Global Assessment Tool
(GAT 2.0)
What is it?

• The Global Assessment Tool, or GAT 2.0, is a **confidential, self-assessment tool** through which you are able to confidentially assess your physical and psychological health based the five dimensions of strength: Social, Emotional, Spiritual, Family, and Physical

• Upon completion of the GAT 2.0, you will see how resilient you are in the five dimensions of strength, as well as your RealAge® and feedback on the three elements of the Performance Triad—Sleep, Activity, and Nutrition
  • RealAge® is a metric that looks at your responses to the GAT 2.0 and tells you your biological age compared to your calendar age
  • Performance Triad looks at the three main areas that affect mental and physical performance: Sleep, Activity, and Nutrition
Why should I take the GAT 2.0?

- **Families are the strength of our Soldiers**
  - Knowing how fit and resilient you are, and where you can improve enables you to be strong for those you love most

- **GAT 2.0 is now a truly holistic assessment tool**
  - A variety of questions tell you how resilient you are in the five areas of strength: social, emotional, spiritual, family and physical. For example:
    - Are you eating right?
    - Are you socially connected?
    - Are you sleeping well?
    - Do you need to be more optimistic?

- **GAT 2.0 is for you, and you alone**
  - GAT 2.0 is all about truly knowing yourself – knowing your strengths and areas to improve
  - It is *completely confidential!*
The version of the GAT 2.0 for Family members is comprehensive so that, at the end, you receive results that span across all five dimensions of strength.

Sample questions include:

**Emotional**

<table>
<thead>
<tr>
<th></th>
<th>Not like me at all</th>
<th>A little like me</th>
<th>Somewhat like me</th>
<th>Mostly like me</th>
<th>Very much like me</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can usually fit myself into any situation.</td>
<td></td>
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<tr>
<td>When something stresses me out, I try to solve the problem.</td>
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</table>

**Family**

<table>
<thead>
<tr>
<th></th>
<th>Not at all satisfied</th>
<th>Somewhat satisfied</th>
<th>Neither agree nor disagree</th>
<th>Satisfied</th>
<th>Extremely satisfied</th>
<th>Not Applicable - no family or relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td>How satisfied are you with your marriage/relationship?</td>
<td></td>
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</tbody>
</table>

**Physical**

<table>
<thead>
<tr>
<th>Over the last 30 days, how often did you eat whole grains?</th>
<th>How much sleep do you need (per 24 hour period) to feel fully refreshed and perform well?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circles are marked: Rarely or Never</td>
<td>4 Hours or Less</td>
</tr>
<tr>
<td>1 or 2 Servings per Week</td>
<td>5 Hours</td>
</tr>
<tr>
<td>3 to 6 Servings per Week</td>
<td>6 Hours</td>
</tr>
<tr>
<td>1 Serving per Day</td>
<td>7 Hours</td>
</tr>
<tr>
<td>2 to 3 Servings per Day</td>
<td>8 Hours or More</td>
</tr>
<tr>
<td>4 or More Servings per Day</td>
<td></td>
</tr>
</tbody>
</table>

*The physical dimension covers sleep, activity, nutrition, general health, sports performance, and risk taking attributes.*
What is it?

ArmyFit™ is CSF2’s online assessment and self-development platform for Soldiers, Family members and Army Civilians.

• Self-development resources are tailored to you based on your GAT 2.0 results

• Follow recommended experts and organizations and learn more about the areas in your life that could benefit from their expertise

• Compete in self-improvement challenges
  • Share your improvements with your friends
  • Earn badges with improvement

• Join online health and fitness communities that have a wide range of resources from both the Army and civilian world

• Take advantage of the new Financial Assessment Tool to see how financially resilient you are and how you can improve

• Access Comprehensive Resilience/Performance Modules (CRMs) – short web-based, interactive videos that focus on a wide range of resilience and performance skills
  • Topics range from “Building Your Teen’s Resilience” to “Effective Communication,” “High Performance Nutrition,” and “Goal Setting”
How Do I Join?

Join by following the steps below:

1. Visit [https://armyfit.army.mil](https://armyfit.army.mil)

2. Click the “ArmyFit Login” option

3. **If you have taken the GAT before,** you may use the same username and password

4. **If you have not taken the GAT before,** you can sign up for an account using the link on the page (you must be registered in DEERS in order to sign up)

5. Once logged in, you can take advantage of all the assessment and self-development resources within ArmyFit™!

*Army spouses are strong. ArmyFit™ makes them stronger.*
What’s Next?

Start taking charge of your overall health and wellbeing today!

• Act on the recommendations based on your GAT 2.0 results
• Auto-subscribe to updates and new content relevant to you
• Receive e-mail messages with tips and reminders on how to stay on track with your goals
• Periodically retake the GAT 2.0 to see your improvements over time
So, what are you waiting for?

Get started today:

- **STEP 1**: Go online to https://armyfit.army.mil
- **STEP 2**: Learn your Global Assessment Tool (GAT) score in the five dimensions of strength and discover your RealAge®
- **STEP 3**: Start using ArmyFit™, connect with experts and organizations, build your resilience and enhance your performance
BACK-UP
More than 3.4M GAT assessments have been completed since 2009.
Aggregated data preserves individual confidentiality.
To date, the GAT has been taken mostly by Soldiers.
However, there is a separate GAT for Family with questions tailored to the unique nature of being an Army Spouse.
GAT 1.0 measured the emotional, social, spiritual, and family dimensions.
GAT 2.0 (March 2014) added the physical dimension including the 3 components of the Performance Triad (Sleep, Activity, and Nutrition).
Questions are all based on extensive research in the areas of health, resilience, and performance.
ArmyFit (launched with GAT 2.0) provides self-development resources and tools.
• Optimism
• Work engagement
• Individual strengths
• +/- Coping strategies
• Spirituality (not religiosity)
• Strength of familial relationships
• How well the Army supports families
• Family support for serving in Army
• Trust in unit, leadership, peers
• +/- Affectivity (emotions)
• Strength of friendships
• Catastrophic thinking
• Depression

Life Orientation Scale
Scheier, Carver, & Bridges (1994)

Work as a Calling Scale
Wrzesniewski et al. (1997)
Petterson, Park, & Seligman (2005)

Coping Strategy Scales
Carver, Scheier, & Weutраuβ (1989)
Petterson & Park (In Press)

Original Items
Petterson & Park (In Press)

Military Family Fitness Scale
Directorate of Basic Combat Training Experimentation & Analysis Element Ft. Jackson, SC

Organizational Trust Scales
Mayer, Davis, & Schoorman (1995)
Mayer & Davis (1999)
Sweeney, Thompson, & Blanton (2009)

Brief Strengths Inventory
Peterson & Seligman (2004)

Brief Multidimensional Measure of Spirituality
Fetzer Institute (1999)

Military Family Fitness Scale
Directorate of Basic Combat Training Experimentation & Analysis Element Ft. Jackson, SC

PANAS
Watson, Clark, & Tellegen (1989)

Pessimistic-Optimistic Explanatory Style
Peterson et al (2001)

UCLA Loneliness Scale + Original Items
Russell, Peplau, & Furguson (1978)
Russell, Peplau, & Cutrona (1980)
Petterson & Park (In Press)

Patient Health Questionnaire - 9
Kroenke, Spitzer & Williams (2001)
### What’s new to GAT 2.0?

<table>
<thead>
<tr>
<th>Subscale</th>
<th>Sources</th>
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<tbody>
<tr>
<td><strong>Nutrition</strong></td>
<td>2005 Department of Defense (DoD) Survey of Health Related Behaviors (SHRB) Among Active Duty Military Personnel</td>
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<tr>
<td></td>
<td>Tyson Grier 4th Infantry Division 4th Brigade Physical Training and Injury Pre-Deployment Survey (Dec 2011)</td>
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<td>Various articles from the scientific literature</td>
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<td>Original questions from CHAMP</td>
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<td><strong>Activity / Physical Conditioning</strong></td>
<td>Army Public Health Command (APHC)</td>
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<td>DoD / VA Pain Supplemental Questions</td>
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<td><strong>Lifestyle Behaviors - Sleep</strong></td>
<td>Behavioral Risk Factor Surveillance System (BRFSS) / National Health Interview Survey (NHIS)</td>
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<td>Pittsburgh Insomnia Rating Scale (PIRS-2)</td>
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<td>Article from the scientific literature</td>
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<tr>
<td><strong>Lifestyle Behaviors - Alcohol</strong></td>
<td>The Alcohol Use Disorders Identification Test - Consumption (AUDIT-C)</td>
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<tr>
<td><strong>Lifestyle Behaviors - Tobacco</strong></td>
<td>Various articles from the scientific literature</td>
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<td><strong>Risk Factors</strong></td>
<td>Various articles from the scientific literature</td>
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