

## PREFACE

This field manual (FM) provides information for all leaders and staff on the control of combat stressors and the prevention of stress casualties. It identifies the leaders' responsibilities for controlling stress and recognizing the effects of stress on their personnel. It reviews Army operational doctrine for war and operations other than war. It identifies likely stressors and recommends actions for leaders to implement for the prevention and management of stress. The manual describes the positive and negative combat stress behavior associated with stress and provides leader actions to minimize battle fatigue risk factors. It provides the many different military branches and disciplines with a common conceptual framework, knowledge base, and vocabulary so they work together toward controlling stress. It provides information on how stressors and the stress process interact to improve or disrupt military performance. It identifies the supporting role of special staffs such as the chaplain and the Judge Advocate General. This manual also identifies the responsibilities of medical personnel for prevention, treatment, and management of battle fatigue and stress-related casualties.

The proponent of this publication is the United States (US) Army Medical Department Center and School (AMEDDC&S). Send comments and recommendations on Department of the Army (DA) Form 2028 directly to Commander, AMEDDC&S, ATTN: HSMC-FCD, Fort Sam Houston, Texas 78234-6123.

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Unless this publication states otherwise, masculine nouns and pronouns do not refer exclusively to men.

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## ACKNOWLEDGMENT

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. Third Edition, Revised. Washington, D.C.: American Psychiatric Association, 1987.