



Enhancing Performance Under Stress: Stress Inoculation Training for Battlefield Airmen

Sean Robson, Thomas Manacapilli

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USAF par rescue and combat controllers routinely recover downed or injured military personnel and direct military aircraft in hostile or denied regions. Consequently, to be effective in these careers requires the ability to cope with severe stress. The USAF uses many strategies to ensure that battlefield airmen perform well under stress but one strategy, termed stress inoculation training, has not been fully incorporated as a training element.

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