



ARMY RESILIENCE DIRECTORATE

BEHAVIORAL HEALTH PULSE

FACTSHEET

What is it?

The Behavioral Health Pulse (BH Pulse) is a survey tool that Behavioral Health Officers (BHOs) use to provide commanders with an assessment of behavioral health stressors across their formations, helping commanders to better understand risk factors in their units and to develop a plan for intervention. It consists of a survey, a manual for administering the survey, and a quick reference guide. The BH Pulse, formerly known as the Unit Needs Assessment, was developed at the Walter Reed Army Institute of Research (WRAIR), in conjunction with psychiatrists from the Office of the Surgeon General (OTSG).

How Does It Work?

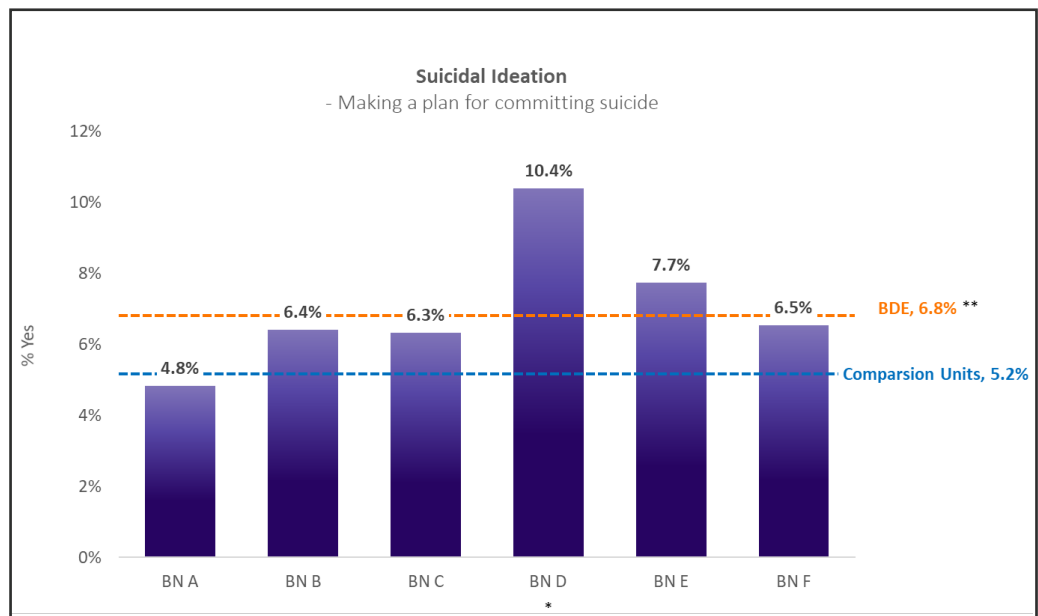
The BH Pulse is a 15–20-minute survey that:

- Is anonymous.
- Is offered through web/mobile or paper/pencil.
- Typically the survey is administered by company.
- It requires a participation rate of 70% of the company.

The survey is administered by Behavioral Health Officers (BHOs) and other authorized staff to brigades, with reports generated for the brigade and subordinate battalions. Commanders can filter content, export content, or compare brigade and subordinate battalions to understand each unit’s risk behavior rate. Roughly 45,000 surveys have been collected with over 20,000 surveys collected digitally during the COVID-19 pandemic.

What Does It Do?

BH Pulse facilitates the analysis of behavioral health (suicidality, depression, anxiety, PTSD), work environment, social relationships, deployments, sexual harassment and sexual assault, interpersonal violence, and other behaviors such as sleep, alcohol use, and unsafe driving. Information gathered from the BH Pulse is used to improve communication, recommend appropriate interventions, target prevention activities, develop risk-reduction strategies, and monitor progress of improvement actions.



For more information contact the Army Resilience Directorate at www.armyresilience.army.mil or @ArmyResilience