



IMPACT REPORT

Expert debate on symptoms of
post-traumatic stress disorder

- Romania -



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PROJECT: "RESILIENCE AND INCLUSION FOR THE MILITARY"

2022-1-R001-KA220-VET-000085808

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Of activity number 2

Expert debate on symptoms of post-traumatic stress disorder

- Romania -

Erasmus+ Programme – Strategic Partnership
Project “Resilience and inclusion for the military”
2022-1-R001-KA220-VET-000085808

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Introduction

Post-traumatic stress disorder (PTSD) is a serious and complex problem affecting many military personnel following traumatic experiences encountered in theaters of operations. Addressing this topic requires a thorough understanding and cooperation between experts from various fields. In this context, meetings between specialists are essential to facilitate the exchange of information, share good practices and identify effective solutions to support servicemen affected by PTSD.

In order to ensure the efficiency and usefulness of these meetings, it is important to obtain feedback from the participants regarding the issues covered and the quality of the discussions. Thus, the use of feedback forms proves to be an essential tool in this process. These forms allow organizers and experts to get the views of those involved, identify strengths and areas that need improvement, and adjust the strategies and methods used in future meetings.

The feedback forms aimed to collect information about:

1. The clarity of the objectives of the meeting and their relevance in the context of post-traumatic stress in the military.
2. The quality of the presentations and materials used in the meeting, as well as the effectiveness of the communication methods.
3. The level of engagement and collaboration between participants, as well as the general atmosphere of the meeting.
4. The relevance and usefulness of the information and solutions discussed for addressing the issue of SPT among the military.
5. Suggestions for improving future meetings and strengthening collaboration between experts.

In addition to specific questions, the meeting also involved open discussion, which allowed participants to highlight issues that were not covered in the standard questions. Thus, the analysis of the collected feedback will contribute to the continuous improvement of meetings and to the development of effective strategies to combat post-traumatic stress among soldiers.

Collected results

The experts gave the following answers to the questions of the questionnaire

Question 1. Was your participation as an expert useful at the meeting of this international project?

Answer options: YES/NO/I DON'T KNOW

The following responses were recorded, as seen in Figure 1

100% people answered YES

0% people answered NO

0% people answered I DON'T KNOW

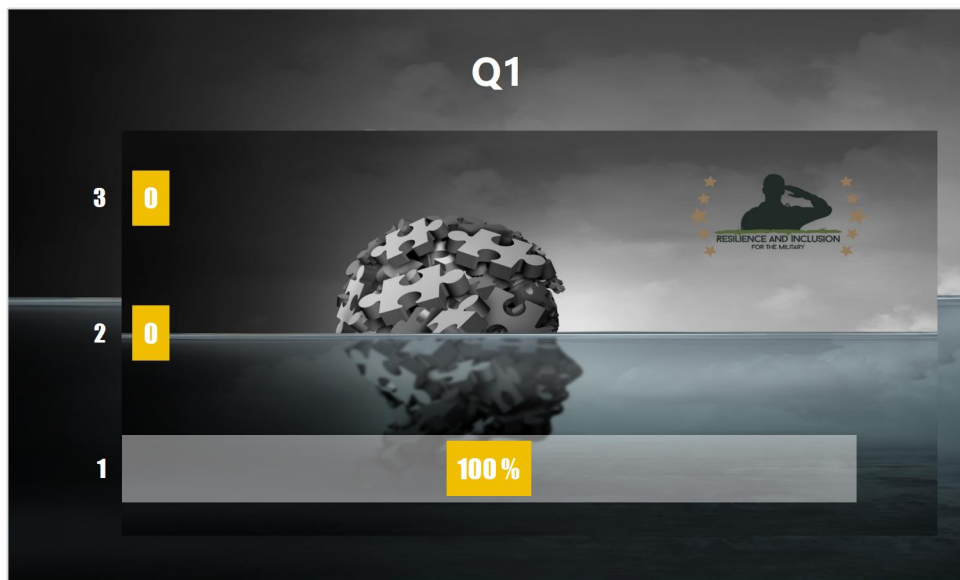


Figure 1. Utility of meeting attendance

Interpretation

The results of the answers to the question "Was your participation as an expert useful at the meeting of this international project?" indicates a high level of satisfaction and usefulness perceived by experts in the meeting. According to Figure 1, all people (100%) answered "YES", which suggests that the experts considered their participation in the meeting

beneficial and relevant. There are no "NO" or "I DON'T KNOW" answers, which indicates a lack of dissatisfaction or uncertainty among the participants.

These results may suggest some positives about the meeting:

1. The objectives of the meeting were clear and relevant to the participants.
2. The presentations and materials used in the meeting were of high quality and informative.
3. Participants had the opportunity to actively engage in discussions and share their knowledge and experience.
4. Collaboration between experts was effective and contributed to the creation of a productive work environment.
5. The experts found solutions and applicable ideas in the context of post-traumatic stress in the military.

Question 2. Do you think that after the debate we have enough information about post traumatic stress to be used in the project?

Answer options: YES/NO/I DON'T KNOW

The following responses were recorded, as seen in figure 2

100% people answered YES

0% people answered NO

0% people answered I DON'T KNOW

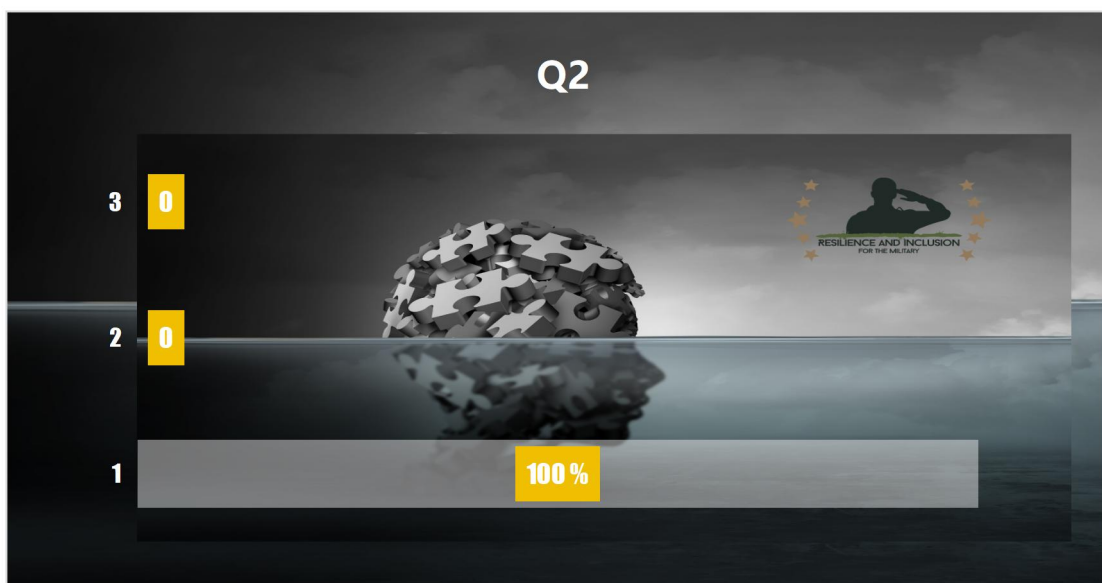


Figure 2. Sufficient information about PTSD

Interpretation

The results of the answers to the question "Do you think that after the debate we have enough information about post-traumatic stress to be used in the project?" suggests a high level of confidence in the information obtained during the meeting between the experts. Figure 2 shows that 100% of people answered "YES", which indicates that the participants believe that the debates and discussions were relevant and detailed enough to be applied in the project.

No "NO" or "DON'T KNOW" responses were recorded, indicating that the experts did not identify significant gaps in their knowledge of post-traumatic stress in military personnel after the encounter. This result suggests that the meeting was effective in strengthening the participants' understanding of the topic and providing useful information for the project.

However, it is important to maintain a critical approach and remain open to the possibility that new information or research may emerge during the project.

Question 3. Consider the PTSD discussions were:

Answer options: COMPLETE/VERY GOOD/SATISFIED

The following responses were recorded, as seen in figure 3

80% people answered - complete

20% of participants answered - very good

0% of participants answered - satisfactory

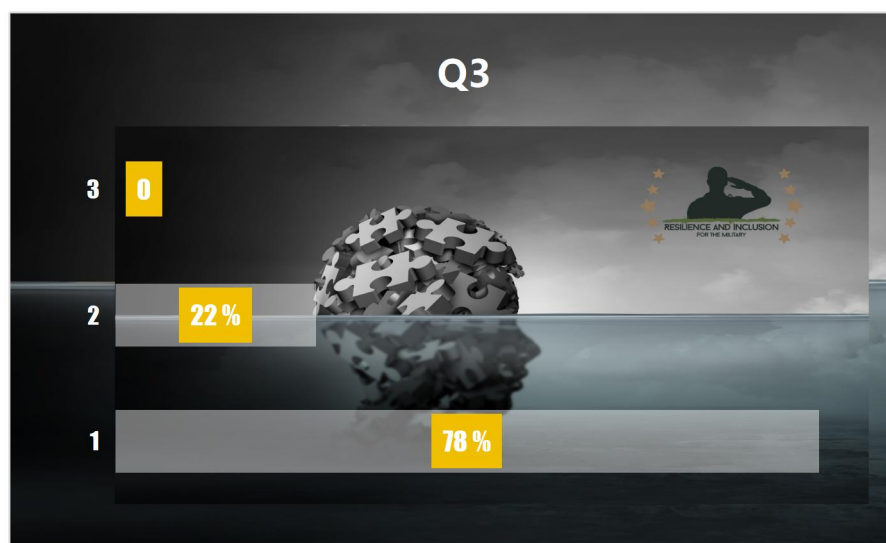


Figure 3. How were the discussions about post traumatic stress

Interpretation

The results of the answers to the question "Do you think that the discussions about post-traumatic stress were:" indicate a positive perception of the experts regarding the quality of the discussions in the meeting. Figure 1 shows that the majority of participants (80%) considered the discussions "complete", while 20% rated the discussions as "very good". There were no "satisfactory" responses, suggesting that the experts did not identify major problems or areas that needed improvement in discussions about post-traumatic stress.

These results suggest the following positive aspects of the meeting:

1. The discussions were detailed and covered a wide range of issues related to post-traumatic stress in the military.
2. Participants were encouraged to share opinions, experiences and knowledge, creating an environment of collaboration and openness.
3. The quality of the information presented and discussed was perceived as high, providing a solid basis for addressing the issue of post-traumatic stress in the project.

Question 4. How do you rate the organization of the meeting?

Answer options: EXCELLENT/VERY GOOD/GOOD

The following responses were recorded, as seen in figure 4

100% people responded - EXCELLENT

0% people answered - VERY GOOD

0% people answered - GOOD

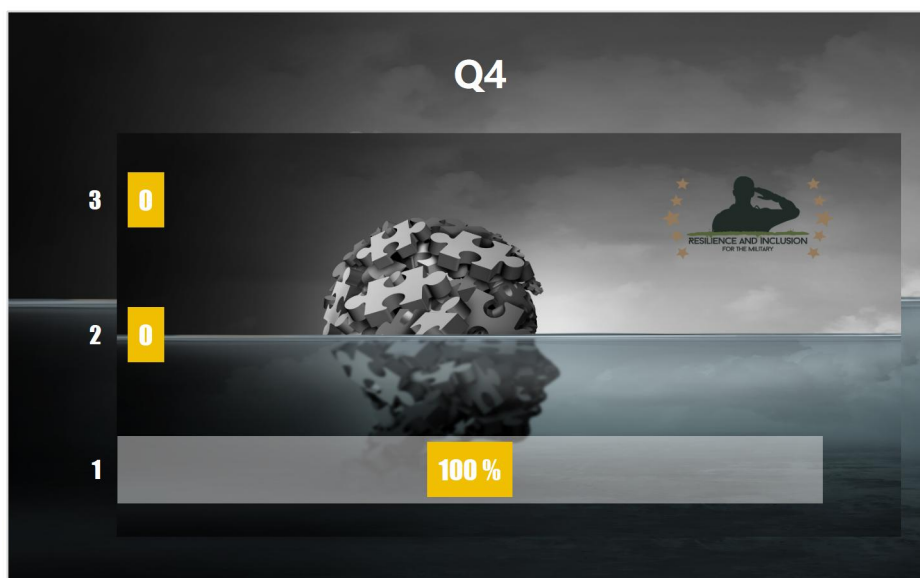


Figure 4. Organization of the meeting

Interpretation

The results of the answers to the question "How do you rate the organization of the meeting?" indicates an extremely positive perception of the experts on how the meeting was organized. Figure 4 shows that all participants (100%) rated the organization of the meeting as "excellent". There were no "very good" or "good" responses, which suggests that the experts did not identify problems or aspects that required improvement in terms of organization.

These results may suggest the following positive aspects related to the organization of the meeting:

1. The planning and preparation of the meeting was well thought out and implemented.
2. The agenda of the meeting was clear and structured, facilitating the smooth progress of the discussions and presentation sessions.
3. The necessary resources and materials were made available in an efficient and accessible way.
4. Communication before, during and after the meeting was effective, ensuring that participants were properly informed and had the opportunity to express their ideas and feedback.
5. The logistics and facilities (if the meeting was held in person) were adequate and contributed to a comfortable and conducive environment for discussion.

The results of this feedback are very encouraging and suggest that the meeting was an organizational success. However, it is important to strive to further improve the organization of future meetings, taking into account the suggestions resulting from the meeting.

Question 5. Would you participate in another international project?

Answer options: YES/NO/ if the topic of the project suits me

The following responses were recorded, as seen in figure 5

50% of people chose the option YES

0% of the participants chose the option NO

50% of the participants chose the option - if the topic of the project suits me

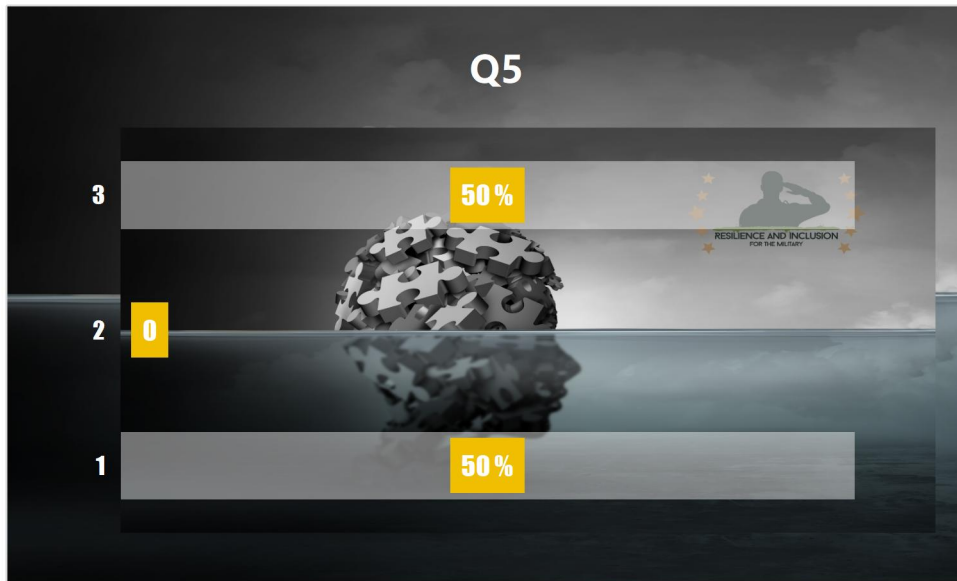


Figure 5. Participation in other Erasmus projects

Interpretation

The results of the answers to the question "Would you participate in another international project?" indicates a general openness of experts to get involved in other international projects. Figure 5 shows that 50% of people chose the "YES" option, while 50% of the participants chose the "if the project topic suits me" option. There were no "NO" answers, which suggests that the experts did not have a negative experience in the current project that would discourage them from getting involved in future international projects.

These results may suggest the following aspects:

1. The participants had a positive experience in the meeting and the project, which makes them open to collaborating with other international teams in the future.
2. Experts recognize the value of collaboration and knowledge exchange within international projects.
3. Some experts are interested in participating in other international projects depending on the relevance of the topic to their own experience and field of expertise.

These results are encouraging and suggest that the meeting and the project were well organized and had a positive impact on the participants. However, it is important to take into account the interests and areas of expertise of experts when inviting them to participate in future international projects to ensure an efficient and beneficial collaboration for all involved.

Question 6. Do you feel you have received the necessary information prior to the meeting to be able to organize and attend the meeting?

Answer options: YES/NO/PARTIALLY

The following responses were recorded, as seen in figure 5

100% of people chose the option YES

0% of people chose the option NO

0% of people chose the option PARTIALLY

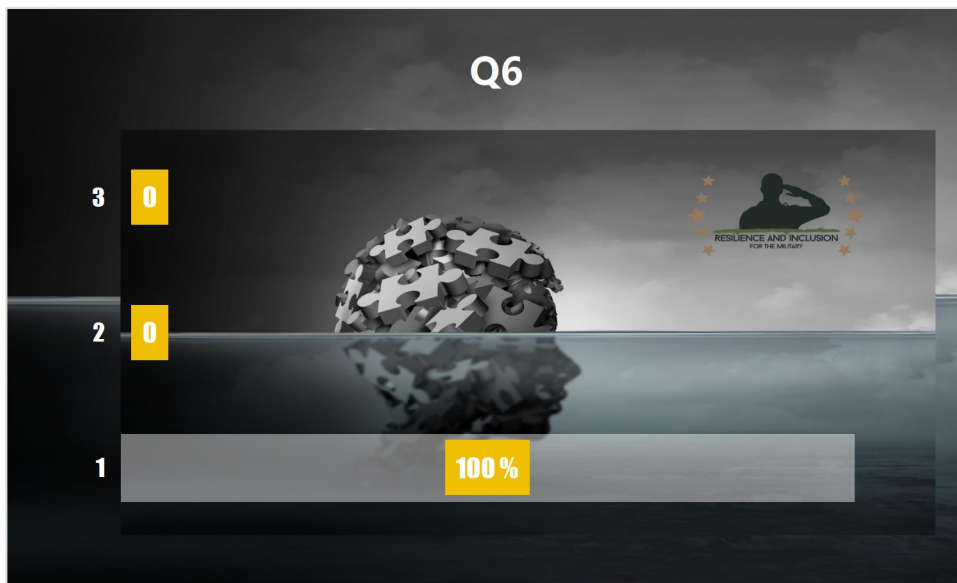


Figure 6. Relevance of post-meeting information

Interpretation

The results of the answers to the question "Do you consider that you received the necessary information before the meeting, in order to be able to organize and present yourself at the meeting?" indicates a high level of satisfaction with pre-meeting communication and information provision. Figure 5 shows that 100% of people chose "YES", which suggests that the participants received all the necessary information to properly prepare and participate in the meeting. There were no "NO" or "PARTIAL" responses.

These results may suggest the following positive aspects:

- 4. Pre-meeting communication was effective and clear, ensuring that experts were informed of the objectives, agenda and other relevant details.
- 5. The materials and resources needed to prepare for and participate in the meeting were provided in an accessible and timely manner.

6. Experts have had sufficient time and information to prepare and organize their presentations and contributions to discussions.

The results of this feedback are very encouraging and suggest that the meeting was a success in terms of communication and participant preparation. Thus, it is important that we maintain these high standards of communication and strive to further improve the process of informing participants for future meetings and projects.

Final conclusions and recommendations

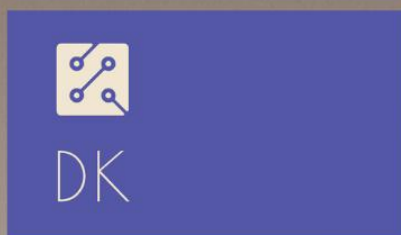
Conclusions

The analysis of the responses to the feedback questions indicates a general positive perception of the experts regarding the meeting and the international project. Participants favorably evaluated the quality of post-traumatic stress discussions, meeting organization, pre-meeting communication and openness to participate in other international projects. The results suggest that the meeting was a success in terms of topic relevance, collaboration, communication and logistics.

Recommendation

- We will continue to maintain high standards of communication and provision of information prior to future meetings to ensure adequate preparation and active participation of participants.
- We will take into account participants' interests and areas of expertise when inviting them to participate in future international projects to ensure an efficient and beneficial collaboration for all involved.
- We will continue to promote an open and collaborative environment at the meetings, encouraging participants to share opinions, experiences and knowledge.
- We will constantly monitor the progress and success of meetings and projects by collecting and analyzing feedback from participants to identify potential areas for improvement and adapt strategies and approaches accordingly.
- Depending on the results of the feedback, we will consider organizing additional workshops, training sessions or other events to address issues that require further attention or depth within the project.

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