



IMPACT REPORT

Analysis of the military's
perception of PTSD
- Italy -

PTSD



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PROJECT: "RESILIENCE AND INCLUSION FOR THE MILITARY"
2022-1-R001-KA220-VET-000085808

IMPACT REPORT

Of Activity No. 5

Analysis of the perception of post-traumatic stress disorder
in the military environment

-Italy-

Erasmus+ Programme – Strategic Partnership

Project *“Resilience and inclusion for the military”*

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Introduction

Following the completion of the meeting with 25 active military, veterans and military personnel with disabilities from Italy, which had as its main purpose the importance of awareness of post-traumatic stress problems, feedback forms were applied to the participants. These forms were filled in at the end of the activity, with the objective of evaluating the context, the way in which the meeting took place and assessing the usefulness of the activity in the opinion of the servicemen with whom we interacted.

During the meeting, we made a concise presentation of the topic of discussion and underlined its importance in the context of discussions with the military. We have also explained the purpose of collecting feedback and why it is vital to obtain such information.

Another important goal of the feedback forms was to make it easier to connect with the military and encourage them to voice their problems and ask for help when needed. Through this, we aimed to reduce stigma and improve access to mental health services, as well as promote a culture of mental health care among the military.

The feedback questionnaire consisted of five questions, both in closed and open format, giving participants the opportunity to choose the answer options according to their preferences. The open questions were aimed at obtaining additional information, in addition to those already considered by our team.

Collected results

To the questions of the questionnaire, the servicemen gave the following answers:

Question 1

Do you think the information presented was useful for you?

Answers: YES/NO

The following responses were recorded, as shown in Figure 1

82% of people answered YES

18% people answered NO

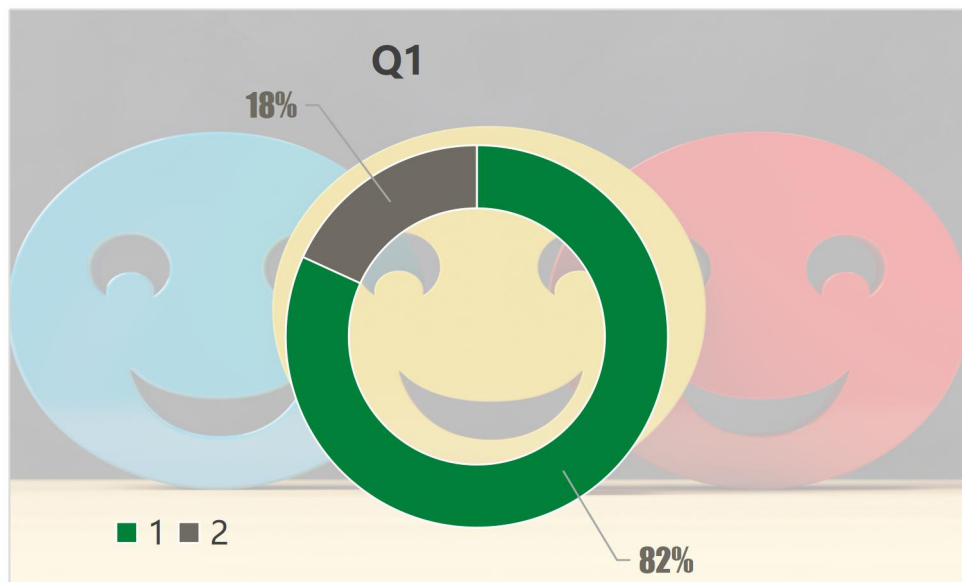


Figure 1. Usefulness of information

Interpret:

The interpretation of the results to the question "Do you think the information presented was useful to you?" is based on the answers received from the participants. Considering these answers, we can conclude that:

- 82% of the people surveyed considered that the information presented was useful for them. This significant percentage indicates that the majority of participants found the information relevant and beneficial in the context of the discussion about post-traumatic stress.
- 18% of the people surveyed answered negatively, indicating that they did not consider the information presented to be useful for them. This may mean that these participants

did not find the content discussed relevant to their specific needs or that they had other expectations regarding the information presented.

It is important to consider that interpretation can be influenced by the specific context of the meeting and the topic of discussion. At the same time, these results can provide clues about the effectiveness and relevance of the information presented, allowing organisers to assess and adjust the approach in future similar activities.

Question 2

Do you think that the intellectual results of the project we will carry out will be useful for you in the future?

Answers: YES/NO

The following responses were recorded, as shown in Figure 2

100% people answered YES

0% people answered NO

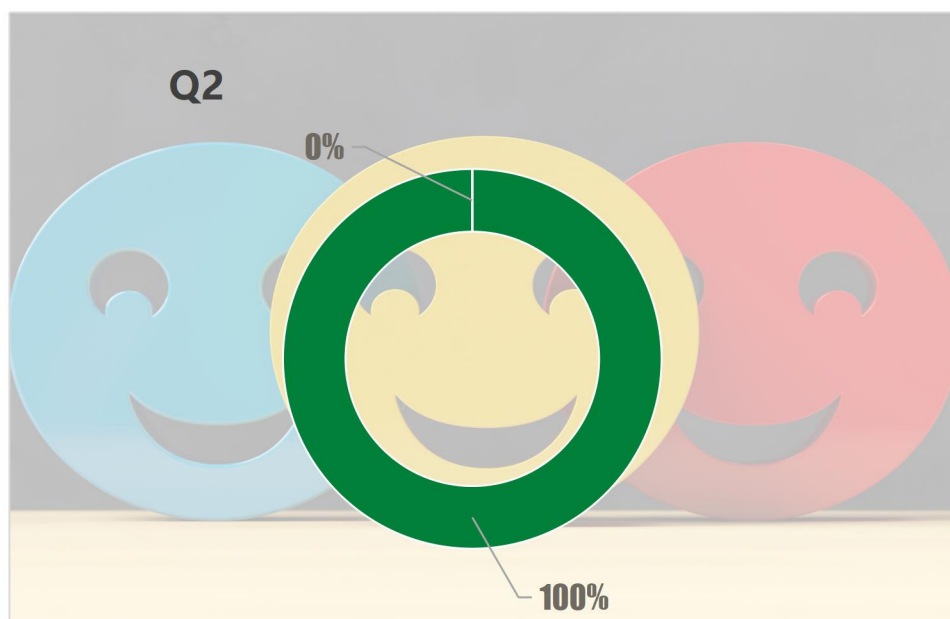


Figure 2. Usefulness of information for the future

Interpret

The interpretation of the results to the question "Do you think that the intellectual results of the project we will carry out will be useful for you in the future?" is based on the answers received from the participants. Considering these answers, we can conclude that:

- 100% of the active military, veterans and members with disabilities surveyed considered that the intellectual results of the project will be useful for them in the future. This significant percentage indicates that all participants have recognized the value and benefits they will derive from the intellectual results of the project.

It is a positive result, as all participants agree that the project results will be useful for them in the future. This suggests that the project has the potential to bring tangible and relevant benefits to the needs and interests of the participants.

The interpretation of the results may indicate that the participants believe that the results of the project will bring them new knowledge, skills or perspectives, which will contribute to their personal and professional development.

These positive results can provide project teams with a confirmation of the relevance and value that the project brings to the participants and can increase motivation and commitment in its implementation.

Question 3

Do you think it would be useful for you to add more information about post-traumatic stress?

This is an open question, which followed the contribution from the military and for information other than what we thought of.

Answers: YES/NO

The following responses were recorded, as shown in Figure 3

75% of people came up with additions that were particularly important for us, regarding the need of the military and what information would be useful for them.

25% of the participants did not provide additions.

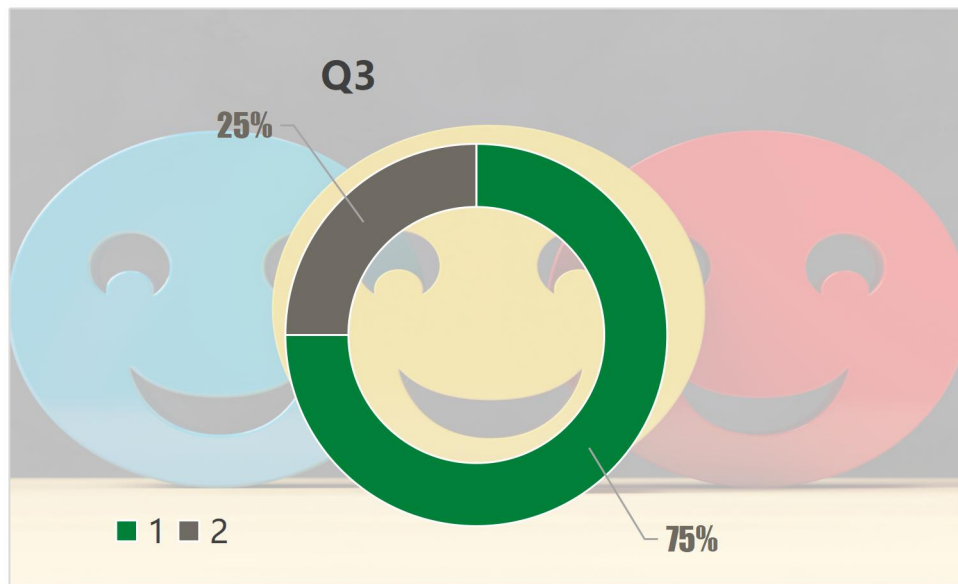


Figure 3. Contributing other information

Interpret

The interpretation of the results to the question "Do you think it would be useful for you to add more information about post-traumatic stress?" is based on the responses received from active military, veterans and members with disabilities. Considering these answers, we can conclude that:

- 75% of the people surveyed provided particularly important and relevant additions for our team. These additions refer to the specific needs of the military and the information they find useful in terms of post-traumatic stress. This significant percentage indicates that the majority of participants felt the need to add additional information and contributed valuable suggestions to improve and complement our approach.
- 25% of the participants did not provide additions to the question. This may mean that these participants had no suggestions or did not consider it necessary to add any information other than what was already discussed. However, it is important to note that this small percentage does not diminish the relevance and importance of the additions provided by those who participated.

Interpretation of the results shows that there is a significant demand and interest from participants to obtain further information about post-traumatic stress. The relevance

of the additions provided by those who answered in the affirmative can be considered as a confirmation of the importance of taking into account the specific needs of the military and of providing additional information to meet these needs.

These results can help to adapt and improve future activities, by taking into account the suggestions and needs expressed by the participants.

These are some of the information filled in by the military:

- ❖ *"It would be helpful to receive information about effective strategies for managing post-traumatic stress in everyday life."*
- ❖ *"I would appreciate additional information about the resources available to access support and help in dealing with post-traumatic stress."*
- ❖ *"It would be helpful for me to learn more about relaxation techniques and exercises that can help reduce the symptoms of post-traumatic stress."*
- ❖ *"I think it would be useful to get information on how we can support a colleague or loved one who is experiencing post-traumatic stress."*
- ❖ *"I would like to better understand the long-term effects of post-traumatic stress disorder and how I can manage them effectively."*
- ❖ *"Information on ways to promote resilience and recovery after post-traumatic stress experiences would be valuable."*
- ❖ *"I would appreciate concrete examples and case studies that illustrate effective healing and coping strategies in the face of post-traumatic stress."*

Question 4

Was the topic of the meeting of interest to you?

Answers: YES/NO

The following responses were recorded, as shown in Figure 4

95% answered YES

5% people answered NO

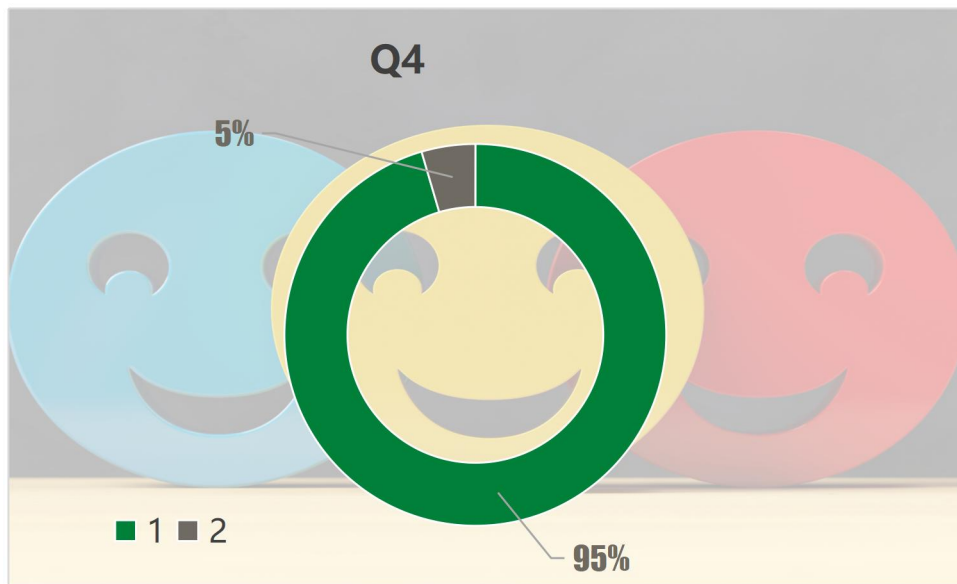


Figure 4. If the meeting was of interest

Interpret

The interpretation of the results to the question "Was the topic of the meeting of interest to you?" is based on the answers received from the participants. Considering these answers, we can conclude that:

- 95% of the people surveyed answered affirmatively, indicating that the topic of the meeting was of interest to them. This significant percentage suggests that the majority of participants found the topic discussed relevant, engaging, and valuable to them.
- 5% of the people surveyed answered negatively, indicating that the topic of the meeting was not of interest to them. This may mean that these participants did not find the topic relevant or interesting for various individual reasons.

Overall, the results indicate that the majority of participants were interested in the topic discussed at the meeting. This may suggest that the topic addressed was pertinent and that it had a significant impact on the participants.

Interpreting the results can provide organizers with a clearer understanding of the impact and relevance of the topic discussed. It can also help identify areas where adjustments or improvements may be needed to better meet the needs and interests of participants.

Question 5

The organization of the meeting was:

Answer options: EXCELLENT/GOOD/MEDIOCRE

The following responses were recorded, as shown in Figure 5:

86% of the servicemen chose the EXCELLENT option

14% of the servicemen chose the GOOD option

0% of the military chose the MEDIOCRE option

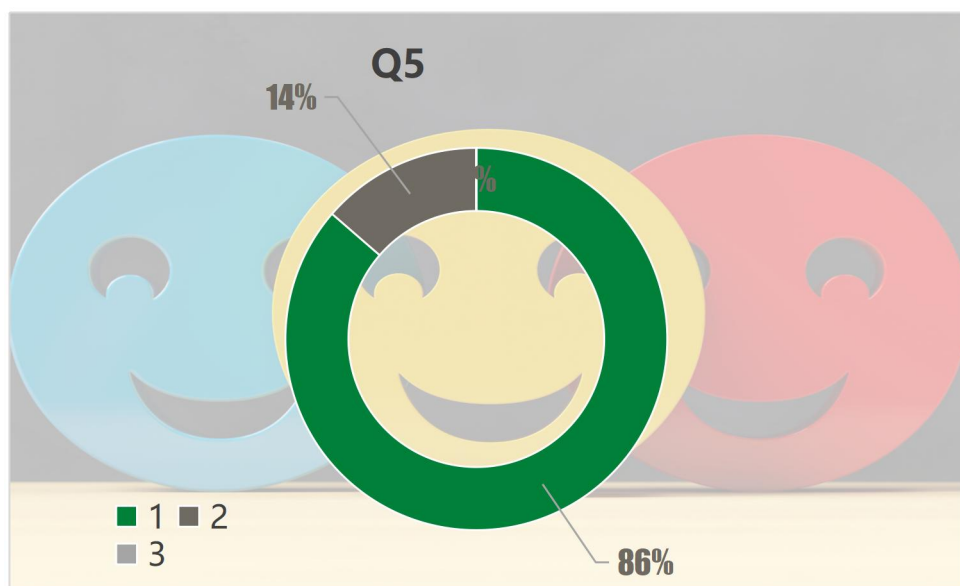


Figure 5. Evaluation of the organization of the meeting

Interpret

The interpretation of the results to the question "Was the organization of the meeting" is based on the answers received from the participants. Considering these answers, we can conclude that:

- 86% of the servicemen rated the organization of the meeting as "EXCELLENT". This significant percentage indicates that most of the participants were extremely satisfied with the way the meeting was organized and considered that it was very well managed and coordinated.

- 14% of the military evaluated the organization of the meeting as "GOOD". This means that a smaller, but still significant, percentage of the participants found the organisation of the meeting to be satisfactory and had a positive assessment overall.

The interpretation of the results shows that most of the participants were very satisfied with the way the meeting was organized, which suggests that the efforts and planning made for the event were effective and met the expectations of the participants.

These positive results can be considered an indicator of the success and quality of the meeting organization and can be used to improve and adjust future similar events based on the feedback received.

Concluding Conclusions and Recommendations

Concluding remarks

The impact report reveals that the meeting with active military, veterans and military personnel with disabilities in Italy, focused on raising awareness of post-traumatic stress issues, had a positive impact and was considered useful and of interest to the participants. The evaluation of the organization of the meeting was largely excellent, reflecting effective planning and coordination. Also, the results of the feedback surveys indicated that the information presented and the intellectual results of the project were considered useful by the participants.

Also, the answers to the open questions highlighted that the servicemen contributed with particularly important additions, providing valuable information about their needs and what other information would be useful in terms of post-traumatic stress. This demonstrates the importance of communication and involvement of participants in the project development process.

Overall, the impact report indicates that the encounter had a positive effect on awareness and management of post-traumatic stress among servicemen. It also shows that the organization and presentation of the information were appreciated by the participants, and the intellectual results of the project are considered valuable for their future.

These findings can serve as a basis for improving and adjusting future similar activities and projects, in order to better respond to the needs and interests of military personnel in terms of post-traumatic stress.

Recommendations

Some recommendations to strengthen and improve the impact of future activities:

- Continuing to address the topic of post-traumatic stress: Given the interest and usefulness identified by the participants, it is recommended to keep this topic as a priority in future activities. Providing in other activities relevant and up-to-date information on the management and prevention of post-traumatic stress, adapted to the needs and context of the military.
- Integrating feedback and participant completions: Capitalizing on the valuable information obtained through participants' additions to open-ended questions. The suggestions and feedback obtained must be taken into account in order to improve and expand the content, so as to better meet the needs and expectations of the military.
- Promoting access to mental health services: Future activities will aim to provide information about available mental health services and promote the importance of seeking help if needed. It will aim to reduce stigma and encourage military members to seek support in managing post-traumatic stress and other mental health issues.
- Improved communication and interaction: Opportunities will be created for military members to express themselves, ask questions, and receive answers to their concerns about post-traumatic stress. The aim will be to promote a constructive dialogue and to provide emotional support and relevant information.

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