experiences can affect families in a number of ways. There is evidence that factors that lead individuals into combat can also make them poor marriage material, that combat causes problems such as PTSD which can increase marital problems, and that combat can intensify preexisting stress or other problems which can then adversely affect marriages. Social support, whether from other military spouses or the organization, are important for family adaptation to deployments and other military-related time away from home. As well, having an optimistic outlook, adequate financial resources, and prior experience with separation are associated with adjustment among spouses of military members.

Although often overlooked, family can have a significant impact on aspects of work (Crouter, 1984). For example, family affects job performance, readiness, and achievements during military deployments (Myklebust, 1999). It has been suggested that future family resilience research focus on providing clear definitions of variables associated with resilience, developing and testing conceptual models for risk and protective processes, and studying families experiencing stress (Patterson, 2002b). For example, future research may focus on the factors that enhance the strength of CF families before, during, and after deployments. Furthermore, in terms of practical applications, programs and services for CF members and their families can focus on identifying and enhancing family strengths and resources rather than problems (Simon et al., 2005). Resilience in families contributes not only to the success of military members, but also to the organization as a whole, and is therefore an important concept for study in the Canadian Forces.



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All families are faced with challenges at one time or another. The military environment, however, presents additional challenges for families. Geographic isolation, postings, frequent time away, high-risk deployments, and unpredictability are unique aspects of military life that put stress on members and their families. The quality of life experienced by families is a key determinant of many outcomes that affect the Canadian Forces (CF) directly. As such, family resilience is a concept of prime importance in the CF. This annotated bibliography reviews work on family resilience in military families and similar populations, as well as in society in general. It presents a comprehensive collection of theoretical frameworks, models, and empirical literature on family resilience.

Un jour ou l'autre, toutes les familles sont aux prises avec des difficultés. Toutefois, le contexte militaire présente des défis additionnels pour les familles. L'isolement géographique, les affectations, les déplacements fréquents, les missions dangereuses et l'imprévisibilité sont des aspects propres à la vie militaire qui augmentent le niveau de stress des militaires et de leur famille. La qualité de vie des familles joue un rôle déterminant quant à de nombreux résultats qui touchent directement les Forces canadiennes (FC). À ce titre, la résilience familiale est extrêmement importante au sein des FC. Cette bibliographie commentée fait le point sur les travaux portant sur la résilience familiale chez les militaires et les populations semblables, de même que dans l'ensemble de la société. Elle présente un recueil détaillé de cadres théoriques, de modèles et de documentation empirique sur la résilience familiale.

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- Coping
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