IMPACT REPORT

Perception Analysis of Post Traumatic Stress Disorder In the military environment - Romania -

IMPACT REPORT

Of activity number 3

Perception Analysis of Post Traumatic Stress Disorder

In the military environment

- Romania -

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Introduction

The feedback forms were administered at the end of the activity, after achieving the main purpose of the meeting with active military personnel, veterans, and service members with disabilities. During the session, discussions focused on the importance of raising awareness about issues related to post-traumatic stress. The feedback form concerned the context in which the meeting took place, the way it was carried out, information about the usefulness of the activity from the military people I talked to. A brief presentation of the topic of discussion and why it is important in the context of discussion with the military was given and the purpose of feedback and why it is important to obtain it was presented.

Another important objective of the feedback form was to establish a connection with the servicemen and encourage them to talk about their problems and ask for help if needed. This can help reduce stigma and improve access to mental health services, as well as promote a culture of mental health care among the military.

The questionnaire was constructed with 5 closed and open multiple choice questions, from which the participants chose according to their preferences. The open questions were aimed at obtaining information in addition to what we took into account.

Collected results

The soldiers gave the following answers to the questions of the questionnaire:

Question 1

Do you think the information presented was useful for you?

Answer options: YES/NO

The following responses were recorded, as seen in figure 1
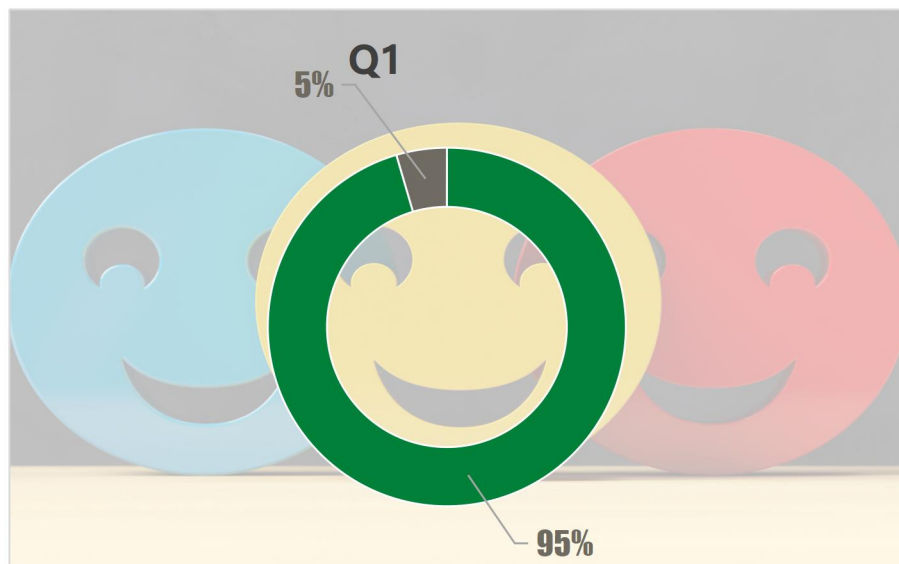
95% people answered YES

5% people answered NO

Figure 1. Usefulness of information

Interpretation

After analyzing the answers, 95% of the participants answered YES, indicating that they found the information presented useful to them. In addition, a small percentage 5% was recorded who chose the option NO, indicating that they did not consider the information presented to be useful. This information suggests that most participants found the information presented during the meeting to be useful. This indicates that the topic discussed and the presentations made were relevant and met the needs and expectations of the participants. It is important to note that one person's negative response can also

provide an opportunity to identify individual needs and improve the approach and content of future meetings. Overall, interpreting the responses can help evaluate the success and impact of a meeting and improve future similar events.

Question 2

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

Answer options: YES/NO

The following responses were recorded, as seen in figure 2

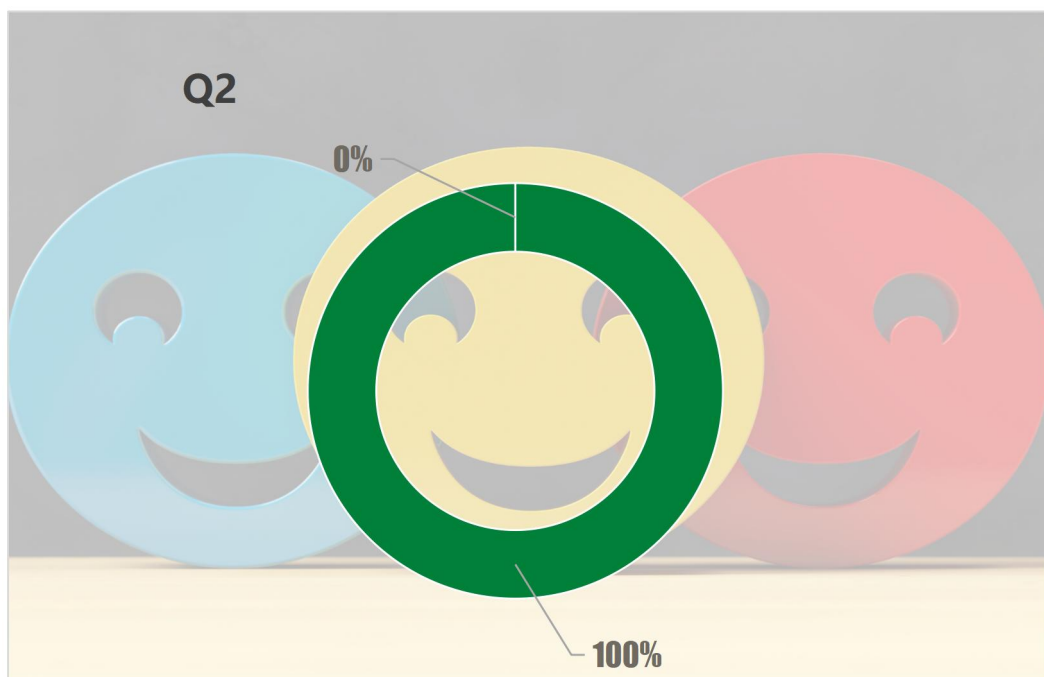100% of the people answered YES.

0% of people answered NO.

Figure 2. Usefulness of information for the future

Interpretation

After analyzing the answers, 100% of people chose the YES option, indicating that the military believes that the intellectual results of the project will be useful for them in the future. Also, no response was recorded that chose the option NO. This information suggests that most participants are confident that the intellectual outcomes of the project

will be useful to them in the future. This can be interpreted as an indication that the project was designed to address the needs and interests of the military. It is important to note that the absence of negative responses may indicate both a high level of interest and enthusiasm for the project, as well as a possible reluctance or reluctance to express negative opinions. Therefore, it is important to continue monitoring and evaluating feedback from participants during the project to ensure that it meets their needs and to identify possible issues and areas for improvement.

Question 3

Do you think it would be useful for you to add more information about PTSD?

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

Answer options: YES/NO

The following responses were recorded, as seen in figure 3

77% of people came up with additions especially important to us, regarding the need of the military and what information would be useful for them.

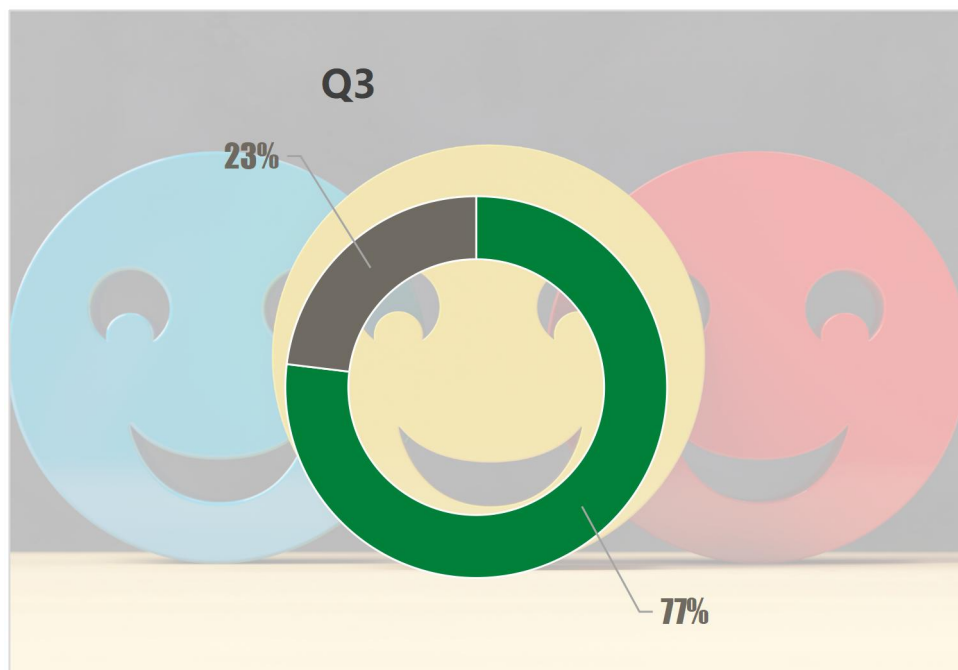23% of participants did not provide any additions.

Figure 3. Contribution of other information

Interpretation

The question, "Do you think it would be useful for you to add other information about post-traumatic stress?", had open answers, which means that the participants were able to express their opinion freely and without being restricted by the answer options predefined. After analyzing the responses, 77% of military personnel who answered this question indicated that they had an opinion about the usefulness of adding additional information about post-traumatic stress. There were also 23% military personnel who answered NO to this question, considering that the information I presented was useful and sufficient. It is important to note that open-ended responses can provide valuable information about the opinion of participants and help identify their needs and concerns. Therefore, it is important to consider and carefully analyze these responses in the process of evaluating and improving the project. Also, the absence of answers to such a question may indicate that the participants found the information presented useful.

This is some of the information filled in by the military:

- ❖ *"I think it would be better to find a way in which post-traumatic stress is not seen as a shame/problem/taboo subject. Most of us are afraid to say we have a problem/symptom".*
- ❖ *"It would be really useful to raise awareness about the danger presented by PTSD".*
- ❖ *"Very useful and with more transparency"*
- ❖ *"Anything is welcome"*
- ❖ *"Yes, more information can be useful, especially for units with soldiers participating in TC".*

Question 4
Was the meeting topic of interest to you?
Answer options: YES/NO
The following responses were recorded, as seen in figure 4
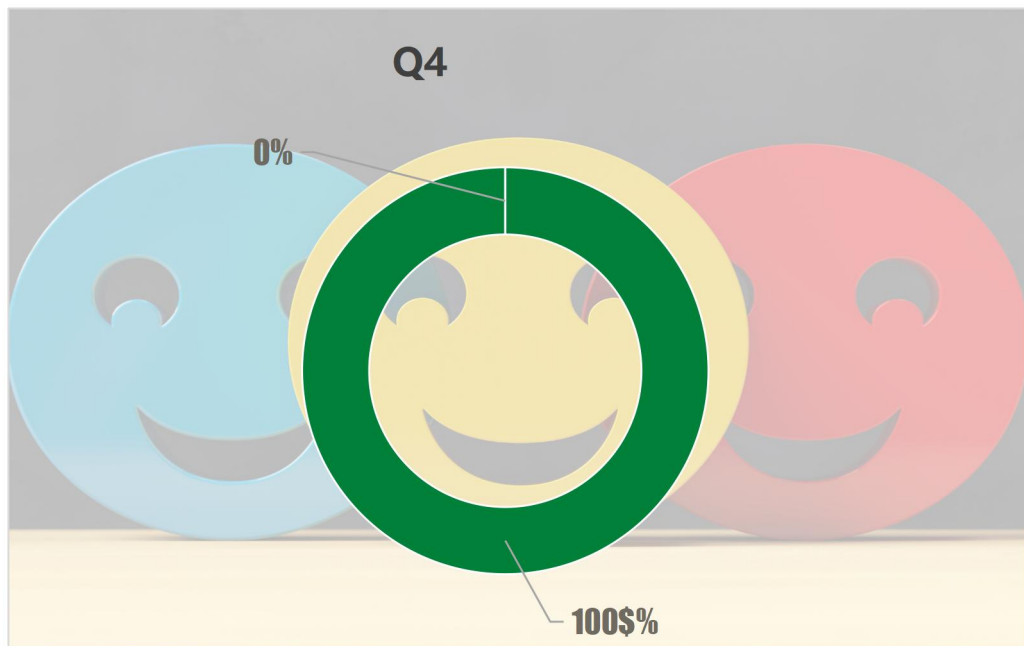100% people answered YES
0% people answered NO

Figure 4. If the meeting was of interest

Interpretation

Following the analysis of the answers, 100% of military personnel chose the YES option, indicating that the topic of the meeting was of interest to them. No response was recorded that chose the option NO.

This information suggests that the topic discussed during the meeting was of interest to most of the participants. This can be interpreted as a sign of the topic's relevance to the participant group and may indicate potential interest in similar topics in the future. Although the absence of negative responses can be a positive sign, it is important to also consider minority views and identify possible needs or concerns of participants that were not expressed. Therefore, it is important to provide opportunities for feedback and closely monitor the feedback of participants throughout the meeting and afterwards.

Question 5

The organization of the meeting was

Answer options: EXCELLENT/GOOD/MEDIOCRE

The following responses were recorded, as seen in figure 5

77% of the military chose the EXCELLENT option

23% of the military chose the GOOD option

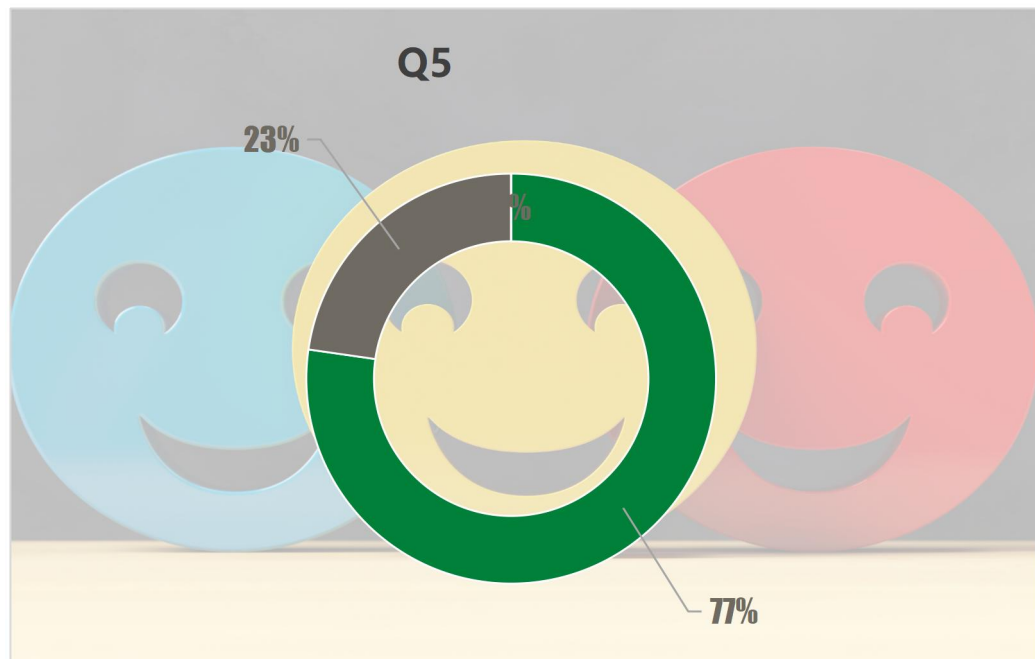0% of the military chose the MEDIUM option

Figure 5. Appreciation of meeting quality

Interpretation

Following the analysis of the responses, 77% of the military personnel chose the EXCELLENT option, indicating that they were very satisfied with the organization of the meeting. There were also 23% of military personnel who chose the GOOD option, indicating that they were generally satisfied with the organization. No response was recorded as choosing the option MEDIUM, which suggests that most participants were satisfied with the way the meeting was organized. This information suggests that the organization of the meeting was well received by the majority of the military and that we were able to meet their expectations in terms of organization. It is important to consider positive feedback and identify what worked well in the organizing process so that it can be replicated in the future. Also, negative feedback, if any, can help improve the organization of future meetings and ensure that the needs and expectations of participants are met.

Final conclusions and recommendations

In question 1 "*Do you consider that the information presented was useful for you?*", most of the participants considered the information presented as useful, which suggests that the topic discussed was relevant and met the needs and expectations of the participants. The recommendation is to continue to provide relevant and useful information in future meetings and to ask for regular feedback to assess their impact and effectiveness.

For question 2: "*Do you believe that the intellectual outputs of the project that we will develop will be useful for you in the future?*", the majority of active military personnel, veterans, and service members with disabilities expressed confidence that the project's intellectual outputs would be beneficial to them in the future. The bottom line is that the project was designed to meet the needs and interests of the participants. The recommendation is to monitor and evaluate participants' feedback during the project and to identify possible problems and improvements.

For question Q3: "*Do you think it would be useful to include additional information about post-traumatic stress?*" - The open responses provided by active military personnel, veterans, and service members with disabilities are valuable in identifying their needs and concerns regarding the topic discussed. The bottom line is to consider the views of the participants and adapt the topic and content of the meeting accordingly. The recommendation is to continue to provide opportunities for feedback and to closely monitor the feedback of participants. In addition to monitoring participant feedback, further research would be useful to identify the most relevant and useful PTSD information that could be included in future meetings. Focus groups or individual interviews can also be organized to explore more deeply the needs and concerns of the participants.

In question 4: "*Was the topic of the meeting of interest to you?*", most participants considered the topic discussed to be of interest, which suggests that it was relevant and responded to their needs and interests. The conclusion is that similar topics can be included in future meetings to maintain the interest and commitment of the military. The recommendation is to continue to provide relevant and interesting topics. It could be useful to organize periodic meetings or workshops to provide updated information and

approaches and to respond to the concerns of participants. Participants can also be encouraged to suggest topics and approaches that could be included in future meetings.

In question 5: "*The organization of the meeting was:*", the majority of active military, veterans and disabled military were satisfied with the organization of the meeting, suggesting that their expectations regarding the organization were met. The conclusion is that the same level of organization can be continued.

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