* Soldiers in the Treatment condition exhibited better scores on eight of the dimensions/subscales used by the GAT to measure resilience and psychological health (R/ PH).
* The Treatment condition experienced significantly higher rates of growth in R/ PH than the Control condition on four of the dimensions/subscales used to measure R/ PH.
* The treatment had a stronger effect on R/ PH for Soldiers 18-24 years old in comparison to Soldiers over 24 years of age.
* Evidence indicates that the presence of MRT trainers enhances the resilience levels of younger Soldiers.
* There were no moderating effects of gender, leadership, or unit cohesion on the link between MRT training and R/ PH.
* MRT training appeared to be more effective when MRTs had formally implemented training, when they felt prepared to train, and when they felt they had the support of their Command.
* Together the results suggest MRT training and the presence of MRTs within units can enhance the R/ PH of Soldiers.