



IMPACT REPORT

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

PTSD



Co-funded by
the European Union

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

IMPACT REPORT

Of Activity No. 7

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

-Cyprus-

Erasmus+ Programme – Strategic Partnership
Project *“Resilience and inclusion for the military”*
2022-1-Ro01-Ka220-Wet-000085808

Partners:

DIGITAL COMPASS - Bucharest, Romania

I.V. International - Foggia, Italy

Organization for Promotion of European Issues - Paphos, Cyprus

BUMIR - Bucharest, Romania

Material produced with the financial support of the European Union. The content of this material is the sole responsibility of the authors, and the National Agency and the European Commission are not responsible for how the content of this information will be used.

Introduction

The purpose of this report is to analyze the perception of post-traumatic stress disorder (PTSD) in the military environment in Cyprus, with the help of feedback collected from 25 active military, veterans and military personnel with disabilities who attended a meeting to discuss this topic. The meeting focused on the following important topics:

1. What does it mean to work in the military?

This theme aimed to collect information about the general working environment of the participants, their daily routine and the nature of their operations. Understanding these factors would help assess how the military work environment impacts soldiers.

2. What does presence in theaters of operations represent?

This topic focused on participants' perspectives and experiences while working in theaters of operations, including their challenges, coping mechanisms, and personal experiences.

3. How high is the degree of stress when you are on a mission?

Stress is a common experience among military personnel, especially when deployed. This topic aimed to identify the factors that contribute to stress and how it manifests itself in different people.

4. How much do you know about post-traumatic stress disorder?

By assessing participants' knowledge of post-traumatic stress disorder, this topic aimed to identify knowledge gaps and misconceptions that need to be addressed in order to improve strategies for preventing and managing post-traumatic stress disorder.

5. Have you ever had symptoms of post-traumatic stress?

PTSD symptoms can vary from person to person. This topic aimed to identify common symptoms among participants, including sleep difficulties, flashbacks, and anxiety, among others.

6. Have you had post-traumatic stress disorder?

This topic aimed to identify participants who had previously been diagnosed with PTSD and gather their views on management strategies that were effective

7. Do you currently have post-traumatic stress disorder?

Finally, participants had the opportunity to reveal whether they are currently living with PTSD and provide information about the prevalence of this disorder in the military.

The feedback collected from the participants of this meeting will be used to assess the current state of awareness and management of PTSD in the military environment in Cyprus. It will also serve as the basis for future efforts to improve strategies for preventing and managing PTSD.

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

83% of people answered YES

17% people answered NO

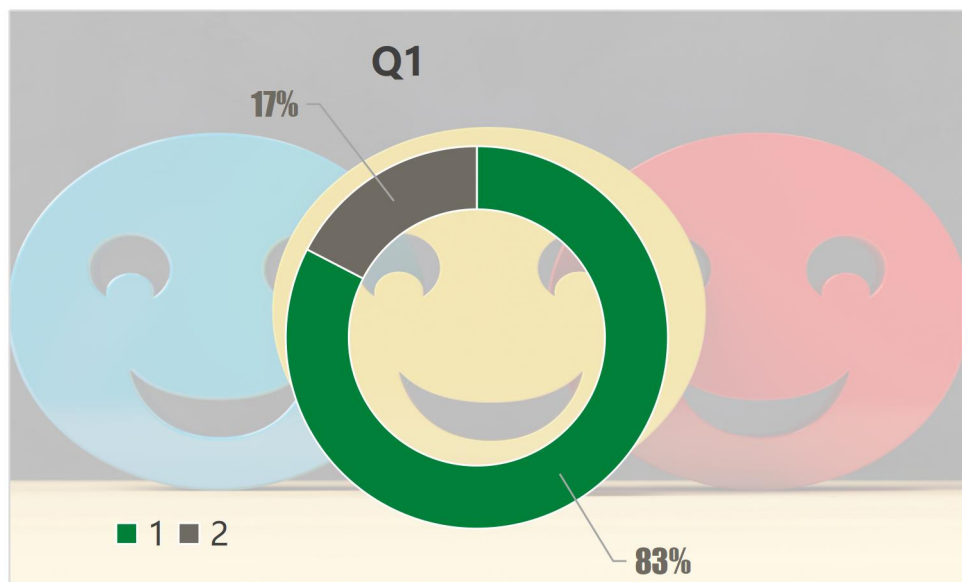


Figure 1. Usefulness of information

Interpret:

Interpreting the results for the question "Do you think the information presented was useful to you?" shows that the majority of participants (83%) considered the information presented to be useful, while a small proportion (17%) answered that this information was not useful.

The majority positive result indicates that most of the servicemen benefited from the information presented at the meeting. This suggests that the topics addressed and the discussions carried out have made a significant contribution to the understanding and awareness of issues related to post-traumatic stress disorder in the military environment in Cyprus.

On the other hand, there is also a small number of participants who responded negatively, indicating that they did not consider the information presented to be useful. It is important to further investigate the reasons for this negative response and to consider ways to improve communication and presentation of information to ensure that all servicemen benefit as much as possible from such meetings and discussions.

Overall, the results indicate that the majority of participants found the information presented at the meeting to be useful, which underlines the importance of addressing and discussing the topic of the perception of post-traumatic stress disorder in the military environment in Cyprus in this impact report.

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

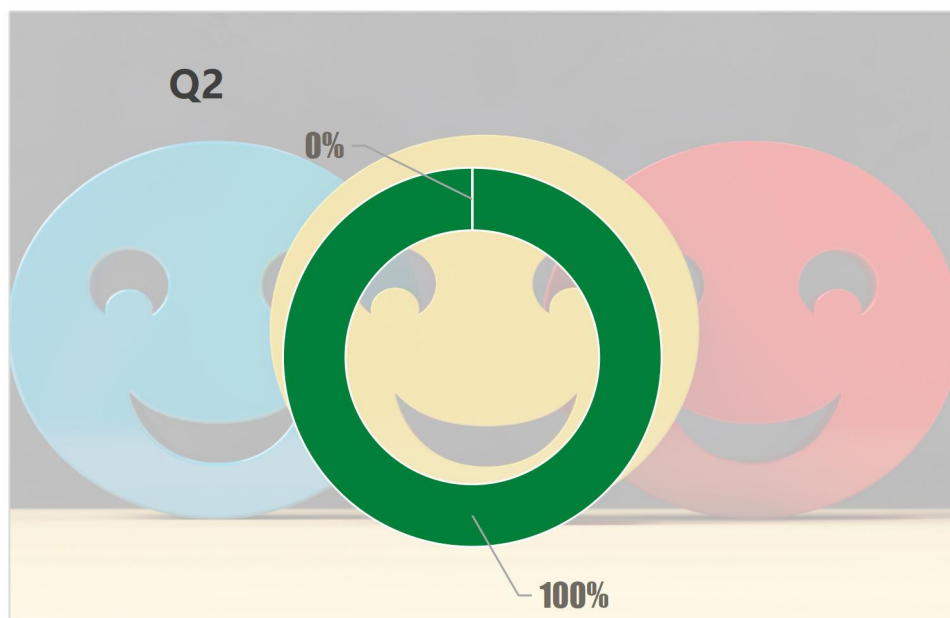


Figure 2. Usefulness of information for the future

Interpret

The interpretation of the results for the question "Do you think that the intellectual results of the project that we will carry out will be useful for you in the future?" shows that

all participants (100%) answered in the affirmative, indicating that they believe that the intellectual results of the project will be useful for them in the future.

This positive result reflects the participants' high confidence and expectations towards the project in question. It is a sign that they perceive the value and relevance of the intellectual outputs that will be obtained from the project and believe that these outputs will support and benefit them in the future.

The result of 100% indicates a general acceptance and confidence in the potential and contribution of the project in the intellectual development of the participants. This suggests that they believe that the project will bring knowledge, understanding and skills that will be useful and valuable in their professional or personal future.

It is important to emphasize that since there was no negative response, there are no people who are sceptical or do not consider the intellectual results of the project to be useful. This can be interpreted as a positive signal about the project's potential to bring significant benefits and meet the needs and expectations of the participants.

Overall, the results indicate a unanimous consensus among the participants, suggesting that they are optimistic and confident about the usefulness of the intellectual results of the project they will achieve in the future. This interpretation emphasizes the importance and relevance of the project in meeting the needs and expectations of the participants and indicates a good perspective on the value and impact of the project in their development.

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

82% 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.

18% of the participants did not provide additions.

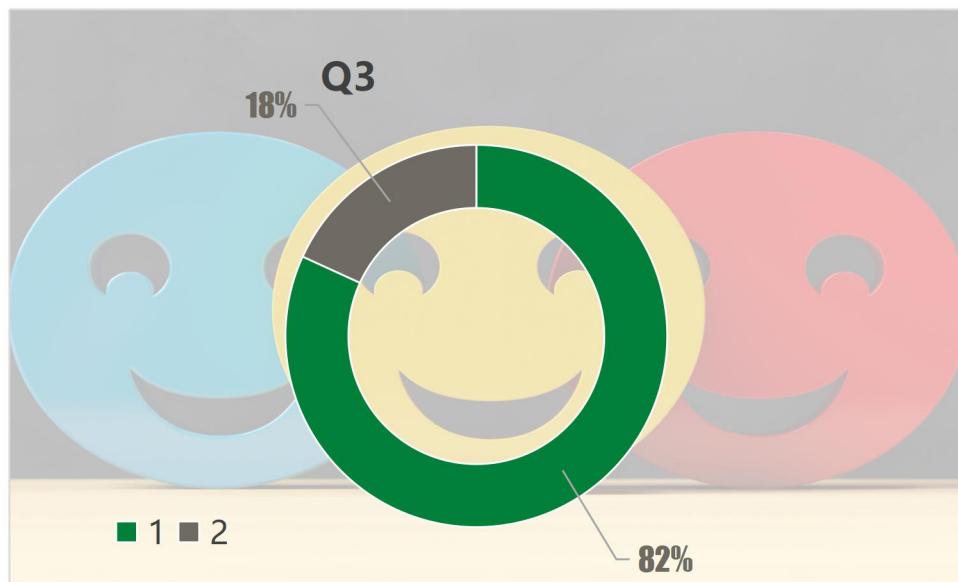


Figure 3. Contributing other information

Interpret

The interpretation of the results for the open-ended question "Do you think it would be useful for you to add more information about post-traumatic stress?" shows that the majority of participants (82%) provided particularly important additions regarding their specific needs and the additional information they would consider useful in relation to post-traumatic stress. In contrast, a smaller percentage of participants (18%) did not provide additional additions.

The majority result indicates that most military members feel the need to have access to more information about post-traumatic stress disorder and believe that this additional information would be useful for them. These additions provide valuable insight into the expectations and needs of participants and can guide the further development of materials and resources to better meet these needs.

It is important to pay special attention to the additions made by the 82% of participants, as they can bring up critical issues and information that can enhance the understanding and management of post-traumatic stress disorder in the military environment in Cyprus.

However, it is worth noting that 18% of participants did not provide additional additions. This may indicate either a lack of additional information they would like to receive or a satisfaction with the information already provided. It is important to analyse the reasons behind this response and to assess how the current information can be improved and adapted to better meet the needs of all participants.

Overall, the results suggest that most participants believe that adding additional information about post-traumatic stress would be useful and necessary. This interpretation emphasizes the importance of continuing research and development of resources that meet the specific needs of military personnel in terms of post-traumatic stress disorder.

Following the additions made by the participants, the following suggestions were offered regarding additional information about post-traumatic stress that would be considered useful:

- ❖ *Methods of managing post-traumatic stress: Participants mentioned that it would be beneficial to receive concrete information and strategies to cope with and manage the symptoms and effects of post-traumatic stress in daily life.*
- ❖ *Support resources available: Many participants indicated that they would like to be informed about the resources and services available to receive support and treatment if they are experiencing post-traumatic stress disorder. This includes information about the counselling services, support groups or specific programmes available.*
- ❖ *Examples and success stories: Participants suggested that it would be helpful to have access to stories and examples of military members who have gone through post-traumatic stress disorder and have been able to overcome their difficulties. These success stories can provide inspiration and hope, as well as insights into strategies and resources that have helped others.*
- ❖ *Information about signs and symptoms: Participants expressed interest in getting more information about the signs and symptoms of post-traumatic stress disorder. This information could help to recognize and understand one's own symptoms more deeply and could serve as a starting point for seeking support and treatment.*
- ❖ *Relaxation and self-care techniques: Participants emphasized the importance of relaxation and self-care techniques in managing post-traumatic stress. Information and resources have been suggested on techniques such as meditation, breathing exercises, exercise, and other relaxation methods that can have a positive impact on their mental and emotional state.*

These suggestions provided by participants could be considered to develop additional information and resources that address the specific needs of military personnel regarding post-traumatic stress disorder.

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

100% of people answered YES

0% people answered NO

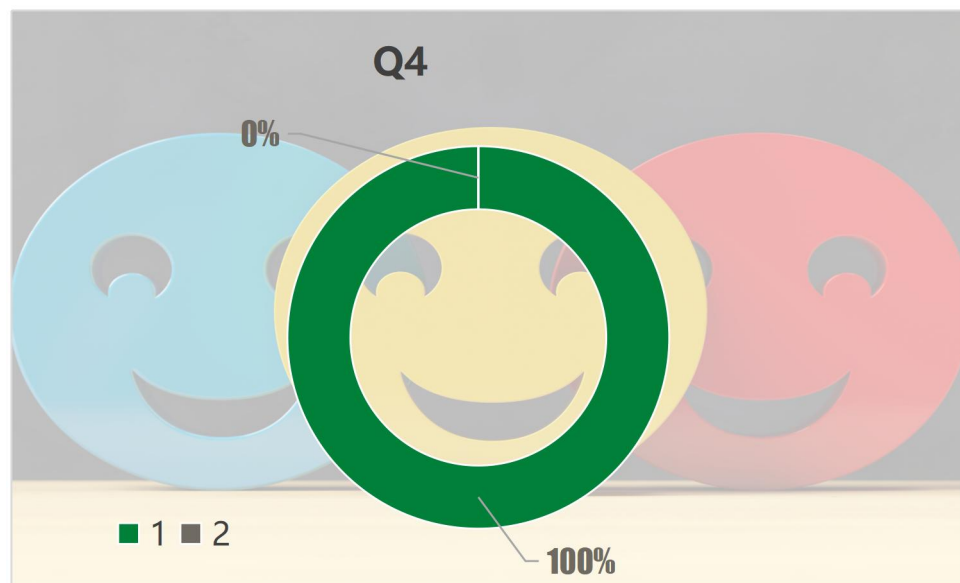


Figure 4. If the meeting was of interest

Interpret

Interpreting the results for the question "Was the topic of the meeting of interest to you?" shows that all participants (100%) answered in the affirmative, indicating that the topic of the meeting was of interest to them.

The result of 100% suggests that all the servicemen who participated in the meeting considered the topic discussed to be relevant and interesting. This indicates that the topic related to the analysis of the perception of post-traumatic stress disorder in the military environment in Cyprus aroused strong interest and captured the attention of the participants.

The unanimous result indicates that the topic of the meeting was perceived as valuable and relevant for the servicemen involved. The topic may have addressed important issues they face in the military environment and provided the opportunity to discuss and explore these issues in a dedicated and specialized setting.

The positive result may also indicate participants' level of interest and concern regarding post-traumatic stress disorder and its impact on military personnel. They may be open and interested in learning more about the topic at hand and developing their knowledge and understanding of this important issue.

Overall, the results indicate a strong consensus among the participants, suggesting that they considered the topic of the meeting as a topic of major interest and relevance for them. This interpretation emphasizes the importance and impact of the topic in the military context and indicates the need to continue to address and analyze the perception of post-traumatic stress disorder in the military environment in Cyprus.

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

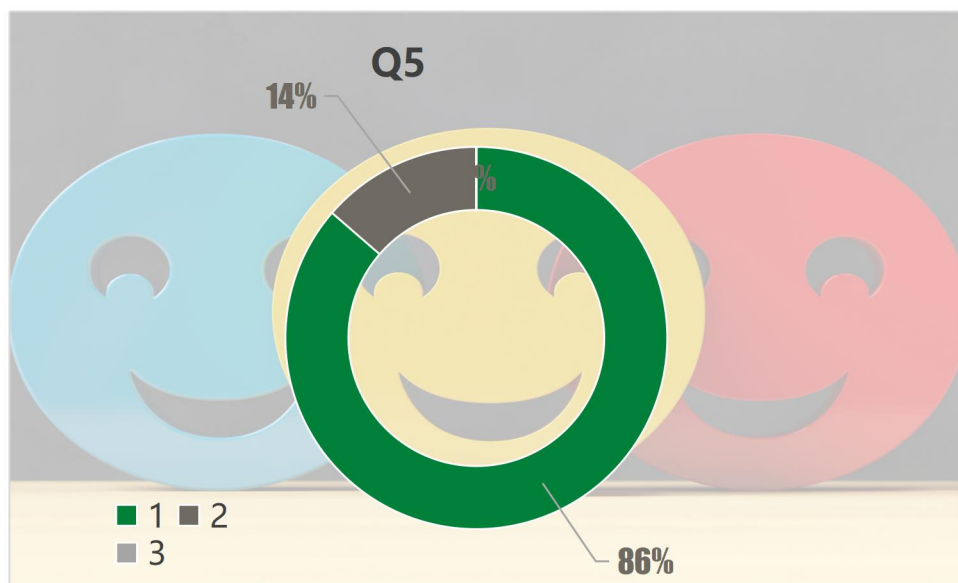


Figure 5. Evaluation of the organization of the meeting

Interpret

The interpretation of the results for the question "The organization of the meeting was" shows that the majority of participants (86%) considered the organization of the meeting as "EXCELLENT", while 14% considered it "GOOD". There was no negative evaluation, that is, no participant chose the "MEDIocre" option.

The majority result, in which 86% of the participants appreciated the organization of the meeting as "EXCELLENT", indicates a high satisfaction with the way the meeting was planned, coordinated and conducted. This suggests that the organizers managed to ensure an excellent experience for the participants and met their expectations in terms of conducting the meeting.

Also, 14% of the participants rated the organization as "GOOD", which indicates that they had a positive perception, although there may be a small room for improvement or some aspects that could be brought to the level of "EXCELLENT".

The absence of negative evaluations, for example, no person considering the organization as "MEDIocre", can be interpreted as a sign of good planning and implementation of the meeting, where the key aspects of the event were addressed and the needs of the participants were taken into account.

Overall, the results indicate a high satisfaction and a positive evaluation of the organization of the meeting by the majority of participants. This emphasizes the professionalism and attention to detail by the organizers, helping to create a pleasant and efficient experience for everyone involved.

Concluding Conclusions and Recommendations

Concluding remarks

The topic of analyzing the perception of post-traumatic stress disorder in the military environment in Cyprus generated a strong interest among the participants, with all military personnel (100%) considering that the topic was of interest to them.

The participants expressed mostly satisfaction with the organization of the meeting, 86% considering it "EXCELLENT" and 14% considering it "GOOD". No negative evaluation was recorded.

The information presented during the meeting was considered useful by the majority of participants (83% answered "YES" to the revealed question). This indicates that the meeting provided valuable and relevant information for the military's experience with post-traumatic stress disorder.

Recommendations

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

- Continuing education and awareness efforts: Given the strong interest shown by the military and the importance of the topic, it is recommended to continue education and awareness efforts regarding post-traumatic stress disorder in the military environment in Cyprus. This may include holding regular meetings, seminars or training sessions to provide up-to-date and relevant information in this area.
- Development of additional resources: Based on the suggestions provided by the participants, it is recommended that additional resources be developed and provided that address the specific needs of military members in terms of post-traumatic stress disorder. These resources may include stress management guides, information about available support services, and success stories of military members who have experienced post-traumatic stress disorder.
- Promoting mental care and support: In the impact report, it is recommended to promote and support mental care and support among military personnel. This may involve facilitating access to counseling services, creating support groups, and promoting relaxation and stress management techniques to support military members experiencing post-traumatic stress disorder.
- Evaluation and improvement of the process of organizing future meetings: Although most of the participants positively evaluated the organization of the meeting, a detailed evaluation of the process of organizing and conducting future meetings is recommended in order to identify and improve possible aspects that could be optimized. Feedback and suggestions from participants should be taken into account to ensure an improved experience for everyone involved.

These findings and recommendations can provide direction for future actions and efforts to address post-traumatic stress disorder in the military environment in Cyprus.

Material produced with the financial support of the European Union. The content of this material is the sole responsibility of the authors and the National Agency and the European Commission are not responsible for how the content of this information will be used.



Cofinanțat de
Uniunea Europeană

PROJECT: "RESILIENCE AND INCLUSION FOR THE MILITARY"
2022-1-R901-KA220-VET-000085808