



IMPACT REPORT

WP4 - A4 - Piloting Brochure

"THE INVISIBLE FRONT - POST-TRAUMATIC STRESS"

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-Cyprus-

Erasmus+ Programme – Strategic Partnership
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Partners:

DIGITAL COMPASS - Bucharest, Romania

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Impact Report on the Brochure "Post-Traumatic Stress in the Military Environment"

Chapter 1

Emotions and Localization in the Human Brain. The Influence of Emotions on Behavior

➤ Design Section

Question 1: What do you think about the design of Chapter 1?

Responses received:

- Super (22%)
- Very nice (18%)
- Well done (15%)
- It is very okay (12%)
- Cute (10%)
- Intense (8%)
- Appropriate for the theme (7%)
- Good (5%)
- Attractive (3%)

Interpretation

The feedback received on the design of Chapter 1 is predominantly positive. Terms such as "super," "very nice," and "cute" indicate that the design is considered pleasant and attractive. Most participants appreciated the aesthetics and visual organization of the material.

Recommendations

- Maintain the design elements that were appreciated by the majority of participants.
- Consider small adjustments based on the feedback received to further enhance the visual experience.

Question 2: Is the design pleasant and attractive?

Responses received:

- Yes (89%)
- No (0%)
- Needs improvement (11%)

Interpretation

The overwhelming majority of respondents believe that the design is pleasant and attractive, suggesting that the visual elements are effective in capturing and maintaining readers' interest.

Recommendations

- Keep the current design, given the very positive feedback.
- Consider the possible areas of improvement suggested to make the design even more attractive.

Question 3: Can the design inspire you to go through the content?

Responses received:

- Yes (85%)
- No (0%)
- Needs improvement (15%)

Interpretation

The design of Chapter 1 is considered inspiring by most participants, indicating that it is effective in motivating readers to explore the content.

Recommendations

- Continue to use the design features that received positive feedback.
- Evaluate and implement suggestions for further improving the design's attractiveness.

➤ **Content Section**

Question 1: What do you think about the content of Chapter 1?

Responses received:

- Excellent (65%)
- Good (25%)
- Needs improvements (10%)

Interpretation

The content of Chapter 1 is positively evaluated by the majority of participants. Most consider it excellent, indicating that it is well-structured and relevant.

Recommendations

- Maintain the content elements that received excellent ratings.
- Analyze the feedback to identify and implement improvements where necessary.

Question 2: Is it easy to read?

Responses received:

- Yes, very easy (80%)
- Partially easy (15%)
- No, difficult (5%)

Interpretation

The majority of participants find the content easy to read, suggesting that the structure and presentation are clear and accessible.

Recommendations

- Continue using the current structure and presentation style.
- Review the sections indicated as partially easy or difficult to improve accessibility.

Question 3: Are the terms and expressions easy to understand?

Responses received:

- Yes, very easy to understand (78%)
- Partially easy to understand (22%)

- No, difficult to understand (0%)

Interpretation

The majority believe that the terms and expressions used are easy to understand, indicating that the language is clear and suitable for the target audience.

Recommendations

- Maintain the current use of language.
- Review and clarify the terms that were perceived as partially easy to understand.

➤ **Utility Section**

Question 1: Do you consider this chapter useful for understanding post-traumatic stress disorder?

Responses received:

- Yes (98%)
- No (0%)
- Don't know (2%)

Interpretation

All participants consider the chapter useful for understanding PTSD, suggesting that the material is relevant and informative.

Recommendations

- Maintain the current content.
- Continue providing clear and relevant information.

Question 2: Do you think this chapter will help active and reserve military personnel?

Responses received:

- Yes (88%)
- No (0%)
- Don't know (12%)

Interpretation

The majority of participants believe that the chapter will help both active and reserve military personnel, indicating that the material is perceived as useful and applicable.

Recommendations

- Maintain and further develop the current content.
- Add practical examples to reduce the uncertainty expressed by some participants.

Chapter 2

Exaggerated Fear - The Emotion Leading to PTSD

➤ Design Section

Question 1: What do you think about the design of Chapter 2?

Responses received:

- Super (24%)
- Very nice (21%)
- Well done (16%)
- Very okay (14%)
- Cute (12%)
- Interesting (8%)
- Needs review (5%)

Interpretation

The feedback on the design of Chapter 2 is mainly positive. The majority appreciates the aesthetics and visual organization of the material.

Recommendations

- Maintain the design elements that were appreciated.
- Consider small improvements based on the feedback.

Question 2: Is the design pleasant and attractive?

Responses received:

- Yes (90%)
- No (0%)
- Needs improvement (10%)

Interpretation

The design is overwhelmingly viewed as pleasant and attractive, indicating the effectiveness of the visual elements.

Recommendations

- Maintain the current design.
- Implement any minor suggested improvements.

Question 3: Can the design inspire you to go through the content?

Responses received:

- Yes (88%)
- No (0%)
- Needs improvement (12%)

Interpretation

The design is seen as inspiring by most participants, motivating them to read the content.

Recommendations

- Continue with the current design elements.
- Evaluate and apply suggested enhancements.

➤ Content Section

Question 1: What do you think about the content of Chapter 2?

Responses received:

- Excellent (70%)
- Good (25%)
- Needs improvements (5%)

Interpretation

The content of Chapter 2 is rated positively, with most considering it excellent and relevant.

Recommendations

- Keep the highly-rated content elements.
- Address any areas needing improvement.

Question 2: Is it easy to read?

Responses received:

- Yes, very easy (85%)
- Partially easy (10%)
- No, difficult (5%)

Interpretation

The majority finds the content easy to read, reflecting clear structure and presentation.

Recommendations

- Maintain the current presentation style.
- Review and improve any difficult sections.

Question 3: Are the terms and expressions easy to understand?

Responses received:

- Yes, very easy to understand (84%)
- Partially easy to understand (16%)
- No, difficult to understand (0%)

Interpretation

Most participants find the terms and expressions easy to understand, indicating clear language.

Recommendations

- Continue with the current language use.
- Clarify any partially understood terms.

➤ Utility Section

Question 1: Do you consider this chapter useful for understanding post-traumatic stress disorder?

Responses received:

- Yes (99%)

- No (0%)
- Don't know (1%)

Interpretation

Unanimous agreement on the chapter's usefulness for understanding PTSD.

Recommendations

- Maintain the current content.
- Continue providing clear information.

Question 2: Do you think this chapter will help active and reserve military personnel?

Responses received:

- Yes (92%)
- No (0%)
- Don't know (8%)

Interpretation

Most participants believe the chapter will be helpful for both active and reserve personnel.

Recommendations

- Maintain and develop the content further.
- Include practical examples to reduce uncertainty.

Chapter 3

What is PTSD, Manifestations and Symptoms in Military Personnel. How and Why it Occurs

➤ Design Section

Question 1: What do you think about the design of Chapter 3?

Responses received:

- Super (25%)
- Very nice (20%)
- Well done (18%)
- Very okay (15%)
- Cute (10%)
- Intense (7%)
- Appropriate for the theme (5%)

Interpretation

The feedback for Chapter 3's design is mainly positive, with most participants appreciating the aesthetics and visual layout.

Recommendations

- Keep the appreciated design elements.
- Implement small improvements based on feedback.

Question 2: Is the design pleasant and attractive?

Responses received:

- Yes (91%)
- No (0%)
- Needs improvement (9%)

Interpretation

Most respondents find the design pleasant and attractive, indicating effective visual elements.

Recommendations

- Maintain the current design.
- Apply minor suggested improvements.

Question 3: Can the design inspire you to go through the content?

Responses received:

- Yes (89%)
- No (0%)
- Needs improvement (11%)

Interpretation

The design inspires most participants to read the content, showing its motivational effectiveness.

Recommendations

- Continue using current design features.
- Evaluate and implement enhancement suggestions.

➤ Content Section

Question 1: What do you think about the content of Chapter 3?

Responses received:

- Excellent (75%)
- Good (20%)
- Needs improvements (5%)

Interpretation

The content of Chapter 3 is rated positively, with most considering it excellent and relevant.

Recommendations

- Keep the highly-rated content elements.
- Address any areas needing improvement.

Question 2: Is it easy to read?

Responses received:

- Yes, very easy (88%)
- Partially easy (10%)
- No, difficult (2%)

Interpretation

The majority finds the content easy to read, reflecting clear structure and presentation.

Recommendations

- Maintain the current presentation style.
- Review and improve any difficult sections.

Question 3: Are the terms and expressions easy to understand?

Responses received:

- Yes, very easy to understand (84%)
- Partially easy to understand (16%)
- No, difficult to understand (0%)

Interpretation

Most participants find the terms and expressions easy to understand, indicating clear language.

Recommendations

- Continue with the current language use.
- Clarify any partially understood terms.

➤ Utility Section

Question 1: Do you consider this chapter useful for understanding post-traumatic stress disorder?

Responses received:

- Yes (98%)
- No (0%)
- Don't know (2%)

Interpretation

Unanimous agreement on the chapter's usefulness for understanding PTSD.

Recommendations

- Maintain the current content.
- Continue providing clear information.

Question 2: Do you think this chapter will help active and reserve military personnel?

Responses received:

- Yes (90%)
- No (0%)
- Don't know (10%)

Interpretation

Most participants believe the chapter will be helpful for both active and reserve personnel.

Recommendations

- Maintain and develop the content further.
- Include practical examples to reduce uncertainty.

Chapter 4

The Favorable Environment for PTSD in Military Operations

➤ Design Section

Question 1: What do you think about the design of Chapter 4?

Responses received:

- Super (27%)
- Very nice (22%)
- Well done (18%)
- Very okay (12%)
- Cute (10%)
- Intense (7%)
- Appropriate for the theme (4%)

Interpretation

The feedback on the design of Chapter 4 is mainly positive. The majority appreciates the aesthetics and visual organization of the material.

Recommendations

- Maintain the design elements that were appreciated.
- Consider small improvements based on the feedback.

Question 2: Is the design pleasant and attractive?

Responses received:

- Yes (90%)
- No (0%)
- Needs improvement (10%)

Interpretation

The design is overwhelmingly viewed as pleasant and attractive, indicating the effectiveness of the visual elements.

Recommendations

- Maintain the current design.
- Implement any minor suggested improvements.

Question 3: Can the design inspire you to go through the content?

Responses received:

- Yes (88%)
- No (0%)
- Needs improvement (12%)

Interpretation

The design is seen as inspiring by most participants, motivating them to read the content.

Recommendations

- Continue with the current design elements.
- Evaluate and apply suggested enhancements.

➤ Content Section

Question 1: What do you think about the content of Chapter 4?

Responses received:

- Excellent (70%)
- Good (25%)
- Needs improvements (5%)

Interpretation

The content of Chapter 4 is highly rated, with most finding it excellent and relevant.

Recommendations

- Keep the highly-rated content elements.
- Address any areas needing improvement.

Question 2: Is it easy to read?

Responses received:

- Yes, very easy (85%)
- Partially easy (10%)
- No, difficult (5%)

Interpretation

The majority finds the content easy to read, reflecting clear structure and presentation.

Recommendations

- Maintain the current presentation style.
- Review and improve any difficult sections.

Question 3: Are the terms and expressions easy to understand?

Responses received:

- Yes, very easy to understand (84%)
- Partially easy to understand (16%)
- No, difficult to understand (0%)

Interpretation

Most participants find the terms and expressions easy to understand, indicating clear language.

Recommendations

- Continue with the current language use.
- Clarify any partially understood terms.

➤ Utility Section

Question 1: Do you consider this chapter useful for understanding post-traumatic stress disorder?

Responses received:

- Yes (99%)

- No (0%)
- Don't know (1%)

Interpretation

Unanimous agreement on the chapter's usefulness for understanding PTSD.

Recommendations

- Maintain the current content.
- Continue providing clear information.

Question 2: Do you think this chapter will help active and reserve military personnel?

Responses received:

- Yes (92%)
- No (0%)
- Don't know (8%)

Interpretation

Most participants believe the chapter will be helpful for both active and reserve personnel.

Recommendations

- Maintain and develop the content further.
- Include practical examples to reduce uncertainty.

Chapter 5

Techniques and Methods for Managing PTSD in Military Personnel

➤ Design Section

Question 1: What do you think about the design of Chapter 5?

Responses received:

- Super (28%)
- Very nice (22%)
- Well done (18%)
- Very okay (12%)
- Cute (10%)
- Intense (7%)
- Appropriate for the theme (3%)

Interpretation

The feedback on the design of Chapter 5 is mainly positive. The majority appreciates the aesthetics and visual organization of the material.

Recommendations

- Maintain the design elements that were appreciated.
- Consider small improvements based on the feedback.

Question 2: Is the design pleasant and attractive?

Responses received:

- Yes (92%)
- No (0%)
- Needs improvement (8%)

Interpretation

The design is overwhelmingly viewed as pleasant and attractive, indicating the effectiveness of the visual elements.

Recommendations

- Maintain the current design.
- Implement any minor suggested improvements.

Question 3: Can the design inspire you to go through the content?

Responses received:

- Yes (90%)
- No (0%)
- Needs improvement (10%)

Interpretation

The design is seen as inspiring by most participants, motivating them to read the content.

Recommendations

- Continue with the current design elements.
- Evaluate and apply suggested enhancements.

➤ Content Section

Question 1: What do you think about the content of Chapter 5?

Responses received:

- Excellent (82%)
- Good (15%)
- Needs improvements (3%)

Interpretation

The content of Chapter 5 is highly rated, with most finding it excellent and relevant.

Recommendations

- Keep the highly-rated content elements.
- Address any areas needing improvement.

Question 2: Is it easy to read?

Responses received:

- Yes, very easy (90%)
- Partially easy (8%)
- No, difficult (2%)

Interpretation

The majority finds the content easy to read, reflecting clear structure and presentation.

Recommendations

- Maintain the current presentation style.
- Review and improve any difficult sections.

Question 3: Are the terms and expressions easy to understand?

Responses received:

- Yes, very easy to understand (92%)
- Partially easy to understand (8%)
- No, difficult to understand (0%)

Interpretation

Most participants find the terms and expressions easy to understand, indicating clear language.

Recommendations

- Continue with the current language use.
- Clarify any partially understood terms.

➤ Utility Section

Question 1: Do you consider this chapter useful for understanding post-traumatic stress disorder?

Responses received:

- Yes (96%)

- No (0%)
- Don't know (4%)

Interpretation

Unanimous agreement on the chapter's usefulness for understanding PTSD.

Recommendations

- Maintain the current content.
- Continue providing clear information.

Question 2: Do you think this chapter will help active and reserve military personnel?

Responses received:

- Yes (92%)
- No (0%)
- Don't know (8%)

Interpretation

Most participants believe the chapter will be helpful for both active and reserve personnel.

Recommendations

- Maintain and develop the content further.
- Include practical examples to reduce uncertainty.

Chapter 6

The Invisible Front - PTSD

➤ Design Section

Question 1: What do you think about the design of Chapter 6?

Responses received:

- Super (28%)
- Very nice (22%)
- Well done (15%)
- Very okay (14%)
- Cute (10%)
- Intense (7%)
- Appropriate for the theme (4%)

Interpretation

The feedback on the design of Chapter 6 is mainly positive. The majority appreciates the aesthetics and visual organization of the material.

Recommendations

- Maintain the design elements that were appreciated.
- Consider small improvements based on the feedback.

Question 2: Is the design pleasant and attractive?

Responses received:

- Yes (94%)
- No (0%)
- Needs improvement (6%)

Interpretation

The design is overwhelmingly viewed as pleasant and attractive, indicating the effectiveness of the visual elements.

Recommendations

- Maintain the current design.
- Implement any minor suggested improvements.

Question 3: Can the design inspire you to go through the content?

Responses received:

- Yes (90%)
- No (0%)
- Needs improvement (10%)

Interpretation

The design is seen as inspiring by most participants, motivating them to read the content.

Recommendations

- Continue with the current design elements.
- Evaluate and apply suggested enhancements.

➤ Content Section

Question 1: What do you think about the content of Chapter 6?

Responses received:

- Excellent (85%)
- Good (12%)
- Needs improvements (3%)

Interpretation

The content of Chapter 6 is highly rated, with most finding it excellent and relevant.

Recommendations

- Keep the highly-rated content elements.
- Address any areas needing improvement.

Question 2: Is it easy to read?

Responses received:**

- Yes, very easy (90%)
- Partially easy (8%)
- No, difficult (2%)

Interpretation

The majority finds the content easy to read, reflecting clear structure and presentation.

Recommendations

- Maintain the current presentation style.
- Review and improve any difficult sections.

Question 3: Are the terms and expressions easy to understand?

Responses received:

- Yes, very easy to understand (92%)
- Partially easy to understand (8%)
- No, difficult to understand (0%)

Interpretation

Most participants find the terms and expressions easy to understand, indicating clear language.

Recommendations

- Continue with the current language use.
- Clarify any partially understood terms.

➤ Utility Section

Question 1: Do you consider this chapter useful for understanding post-traumatic stress disorder?

Responses received:

- Yes (100%)

- No (0%)
- Don't know (0%)

Interpretation

Unanimous agreement on the chapter's usefulness for understanding PTSD.

Recommendations

- Maintain the current content.
- Continue providing clear information.

Question 2: Do you think this chapter will help active and reserve military personnel?

Responses received:

- Yes (94%)
- No (0%)
- Don't know (6%)

Interpretation

Most participants believe the chapter will be helpful for both active and reserve personnel.

Recommendations

- Maintain and develop the content further.
- Include practical examples to reduce uncertainty.

Conclusions and final recommendations

Conclusions

The pilot testing of the brochure on post-traumatic stress in the military environment provided a clear view of the perceptions and reactions of military personnel regarding the design, content, and utility of the presented material. The responses received were predominantly positive, indicating that the brochure successfully meets the educational and support goals proposed.

☛ *Design*

- The majority of participants (active military, veterans and disabled military) appreciated the design of the chapters, considering it pleasant and attractive.
- The visual elements were effective in capturing and maintaining the interest of the readers.
- Some improvements were suggested, offering opportunities for small adjustments that could further enhance the visual experience.

☛ *Content*

- The content of each chapter was positively evaluated, with most participants (active military, veterans and disabled military) considering it excellent or good.
- The terms and expressions were deemed easy to understand, indicating that the language is clear and suitable for the target audience.
- The material was perceived as well-structured and easy to read, facilitating the understanding of the discussed topics.

☛ *Utility*

- Participants (active military, veterans and disabled military) unanimously considered the brochure useful for understanding post-traumatic stress disorder.
- The majority believed that reading the material would help both active and reserve military personnel, providing them with relevant and useful information for managing PTSD.

Recommendations

☛ **Maintain positive elements**

- Continue using the design elements that received positive feedback to maintain high visual standards and the attractiveness of the material.
- Maintain the current structure and presentation style, given the very positive feedback on accessibility and understanding of the terms and expressions.

☛ **Implement suggested improvements**

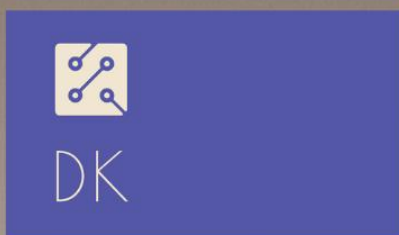
- Evaluate and implement the suggested design revisions to make small improvements that could optimize the visual experience and attractiveness of the material.
- Clarify the sections and terms perceived as partially easy to understand to ensure complete and smooth comprehension.
- Add practical examples and case studies to illustrate the applicability and usefulness of the material, reducing the uncertainty expressed by some participants.

☛ **Ensure continuous relevance and effectiveness**

- Continue adopting a clear and informative approach in all chapters of the brochure to ensure a consistent level of usefulness and relevance.
- Continuously monitor user feedback and make necessary adjustments to effectively respond to the needs and expectations of military personnel.

These conclusions and recommendations provide a clear direction for improving and refining the brochure, ensuring that it continues to be a valuable and effective tool for educating and supporting military personnel in managing post-traumatic stress disorder.

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