



IMPACT REPORT

Expert debate on symptoms of
post-traumatic stress disorder

- Cyprus -



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RAPORT DE IMPACT

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Expert debate on symptoms of post-traumatic stress disorder

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Introduction

Following a meeting of 16 experts from various fields, this impact assessment proposes to explore the topic of post-traumatic stress, with a focus on active and reserve military personnel. These experts come from a wide range of fields such as psychology, medicine, behavioural analysis and assessment, IT, military science, neuroscience and law. By bringing these experts together, we aimed to gain a comprehensive perspective on the impact of post-traumatic stress on the military and identify appropriate solutions and recommendations.

Post-traumatic stress is a complex issue affecting individuals who have been exposed to traumatic events or extreme situations. This issue is particularly relevant to the military, as they are exposed to traumatic risks and experiences during their active service and may experience strong and lasting stress reactions.

The aim of this impact report is to analyse the psychological, medical and social consequences of post-traumatic stress on active and reserve military personnel. The expertise provided by the participants in this meeting allows us to examine the topic from a multidisciplinary perspective, addressing the clinical, neurological, social and legal issues involved in the management and treatment of post-traumatic stress.

Following our analysis and discussion, this report will present an overview of the impact of post-traumatic stress on the military and provide recommendations for effective approaches to prevention, diagnosis and treatment. We will also explore innovative strategies based on IT technologies and advances in neuroscience that can help improve the management and recovery from this type of stress.

It is important to stress that this analysis is based on the experience and knowledge of the specialists present at our meeting, as well as relevant research and studies in the field. However, the report may not fully cover all aspects of post-traumatic stress and our recommendations may be subject to further developments and findings in this area.

In addition to specific questions, the meeting also involved open discussions, which allowed participants to highlight issues not covered in the standard questions. Thus, the analysis of the feedback collected will contribute to the continuous improvement of the meetings and to the development of effective strategies to combat PTSD among the military.

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

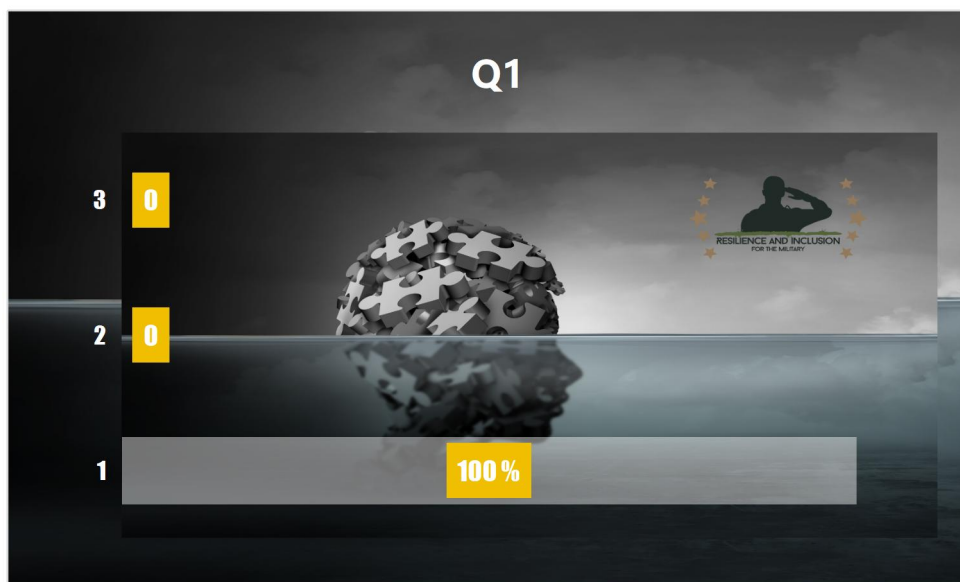


Figure 1. Utility of meeting attendance

Interpretation:

All those who participated as experts in the international project meeting responded positively, indicating that their participation was useful. The result of 100% for the "YES" response suggests that the experts felt that their input and expertise had a positive and valuable impact on the meeting and the project in general.

This conclusion indicates that the experts' participation was beneficial and that they present the results of this survey as evidence of their satisfaction and appreciation of their contribution to the international project meeting.

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

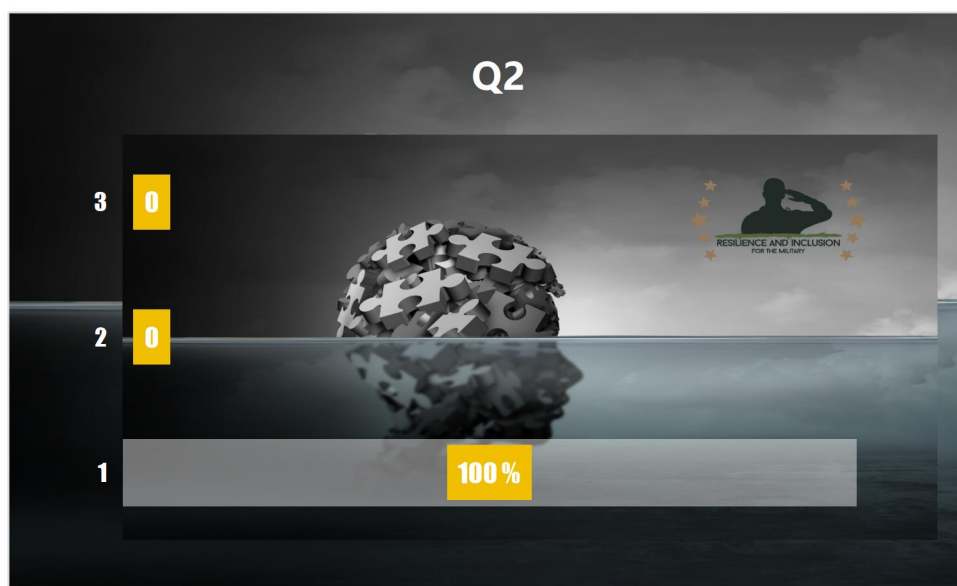


Figure 2. Sufficient information about PTSD

Interpretation

All participants in the debate felt that they had gathered enough information on post-traumatic stress to be used in the project. The result of 100% for the "YES" response indicates that they believe that the debates provided a solid base of knowledge and relevant information to address post-traumatic stress in the project.

This conclusion suggests that participants were satisfied with the information obtained from the debate and believe that it is sufficient and can be applied in the project. This gives confidence that the project will benefit from a solid set of information and expertise in the field of PTSD.

It is important to highlight this result in your interpretation, showing that participants feel that they have access to sufficient relevant information and that this can

be used effectively within the project, providing a sound basis for further development and implementation of 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

56% people answered - complete

44% of participants answered - very good

0% of participants answered - satisfactory

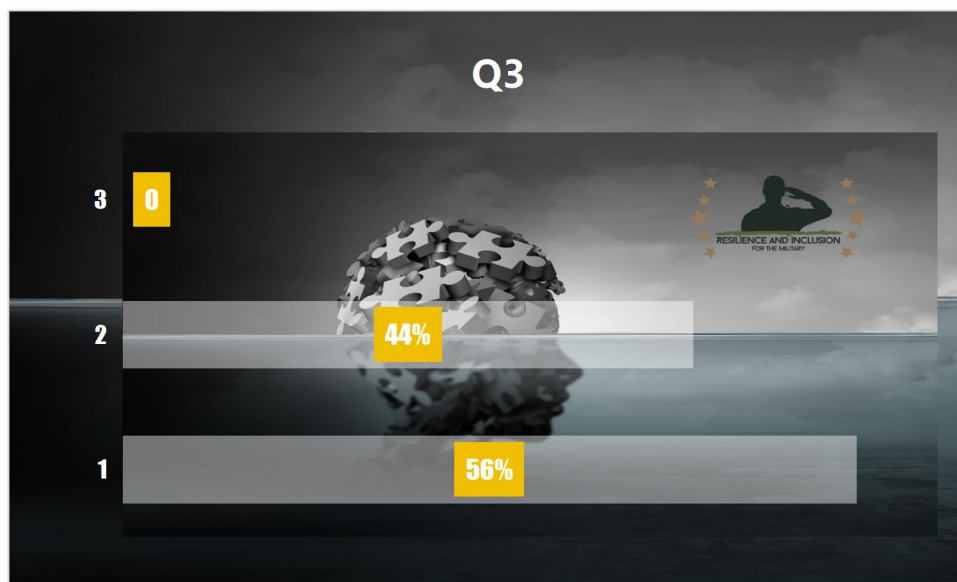


Figure 3. How were the discussions about post traumatic stress

Interpretation

56% of the participants felt that the discussions about post-traumatic stress were "complete", while 44% of the participants felt they were "very good". There were no respondents who felt that the discussions were "satisfactory".

These results suggest that the majority of participants had a positive view of the quality of the PTSD discussions. The categories 'thorough' and 'very good' indicate that the discussions were rich in relevant information, ideas and contributions and were appreciated by participants.

It is important to note that none of the participants felt that the discussions were only "satisfactory", suggesting that the level of satisfaction was high overall. This may

indicate that the discussions were engaging, the interaction between the experts was stimulating and the topic was covered in a comprehensive and inclusive manner.

In your interpretation, you can highlight the high level of appreciation given to the discussions on post-traumatic stress by noting that they were considered both comprehensive and very good. This highlights the quality and relevance of the discussions and suggests that they contributed significantly to the understanding and approach to PTSD 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

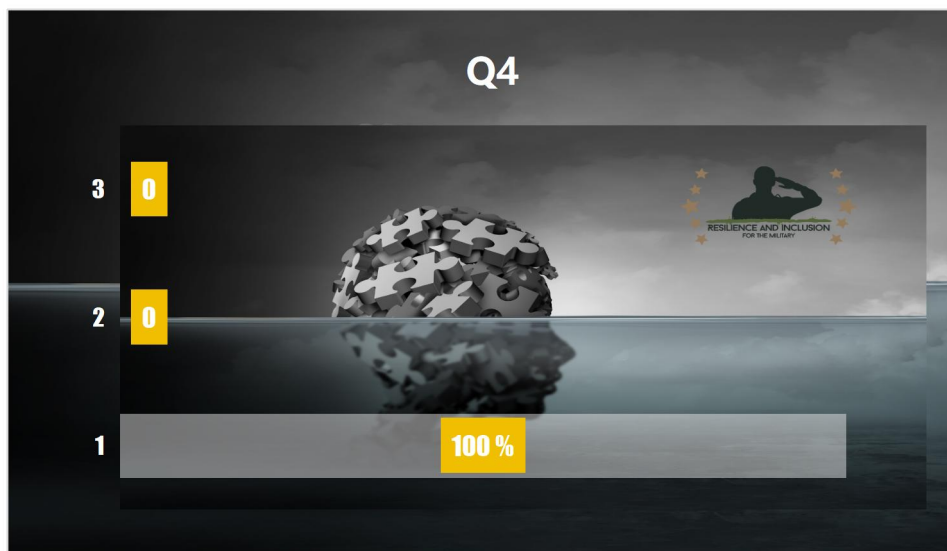


Figure 4. Organization of the meeting

Interpretation

All participants rated the organisation of the meeting as "EXCELLENT". None of them considered the organisation to be "VERY GOOD" or "GOOD".

The result of 100% for "EXCELLENT" indicates that participants were extremely satisfied with the way the meeting was organised. The maximum rating reflects a high level of satisfaction and may indicate that the organisation was well managed, efficient and

professional. Participants were able to benefit from a conducive setting for debate and exchange of information.

It is important to underline this result in your interpretation by highlighting that all participants considered the organisation of the meeting as "EXCELLENT". This suggests that the efforts put into the planning, logistics and facilitation of the meeting were extremely good and contributed to creating a positive experience for all participants.

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

63% of people chose the option YES

0% of the participants chose the option NO

37% of the participants chose the option - if the topic of the project suits me

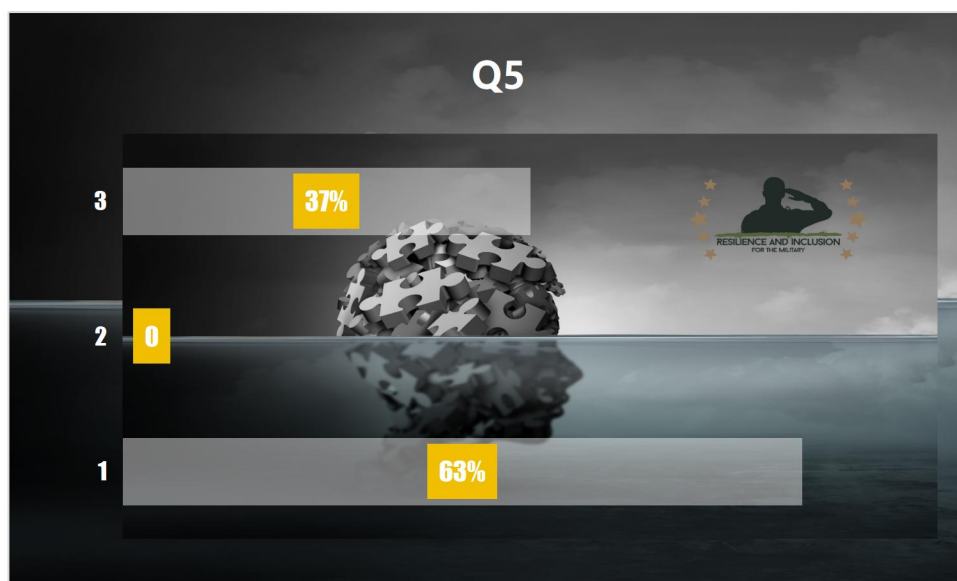


Figure 5. Participation in other Erasmus projects

Interpretation

37% of the participants answered "YES" and expressed their wish to participate in another international project. At the same time, 63% of participants chose the option "if the project topic suits me", indicating that their decision to participate depends on whether the project topic matches their interests and expertise.

These results indicate that there is significant interest from participants to get involved in future international projects. However, the majority of participants consider it important that the project topic matches their specific expertise and interests.

It is essential to highlight in your interpretation that, although there is a significant proportion of participants willing to participate in future international projects, their final decision depends on the compatibility of the project topic with their individual expertise and interests.

These results provide important clues about participants' potential engagement in future international projects and can be used to take participants' preferences and needs into account when planning and selecting future international projects.

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

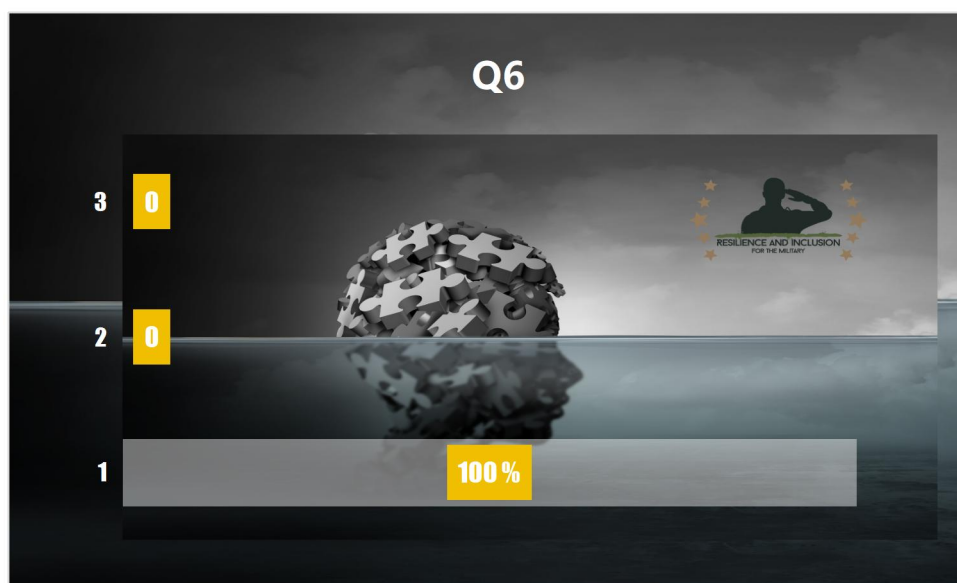


Figure 6. Relevance of post-meeting information

Interpretation

All participants (100%) answered "YES" and indicated that they had received the necessary information prior to the meeting to be able to organise and attend the meeting. None of the participants chose "NO" or "PARTIAL".

The 100% result for the "YES" response suggests that participants felt they had received all the necessary information prior to the meeting and were able to plan and organise their presentation in an appropriate way. This indicates effective communication and full provision of relevant information prior to the meeting.

It is important to underline this result in your interpretation by highlighting that all participants felt they had received the necessary information prior to the meeting. This indicates a high level of preparedness and efficiency in the provision of information, which helped to ensure an adequate presentation and effective participation in the meeting.



Final conclusions and recommendations

Conclusions

The report reflects the positive impact of the international meeting, which was attended by 16 experts from various fields. Participants found the meeting useful, providing sufficient information on post-traumatic stress, both in general and in a military context. The discussions on the topic were also largely rated as comprehensive and very good. The organisation of the meeting was unanimously rated as excellent and all participants indicated that they had received the necessary information prior to the meeting to organise and present themselves appropriately.

Furthermore, a significant proportion of participants indicated a willingness to participate in future international projects, provided that the subject matter matched their interests and expertise. This underlines the importance of selecting relevant topics for attracting and involving participants in future projects.

Thus, the report highlights the success of the international meeting and its positive impact in providing relevant information and debate on post-traumatic stress, with a focus on the military context. The excellent organisation, expert participation and willingness of participants to engage in future projects are significant assets for the development and expansion of international collaboration in this field.

Finally, these results support the value and importance of continuing and expanding international projects in the field of post-traumatic stress and highlight the potential for collaboration between experts from different fields to develop innovative and effective solutions to address this sensitive topic.

Recommendation

Based on the findings of the report, I can offer the following recommendations:

- Continue international collaboration: Given the success and positive impact of the current meeting, it is recommended to continue collaboration with the experts involved in the project and explore new international project opportunities. This will allow the exchange of knowledge and expertise between specialists from different fields, contributing to a comprehensive approach to PTSD.

- Broadening the circle of experts: In order to bring a variety of perspectives and approaches to the topic of post-traumatic stress disorder, it is recommended to involve more experts from related fields. This will contribute to a deeper understanding of the phenomenon and the development of innovative solutions in the field.
- Further research and dissemination of results: In order to strengthen and expand the knowledge base on post-traumatic stress, further research in the field is recommended. It is also important to disseminate the results obtained through scientific publications, conferences and other relevant events so as to benefit as many professionals as possible and influence mental health policy and practice.
- Creation of intervention and support projects: Based on the knowledge and experience gained at the meeting, consideration could be given to initiating concrete intervention and support projects for active and reserve military personnel suffering from post-traumatic stress. These projects may include developing treatment programmes, training professionals and providing appropriate resources to meet the needs of this target group.
- Continue collaboration with relevant institutions: To ensure the applicability of the results and recommendations obtained, it is recommended to maintain and strengthen collaboration with relevant institutions such as military organisations, health institutions and government entities. This will facilitate the implementation and integration of research and project results into existing practice and policies.

These recommendations aim to promote continued knowledge sharing and interdisciplinary collaboration with the objective of improving the approach to post-traumatic stress disorder, particularly among active and reserve military personnel. The implementation of these recommendations can have a significant impact on the care and support provided to this vulnerable group.

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