

Annual Report:

**University of South Florida: Research to Improve Emotional Health and Quality of Life
Among Service Members with Disabilities (RESTORE LIVES)**

Performance Period

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14. ABSTRACT This report provides a description of the Year 1 progress made for the project entitled "Research to Improve Emotional Health and Quality of Life Among Service Members with Disabilities (RESTORE LIVES). There are 5 studies being conducted in this project, and final study protocols are complete for all studies. Institutional Review Board (IRB) submissions are in various stages with most fully approved. Participant recruitment is ongoing for 1 of the 5 studies (Study #2: In-person Accelerated Resolution Therapy (ART) for Psychological Trauma") with the remaining studies nearing the time of participant enrollment and on schedule. To date, 10 of the 80 participants for Study #2 have been enrolled and randomly assigned, and recruitment is proceeding on schedule. The project has received considerable recent press coverage based on the potential of the therapies being studied (e.g. see "Could eye movements be Key to PTSD treatment? – Tampa Bay Online (TBO.com)" http://www2.tbo.com/news/breaking-news/2011/may/23/ptsd-treatment-in-a-day-ar-208993/). No significant expected problems have been experienced to date, and no adverse events have been observed or reported. Multiple federal grant submissions have emanated from the work performed under this project. Budget expenditures to date are consistent with the approved Statement of Work and milestones.					
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1.0 Introduction

This report provides a description of the **Year 1** progress made for the project entitled “*Research to Improve Emotional Health and Quality of Life Among Service Members with Disabilities (RESTORE LIVES)*.” Included is a description of research accomplishments associated with the individual tasks outlined in the approved Statement of Work. At the broadest level, this project has 5 individual sub-studies with the following research hypotheses and expected results:

Substudy #1. *Modular Online Acceptance & Commitment Therapy (ACT) Intervention for OIF/OEF Veterans*

Hypotheses: (i) The web-based ACT program will improve (i) mental health functioning in veterans, as indexed by validated and evidence-based measures of PTSD, anxiety-related distress, depression, and substance abuse; and (ii) quality of life and psychosocial functioning.

Expected Results: Evidence of efficacy for ACT as a non-intrusive, self-paced, web-based therapy for veterans with impaired mental health functioning, distress, and post-deployment adjustment difficulties. These outcomes are expected because the ACT program teaches skills that are broadly applicable to promote resilience and psychological well-being (e.g., mindfulness, acceptance, self-compassion, forgiveness).

Substudy #2. *In-person Accelerated Resolution Therapy (ART) for Psychological Trauma*

Hypotheses: Compared to waitlisted controls, veterans with symptoms of PTSD who receive ART will show greater acute and sustained improvements in self-report measures of PTSD, sleep, depression, anxiety, guilt, hopelessness, and quality of life.

Expected Results: Evidence of efficacy for ART as a novel psychotherapeutic regimen for rapid resolution of symptoms of PTSD.

Substudy #3. *Web-based Mild Traumatic Brain Injury (TBI) Tele-rehabilitation*

Hypotheses: The web-based intervention will be feasible and effective among active duty, veteran, and civilian participants, as defined as follows: (i) participant recruitment and retention will be successful, as evidenced by 80% completion of follow-up; (ii) the web-based intervention will result in increased knowledge of symptoms and self-efficacy, relative to baseline, at immediate follow-up; (iii) relative to the control group, participants will have significantly reduced symptom reporting at 6 month follow-up; (iv) relative to the control group, participants will report significantly enhanced quality of life at 6 month follow-up; and (v) reduction of symptoms will be moderated by presence of PTSD symptoms and degree of self-efficacy.

Expected Results: (i) The web-based protocol for delivering a psycho-educational intervention to reduce post-concussive symptoms following mild TBI will be shown to be feasible and effective; (ii) data obtained will justify funding for a randomized control trial to determine relative efficacy, effectiveness, and cost of various treatment approaches aimed at preventing the endurance and escalation of post-concussive symptoms; (iii) The

VA, military, and private sector will have at their disposal an efficient, inexpensive, portable, user-friendly, and acceptable means to educate and treat individuals suffering with symptoms following mild TBI.

Substudy #4. *Assessment of Base Rates of PTSD, High Risk Behaviors, and Impairment*

Hypotheses: (i) The unmatched count procedure (UCT) will yield more accurate base rates of PTSD, mental health difficulties, and use and abuse of alcohol and controlled substances than those reported in the literature; (ii) Given the stigma associated with endorsing mental health difficulties, underreporting of such behaviors will be greater in active duty relative to veteran samples of military personnel from the Iraq and Afghanistan wars.

Expected Results: Information derived from 1,500 OEF/OIF active duty personnel and veterans will be useful in refining existing early intervention, prevention, and intervention programs, including development of newer programs to more fully meet the needs of active duty military personnel and veterans.

Substudy #5. *Nursing Health Initiative for Empowering Women Veterans*

Hypotheses: This pilot study does not have defined hypotheses, and instead will establish the infrastructure for longitudinal follow-up of a cohort of female veterans with varying levels of stress-induced comorbidities. It is anticipated that the proposed day of recognition and services for female veterans within the Tampa Bay and Sarasota area will result in a wealth of bio-behavioral data on the overall health of female veterans. This venue will be the initial catchment of data collection for what is proposed to be a longitudinal study of the health of female veterans.

Expected Results: (i) Holistic evaluation of life experiences and health status of female veterans; (ii) Appropriate acknowledgement of contributions made by female veterans; (iii) provision of services to female veterans including stress management training, wellness profiling, health risk assessments, screenings for cholesterol, C-reactive protein (CRP), cytokines, stress hormones, nutritional assessment and counseling, massages, facials, pedicures, mental health screening and referral; (iv) job placement services; (v) educational opportunities information and counseling; and (vi) benefits counseling. In addition, this study will collect data on markers of allostasis in these female veterans to help understand their relationships with extreme traumatic experiences, as well as the general health of these women and how they cope with stress.

2.0 Body

This section describes the research accomplishments associated with each task outlined in the approved Statement of Work (SOW). Descriptions are provided overall and for each of the five individual sub-studies.

2.1. Progress for RESTORE LIVES Center as a Whole. Final study protocols are complete for all 5 studies and have been submitted for IRB review (see below). On the basis of the IRB submissions and review comments, protocols have been revised accordingly. IRB submissions are in various stages for the 5 studies with most fully approved – listed below is a summary of progress with additional information provided in the individual study descriptions.

2.1.1. Status of IRB Submissions

Study 1. Modular Online Acceptance & Commitment Therapy (ACT) Intervention for OIF/OEF Veterans.

Approved by SUNY IRB 11/10/10
Approved by USF IRB 4/26/11
Modifications approved by SUNY IRB 6/24/11
Modifications approved by USF IRB 7/7/11
Approved by USAMRMC ORP HRPO 8/9/11

Study 2. In-person Accelerated Resolution Therapy (ART) for Psychological Trauma.

Approved by USF IRB 10/29/10
Modifications approved by USF IRB 4/18/11
Approved by USAMRMC ORP HRPO 4/22/11
Minor modifications approved by USF IRB 6/8/11
Minor modifications approved by USF IRB 6/20/11
Minor modifications approved by USF IRB 8/12/11

Study 3. Web-based Mild Traumatic Brain Injury (TBI) Tele-rehabilitation.

Approved by USF IRB 4/18/11
Approved by Tampa General IRB 6/8/11
Tampa VA R&D Committee Approval 8/17/11
Submitted to USAMRMC ORP HRPO

Study 4. Assessment of Base Rates of PTSD, High Risk Behaviors.

Approved by SUNY IRB 11/10/10
Exempt Certification by USF IRB 4/5/11
Approved by USF IRB 4/26/11
Pending final approval from USAMRMC ORP HRPO

Study 5. Health Initiative for Empowering Women Veterans.

Approved by USF IRB 6/11/11

Approved by USAMRMC ORP HRPO 9/20/11

Minor modifications under review by USF IRB based on USAMRMC feedback

2.1.2. Participant recruitment. Participant recruitment is ongoing for 1 of the 5 studies (#2) with the remaining studies nearing the time of participant enrollment. To date, 10 of the 80 participants have been enrolled and randomly assigned in the study entitled “*In-person Accelerated Resolution Therapy (ART) for Psychological Trauma*”. Recruitment is proceeding on schedule for this study. For all 5 studies, formal recruitment of study participants was not scheduled until Fall of 2011, hence there is no delay in participant recruitment to date.

2.1.3. Website development and maintenance. A Web Developer has been hired and is currently developing content material for substudy #3. In addition, a separate subcontract was established for web development activities for substudies #1 and #4.

2.1.4. Scientific presentations. None to date, although numerous presentations developed to impart information about the 5 studies have been made to organizations that assist veterans. This includes presentations to the Care Coalition of the Special Operations Forces, Healing Heroes, and Military One. In addition, the initiation of Study #2 (In-person Accelerated Resolution Therapy (ART) for Psychological Trauma) has received considerable recent press in the greater Tampa Bay area (see links below).

Congresswoman Castor Briefed on USF Health Research Projects

<http://hscweb3.hsc.usf.edu/health/now/?p=19549>

Could eye movements be Key to PTSD treatment? – Tampa Bay Online (TBO.com)

<http://www2.tbo.com/news/breaking-news/2011/may/23/ptsd-treatment-in-a-day-ar-208993/>

A Possible Cure for Post Traumatic Stress Disorder – News Channel 8

<http://video.tbo.com/v/40534456/a-possible-cure-for-post-traumatic-stress-disorder.htm?q=usf>

2.1.5. Grant development. An internal (USF) grant proposal to help fund additional genetic analyses for substudy #5 was submitted by members of the team -- Drs. Rankin and D'Aoust in March, 2011. In addition, based on the protocol developed for Study #2, an NIH R-21 grant was submitted in September 2011 to evaluate the efficacy of Accelerated Resolution Therapy (ART) for treatment of social phobia. This grant, if funded, will enroll both civilians and veterans in the greater Tampa Bay area.

Treatment of Social Phobia By Use of Accelerated Resolution Therapy

1R21MH097671-01

Submitted to National Institute of Mental Health, Principal Investigator: Kevin E. Kip, Ph.D.

2.1.6. Data safety and monitoring board meetings. None to date given that actual recruitment is just underway for 1 of the 5 studies and that final regulatory compliance and recruitment processes are in progress for the remaining studies.

2.1.7. Scientific advisory group meetings. None to date given that actual recruitment is just underway for 1 of the 5 studies and that final regulatory compliance and recruitment processes are in progress for the remaining studies.

2.1.8. Unexpected problems. The time required to obtain multiple IRB approvals (e.g. (SUNY, USF, TATRC) is challenging in order to minimize project delays. Nonetheless, study development activities have been able to proceed, as scheduled, in the absence of final IRB approvals (i.e. because these activities do not involve participant interaction).

2.1.9. Solutions to unexpected problems. For IRB approvals, rapid response is occurring from the RESTORE LIVES investigators to all comments received from the respective IRBs.

2.1.10. Adverse events. None observed or reported to date.

2.2. Progress for Individual Studies Within the RESTORE LIVES Center

This section describes progress for each individual study of the project.

2.2.1. Study 1. Modular Online Acceptance & Commitment Therapy (ACT) Intervention for OIF/OEF Veterans

2.2.1.1. Protocol completion and revisions. The final study protocol is complete.

2.2.1.2. IRB submissions and revisions. This study requires 3 IRB approvals. The current status is as follows:

- Approved by SUNY IRB 11/10/10
- Approved by USF IRB 4/26/11
- Modifications approved by SUNY IRB 6/24/11
- Modifications approved by USF IRB 7/7/11
- Approved by USAMRMC ORP HRPO 8/9/11

2.2.1.3. Participant recruitment. None to date, although multiple strategies to reach out to veterans for online enrollment have been pursued.

2.2.1.4. Unexpected problems. None, other than trying to minimize the time required for IRB approval from all 3 participating organizations (SUNY, USF, TATRC).

2.2.1.5. Solutions to unexpected problems. Rapid response to all comments received from the respective IRBs. Of note, recruitment of study participants is not scheduled to occur until October 2011. In the meantime, content development and website development and testing is proceeding on schedule and can be achieved in the absence of formal IRB approval.

2.2.1.6. Status of scheduled deliverables.

Deliverable	Due Date	Status
1. Seek all IRB approvals: 2. Extra step added: Scientific Review required 3. University of South Florida (USF), including affiliated VA and veteran groups 4. TATRC - USAMRMC ORP HRPO	December 23, 2010	1)SUNY IRB complete 2)Scientific review complete 3) USF IRB complete 4) TATRC – Approved on 8/9/2011
5. Qualtrics Contract/ Site set-up	June 1, 2011	Transfer Contract to USF and pay second installment complete. Site functioning and interactive with initial phase of online product.
6. IT web design and programming	March 1, 2011	Researched /decided on final IT options, interviewed design firm.
7. Hire on-site Information Technology Specialist to support module creation and audio-visual editing.	May 9, 2011	ITS hired and started.
8. Panoetic Contract / Initial set-up	May 26, 2011	Contract accepted and first invoice paid by USF.
9. Meetings with Panoetic to establish study needs in relation to technical organization of site.	June 2 and 7, 2011	Established communication protocols and discussed user format to create site design parameters.
10. Appoint Research Assistants to maintain filming and editing consistency	March 8, 2011	Two RAs and one GA assigned to learn editing processes and to continue to execute as needed through end of summer 2011.
11. Module Writing	June 8, 2011	Modules 1-4 completed. Modules 5,6 in editing. Modules 7,8,9,10 in progress
12. Module Filming	March, 2011 begin	Modules 1-4 completed, in editing. Balance of modules scheduled through August 2011.
13. Grant Meetings	March - June, 2011	In progress weekly. Now focused on Module creation,

		filming and IT collaboration
14. Marketing contacts	August 2011	Ongoing. Initial key contacts set.
15. Establish Web Host, secure site and domain name registry	June 27, 2011	Approval of site by Panoetic in progress
16. Begin participant tracking organization and payment process	June 1, 2011	In process of establishing payment system through Research Foundation and discussing tracking options with Panoetic and Qualtrics
17. Online Study up and running for test purposes	August 15, 2011	On track to meet milestones

2.2.2. Study 2. In-person Accelerated Resolution Therapy (ART) for Psychological Trauma

2.2.2.1. Protocol completion and revisions. The final protocol including informed consent form was completed on October 27, 2010.

2.2.2.2. IRB submissions and revisions. This study requires 2 IRB approvals. The current status is as follows:

Approved by USF IRB 10/29/10
 Modifications approved by USF IRB 4/18/11
 Approved by USAMRMC ORP HRPO 4/22/11
 Minor modifications approved by USF IRB 6/8/11
 Minor modifications approved by USF IRB 6/20/11
 Minor modifications approved by USF IRB 8/12/11

2.2.2.3. Participant recruitment. A total of 10 participants (out of target sample size of 80) have been recruited and enrolled (all individuals who have been recruited and screened qualified and consented for the study). Recruitment is currently on schedule.

2.2.2.4. Unexpected problems. None to date.

2.2.2.5. Solutions to unexpected problems. N/A.

2.2.2.6. Status of scheduled deliverables.

Deliverable	Due Date	Status
Finalize study protocol and informed consent	Dec 23, 2010	Completed

IRB approval	Dec 23, 2010	Completed
Develop/finalize case report forms and MOP	Dec 23, 2010	Completed and pilot-tested.
Train ART therapists	Dec 23, 2010	Twenty (20) therapists were trained and certified in the greater Tampa Bay Area. In addition, 12 therapists received training on military terminology and culture, as well as formal certification as professional traumatologists.
Develop recruitment materials	March 23, 2011	Completed
Recruit study participants	Dec 23, 2011	In progress
Collect research data	Dec 23, 2011	In progress
Website development and maintenance	October 7, 2012	In progress
Data entry/management	October 7, 2012	In progress
Data analysis	October 7, 2012	Not applicable at this time
Develop presentations, reports, and manuscripts	October 7, 2012	Not applicable at this time
Disseminate study results	October 7, 2012	Not applicable at this time

2.2.3. Study 3. Web-based Mild Traumatic Brain Injury (TBI) Tele-rehabilitation

2.2.3.1. Protocol completion and revisions. The study protocol was finalized during the first quarter of the study.

2.2.3.2. IRB submissions and revisions. This study requires 3 IRB approvals. The current status is as follows:

Approved by USF IRB 4/18/11
 Approved by Tampa General IRB 6/8/11
 Tampa VA R&D Committee Approval 8/17/11
 Submitted to USAMRMC ORP HRPO

2.2.3.3. Participant recruitment. None to date.

2.2.3.4. Unexpected problems. None other than the delay in getting VA approval which was recently obtained.

2.2.3.5. Solutions to unexpected problems. N/A

2.2.3.6. Status of scheduled deliverables.

Deliverable	Due Date	Status
Finalize study protocol and informed consent	December 23, 2010	Completed
Write IRB proposals and seek approvals at the and University of South Florida and Tampa VA R&D	March 23, 2011	Completed
Recruitment and training of post-doctoral fellow	March 23, 2011	Completed; Postdoc Fellow began work on 9/12/2011
Web development and testing	June 23, 2011	Initiated with development activities in progress.
Subject recruitment and treatment implementation	December 23, 2011	Not applicable at this time
Obtain Post-Treatment PCS and satisfaction data	December 23, 2011	Not applicable at this time
Obtain 6-month follow-up PCS data	June 23, 2012	Not applicable at this time
Data cleaning, preliminary data analysis	June 23, 2012	Not applicable at this time
Refinement of treatment for future trial	June 23, 2012	Not applicable at this time
Plan and write funding proposal for randomized controlled trial	October 7, 2012	Not applicable at this time
Disseminate study results and feedback to DoD	October 7, 2012	Not applicable at this time

2.2.4. Study 4. Assessment of Base Rates of PTSD, High Risk Behaviors

2.2.4.1. Protocol completion and revisions. The final study protocol is complete.

2.2.4.2. IRB submissions and revisions. This study requires 3 IRB approvals. The current status is as follows:

Approved by SUNY IRB 11/10/10
 Exempt Certification by USF IRB 4/5/11
 Approved by USF IRB 4/26/11
 Pending final approval from USAMRMC ORP HRPO

2.2.4.3. Participant recruitment. None to date, although multiple strategies to reach out to veterans for online enrollment have been pursued.

2.2.4.4. Unexpected problems. None, other than trying to minimize the time required for IRB approval from all 3 participating organizations (SUNY, USF, TATRC).

2.2.4.5. Solutions to unexpected problems. Rapid response to all comments received from the respective IRBs. Of note, recruitment of study participants is not scheduled to occur until October 2011. In the meantime, content development and website development and testing is proceeding on schedule and can be achieved in the absence of formal IRB approval.

2.2.4.6. Status of scheduled deliverables.

Deliverable	Due Date	Status
1) Seek all IRB approvals: 2) Extra step added : Scientific Review required 3) University of South Florida, including affiliated VA and veteran groups 4) TATRC 1 st submission 5) TATRC sent amendments back to USF/SUNYA 6) Final re-submission approval to TATRC	December 23, 2010 September 2011	1) SUNY IRB complete 2) Scientific review complete 3) USF IRB complete 4) TATRC 1 st submission complete 5) SUNY 2 nd amendment 8/23/11 through September 2011 6) Pending TATRC final approval to start recruitment
7) Qualtrics Contract	June 1, 2011-September 2011	Site functioning and interactive with survey material
8) IT web design and programming	March 1, 2011-September 2011	Panoetic, web design firm, has continued to deliver on expected milestones. Site functioning and interactive with final versions of early modules. Also in process of coordinating design with Qualtrics and SUNYA.
9) Hire on-site Information Technology Specialist to support module creation and audio-visual editing	May 9, 2011-September 2011	ITS ongoing; working on editing and filming modules
10) Panoetic Contract	May 26, 2011	Second invoice/installment paid by USF based on deliverables
11) Meetings with Panoetic to establish study needs in relation to technical organization of site.	June-September 2011	Ongoing discussions regarding user format and site design parameters
12) Update UCT questions based on pilot data of active duty service members (independent pilot project as part of a student dissertation at SUNYA).	July 2011	Completed.
13) Grant Meetings	March – Sept. 2011	In progress weekly.

14) Marketing contacts	August-Sept. 2011	Ongoing. Initial key contacts set
15) Establish Web Host, secure site and domain name registry	June 27, 2011-September 2011	Site in testing phase. Domain names purchased and now integrated and in active use on website
16) Begin participant tracking organization	June 1, 2011-September 2011	Ongoing discussion regarding tracking options with Panoetic and Qualtrics
17) Set up payment process with Research Foundation	September 2011	Participant payment process approved and established through Research Foundation
18) Write Web Content	August-September 2011	Created written content for website and delivered to Panoetic
19) Hire additional staff to support project milestone timeline	September 2011	Two graduate assistants and one outside staff hired and started to assist for coming year
20) Online Study up and running for test purposes	August 15, 2011	Continuing to update and improve as needed. Due to extensive continuing amendments, expected milestone start date of October 8, 2011 for online recruitment is delayed until amendments are approved.

2.2.5. Study 5. Health Initiative for Empowering Women Veterans

2.2.5.1. Protocol completion and revisions. The planning group of faculty members met on a regular basis to finalize the study protocol. A formal contract was established with the firm Chappell-Roberts and the site selected for the Health Fair/Recognition Event is the Museum of Science and Industry (MOSI) which is directly adjacent to the USF campus. All instruments have been selected, and the faculty and staff have worked with Chappell-Roberts to secure vendors, displays, and services.

2.2.5.2. IRB submissions and revisions. This study requires 2 IRB approvals. The current status is as follows:

Approved by USF IRB 6/11/11

Approved by USAMRMC ORP HRPO 9/20/11

Minor modifications under review by USF IRB based on USAMRMC feedback

2.2.5.3. Participant recruitment. None to date, although the Museum of Science and Industry (MOSI) was selected and formalized as the site for the Health Fair/Recognition Event.

2.2.5.4. Unexpected problems. None.

2.2.5.5. Solutions to unexpected problems. N/A.

2.2.5.6. Status of scheduled deliverables.

Deliverable	Due Date	Status
Secure external PR firm to handle planning and PR for event	December 23, 2010	Letter of agreement and services signed and executed with the firm Chappell Roberts (March 2011).
Finalize study protocol and informed consent	December 23, 2010	Completed
Develop MOP	December 23, 2010	Completed with final revisions
IRB approval	December 23, 2010	Approved by USF IRB. Minor modifications under review by USF IRB based on USAMRMC feedback (9/9/2011)
Planning for 1-day recognition and enrollment event	October 8, 2011	In process. One thousand copies of flyer printed and distribution begun. Web site and Facebook page in process.
Develop kiosk based software forms	October 8, 2011	In process. Computer rental secured.
Advertise	October 8, 2011	In Process
Collect research data	December 23, 2011	Not applicable at this time.
Perform biomarker analyses	March 23, 2012	Not applicable at this time.
Setup and manage referral system	June 23, 2012	Not applicable at this time.

3.0 Key Research Accomplishments

- **Substudy #1. Modular Online Acceptance & Commitment Therapy (ACT) Intervention for OIF/OEF Veterans.** Modules 1-4 completed, modules 5,6 in editing, modules 7,8,9,10 in progress.
- **Substudy #2. In-person Accelerated Resolution Therapy (ART) for Psychological Trauma.** Ten (10) study participants enrolled and completing treatment. Brisk recent recruitment is being observed.
- **Substudy #3. Web-based Mild Traumatic Brain Injury (TBI) Tele-rehabilitation.** Web development and testing in final stages of completion
- **Substudy #4. Assessment of Base Rates of PTSD, High Risk Behaviors.** Written content for website created and delivered to Panoetic
- **Substudy #5. Health Initiative for Empowering Women Veterans.** Staffing for event completed, including extensive nursing support from the USF College of Nursing. One thousand copies of flyer printed and distribution begun.

4.0 Reportable Outcomes

- **Substudy #2. In-person Accelerated Resolution Therapy (ART) for Psychological Trauma.** Significant news coverage on the initiation of this study, as listed below:

Congresswoman Castor Briefed on USF Health Research Projects

<http://hscweb3.hsc.usf.edu/health/now/?p=19549>

Could eye movements be Key to PTSD treatment? – Tampa Bay Online (TBO.com)

<http://www2.tbo.com/news/breaking-news/2011/may/23/ptsd-treatment-in-a-day-ar-208993/>

A Possible Cure for Post Traumatic Stress Disorder – News Channel 8

<http://video.tbo.com/v/40534456/a-possible-cure-for-post-traumatic-stress-disorder.htm?q=usf>

Submission of NIH grant application based on protocol developed and therapists trained for Substudy #2:

Treatment of Social Phobia By Use of Accelerated Resolution Therapy (ART)

1R21MH097671-01

Submitted to National Institute of Mental Health, Principal Investigator: Kevin E. Kip, Ph.D.

Submission of Pre-proposal to Defense Medical Research and Development Program based on protocol developed and therapists trained for Substudy #2:

PT110054. Randomized Controlled Trial of Delivery of Accelerated Resolution Therapy (ART) for Post-Traumatic Stress Disorder (PTSD).
Program: Psychological Health and Traumatic Brain Injury Research Program
2011; W81XWH-11-PHTBI-PTSD-IHT-CTA

5.0 Conclusion

Progress for all 5 studies is in line with original proposed timelines, milestones, and research aims. Results from all studies have high relevance and potential clinical and scientific application to service members and veterans who have served in combat-related missions and assignments, particularly with respect to psychological difficulties and related comorbidities. Moreover, this research has high emphasis on reaching out to service members and veterans not currently in the conventional treatment system, including by use of web-based therapies. Thus, the interventions being evaluated offer the potential to significantly improve access to mental health care.

6.0 References

None.

7.0 Appendices

None.