RESILIENCE AND INCLUSION
FOR THE MILITARY

IMPACT REPORT

WP4 - A2 - Piloting Brochure

"THE INVISIBLE FRONT -
POST-TRAUMATIC STRESS"

MAY 28, 2024 | BUCHAREST, ROMANIA

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"THE INVISIBLE FONT - POST-TRAUMATIC STRESS"

-Romania-

Erasmus+ Programme – Strategic Partnership

Proiect *"Resilience and inclusion for the military "*

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Partners:

DIGITAL COMPASS - Bucharest, Romania

I.V. International - Foggia, Italy

Organization for Promotion of European Issues – Paphos, Cyprus

BUMIR - Bucharest, Romania

Introduction

As part of ongoing efforts to support military personnel in managing and understanding post-traumatic stress disorder (PTSD), an information booklet dedicated to this sensitive topic has been created. Given the significant impact of PTSD on military members, it is essential that the information materials distributed are both accessible and relevant to their specific needs.

In order to evaluate the effectiveness of the brochure and ensure that it adequately meets the needs of the military, a pilot session was organized with the participation of active military , veterans, servicemen with disabilities from various branches of the military. During this meeting, the servicemen had the opportunity to answer a series of questions aimed at collecting opinions and suggestions about the content and presentation of the brochure.

This impact report summarises the feedback received and provides a detailed analysis of the responses, highlighting both the positive aspects and those that need improvement. The ultimate goal is to adapt and refine the brochure to maximize its usefulness for military personnel, thus contributing to a better understanding and management of Post-Traumatic Stress Disorder.

Collected results

Chapter 1 - Emotions and Localization in the Human Brain. The influence of emotions on behavior

❖ Design Section

Q1. What do you think of the design of chapter 1?

Answers: Open-ended question

The following responses were recorded:

Super	Very cool	It's well crafted
It's very ok	Cute	Interesting
Attractive	Good	He has an attractive desire
Very suggestive and captivating	It was beautiful	Could be revised
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Good	Pleasant, interesting
It's attractive	Walk	

Interpret Q1:

The feedback collected on the design of Chapter 1 of the brochure largely reflects a positive response from the military. Most of the responses are favorable, indicating that the design is considered attractive and well-made. Terms such as "very cool," "cute," "interesting," "attractive," and "enjoyable" are frequently used, suggesting that the visual aspect of the material is appreciated and resonates well with the target audience.

Several responses emphasize that the design is not only aesthetic, but also "suggestive" and "engaging", indicating that it manages to capture attention and effectively convey information about emotions and their influence on behavior.

Only one response suggests that the design "could be revised", which indicates a possibility for improvement, but it doesn't seem to be a major problem, given the overwhelming number of positive comments.

Recommendations:

- Maintaining design elements that have been appreciated, ensuring that the material remains visually attractive and engaging.

- Exploring small suggested adjustments or revisions, without substantially altering the design, to also respond to minority opinions.

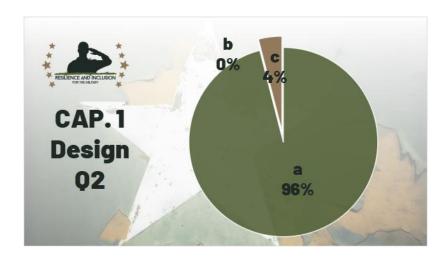**Q2: Is the design nice and attractive?**

Answer options:

    a. Yes

    b. Not

    c. To be stuffed

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q2

    The results of the survey on the evaluation of the design of chapter 1 are extremely favorable. An overwhelming percentage, 96% of respondents, consider the design to be pleasant and attractive. This positive feedback confirms that the visual elements of the brochure manage to attract and please the majority of readers.

None of the respondents chose the "No" option, which indicates that the design does not present significant problems that require immediate attention. However, 4% of respondents suggested that the design could be improved, indicating a small opportunity for adjustments that would further improve the visual appearance.

Recommendations:

- Continue to use current design elements, given the extremely positive feedback.

- Specific investigation of the comments of the 4% of respondents who indicated that the design could be improved, to identify possible adjustments that could bring additional benefits.

Q3. Can the design inspire you to scroll through the content?
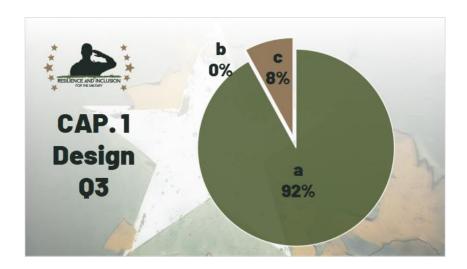
Answer options:

    a. Yes

    b. Not

    c. To be stuffed

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

0% of people answered with variant b.

8% people answered with variant c.

Interpreting Q3

The survey results show that chapter 1 design has a very positive impact on the desire to go through the content. 92% of respondents said that the design is inspiring

enough to motivate them to read the material. This high percentage suggests that the design not only attracts attention but also stimulates interest in deepening the information presented.

No respondent indicated that the design is not inspiring enough, which denotes that there are no major problems in terms of the visual appeal of the material. However, 8% of respondents felt that the design could be improved, providing an opportunity to refine certain aspects to further enhance the attractiveness and effectiveness of the brochure.

Recommendations

- Maintaining the design elements that have obtained majority positive feedback.

- Analyzing the comments of the 8% of respondents who suggested improvements to identify specific changes that could be implemented to increase inspiration and attractiveness.
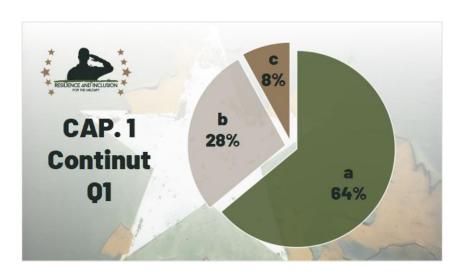
❖ Content section

Q1. What do you think of the content of chapter 1?

Answer options:

    a.   Excellent

    b.   Good

    c.   Needs improvement

The following responses have been recorded, as seen in the figure below

64% of people answered with option a.

28% of people answered with variant b.

8% people answered with variant c.

Interpret Q1:

Analysis of the responses to the content of Chapter 1 shows that the majority of servicemen consider the material to be of superior quality. 64% of respondents rated the content as "excellent," suggesting that the information presented is relevant, well-structured, and valuable to readers. 28% of respondents described the content as "good", indicating that although the material is appreciated, there is room for improvement to achieve an even higher level of excellence. 8% of respondents indicated that the material "needs improvement", highlighting that there are certain aspects that could be revised or developed to increase the effectiveness of the information provided.
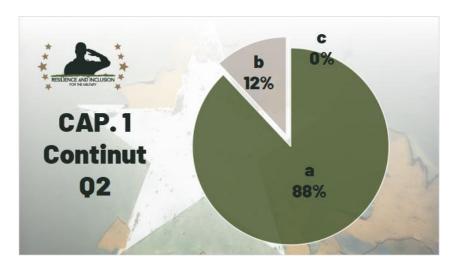
Recommendations:

- Retaining content that has received excellent ratings, to maintain the high quality of the material.

- Identify and analyze aspects that can be optimized based on the feedback of respondents in the "good" and "needs improvement" categories, in order to further improve the relevance and impact of the information presented.

Q2. Is it easy for you to go through it?

Answer options:

    a.   Yes, very easy

    b.   Partly easy

    c.   No, difficult

The following responses have been recorded, as seen in the figure below

88% of people answered with variant a.

12% of people answered with variant b.

0% people answered with variant c.

Interpret Q2:

The responses received regarding the ease of reading the content of chapter 1 are mostly positive. 88% of respondents indicated that the material is "very easy" to navigate, which shows that the brochure is well organized and easy to understand. This is essential to ensure good accessibility of the information presented. 12% of respondents felt that the material was "partly easy" to navigate, suggesting that there are certain sections that could be improved to make the information even easier to understand and use. None of the respondents chose the "difficult" option, which confirms that, overall, the chapter is well structured and accessible to readers.
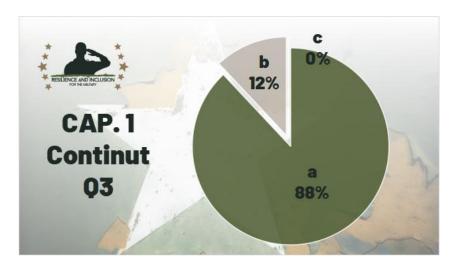
Recommendations:

- Continue to use the current structure and style of presentation of information, given the very positive feedback.

- Review the sections identified as partially easy to navigate in order to identify and implement possible improvements to ensure a reading experience as fluent and accessible as possible for all readers.

Q3. Are the terms and expression easy to understand?

Answer options:

    a.   Yes, very easy to understand

    b.   Partly easy to understand

    c.   No, hard to understand

The following responses have been recorded, as seen in the figure below

88% of people answered with variant a.

12% of people answered with variant b.

0% people answered with variant c.

Interpret Q3:

The feedback on the clarity of the terms and wording in Chapter 1 is extremely positive. 88% of respondents consider the terms and expression to be "very easy to understand", which indicates that the language used in the brochure is accessible and well adapted to the target audience. This is crucial for ensuring a good understanding of information about post-traumatic stress. 12% of respondents rated the language as "partly easy to understand", suggesting that there are certain aspects of the text that could be clarified or simplified to improve overall comprehensibility. None of the respondents found the terms and wording difficult to understand, confirming that the brochure is, overall, effective in terms of communicating information.

Recommendations:

- Continue to use the current terms and style of expression, given the majority positive feedback.

- Review sections identified as partially understandable to identify and implement possible improvements to increase the clarity and accessibility of the text.

❖ Utility Section

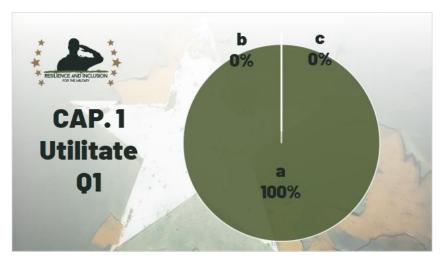**Q1. Do you think this chapter is useful for understanding post-traumatic stress disorder?**

Answer options:

    a. Yes

    b. Not

    c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpret Q1:

The answers regarding the usefulness of chapter 1 for understanding post-traumatic stress syndrome are unanimous and extremely positive. All respondents (100%) answered affirmatively, considering this chapter to be useful for understanding PTSD. This feedback indicates that the material presented is perceived as highly relevant and beneficial to readers, managing to provide clear and valuable information about PTSD. The fact that no respondent chose the "No" or "Don't know" variants underscores the effectiveness and clarity of the content, demonstrating that this chapter successfully fulfills the objective of educating and informing readers about post-traumatic stress disorder.

Recommendations:

- Maintaining the current structure and content of the chapter, given the unanimously positive feedback.

- Continue to apply the same informative and clear approach in the other chapters of the brochure to ensure a consistent level of usefulness and relevance.

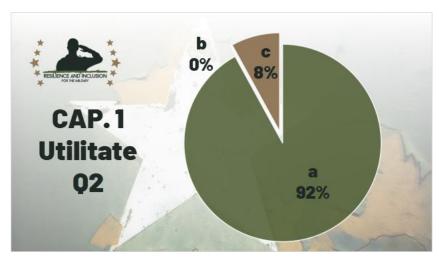**Q2. Do you think it will help the active military and those in reserve to go through this chapter?**

Answer options:

    a.   Yes

    b.   Not

    c.   I don't know

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

0% of people answered with variant b.

8% people answered with variant c.

Interpret Q2:

The majority of respondents (92%) believe that going through this chapter will help both active and reserve military personnel. This positive feedback suggests that the information presented is perceived as valuable and relevant to the military's needs in terms of understanding and managing post-traumatic stress disorder. None of the respondents chose the "No" option, which shows that there are no significant negative perceptions related to the usefulness of the chapter. However, 8% of respondents chose the "I don't know" option, which indicates a little uncertainty about the impact of the chapter. This may reflect either a lack of familiarity with the content or a perception that the material could benefit from further clarification.

Recommendations

- Continue to use current content, given the majority positive feedback.

- Addressing the uncertainty expressed by 8% of respondents through additional clarifications or concrete examples illustrating how the chapter can help active and reserve military personnel.

Chapter 2 – Exacerbated fear – the precursor emotion for the onset of post-traumatic stress

❖ Design Section

Q1. What do you think of the design of chapter 1?

Answers: Open-ended question

The following responses were recorded:

Super	Very cool	It's well crafted
It's very ok	Cute	Interesting
Attractive	Good	He has an attractive desire
Very suggestive and captivating	It was beautiful	Could be revised
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Good	Pleasant, interesting
It's attractive	Walk	

Interpret Q1:

The feedback on the design of Chapter 2 reflects a general appreciation from respondents. Terms such as "great", "very cool", and "interesting" indicate that the design is well received and considered pleasant. Aspects such as "very suggestive and engaging" and "visually pleasing design" suggest that visual elements are effective in capturing and maintaining readers' attention. Most respondents noted the design as attractive and well-made. However, there is also a suggestion for a possible revision, indicating that there are opportunities for improvement.

Recommendations:

- Continuing to use appreciated design elements, maintaining visual standards that have been well received.

- Consider revision suggestions to make minor adjustments that could further enhance the attractiveness of the design.

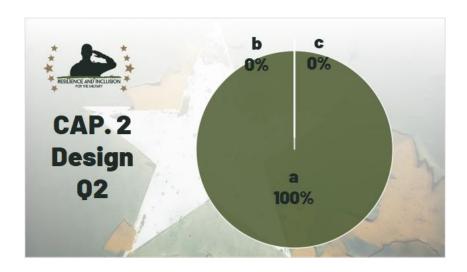**Q2: Is the design nice and attractive?**

Answer options:

    a. Yes

    b. Not

    c. To be stuffed

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpreting Q2

       The feedback on the attractiveness and pleasure of the design for Chapter 2 is unanimously positive. All respondents (100%) indicated that the design is pleasant and attractive. This unanimity suggests that the visual aspect of the chapter manages to meet the expectations and needs of readers in a consistent and effective manner. No respondent found the design unattractive or in need of improvement, which emphasizes that the design elements are well done and well received by the target audience.

Recommendations:

– Maintaining the current design, given the extremely positive feedback.

– Continue to apply the same visual approach in the other chapters of the booklet to ensure consistency and attractiveness of the material.

Q3. Can the design inspire you to scroll through the content?
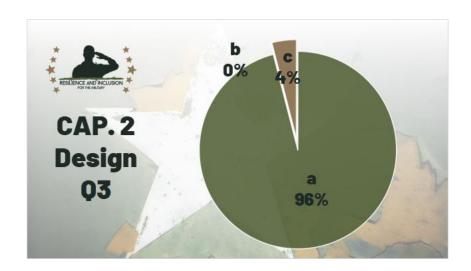
Answer options:

    a.   Yes

    b.   Not

    c.   To be stuffed

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q3

       Feedback shows that the design of Chapter 2 is extremely inspiring for most respondents. 96% of participants said that design can inspire them to scroll through the content, indicating that visual elements manage to attract and maintain readers' interest. None of the respondents found the design uninspiring, demonstrating that there are no significant problems in this regard. However, 4% of respondents suggested that the design could be improved, which provides an opportunity to refine some elements to further enhance the appeal and ability to inspire readers.

Recommendations

- Maintaining design features that have garnered majority positive feedback.

- Evaluating suggestions for improvement to identify specific adjustments that could be implemented to further increase the degree of inspiration provided by the design.

❖ Content section

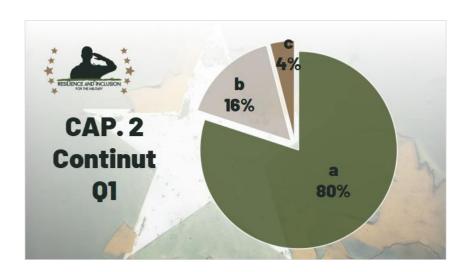**Q1. What do you think of the content of chapter 1?**

Answer options:

    a.   Excellent

    b.   Good

    c.   Needs improvement

The following responses have been recorded, as seen in the figure below

80% of people answered with variant a.

16% of people answered with variant b.

4% people answered with variant c.

Interpret Q1:

       The evaluation of the content of chapter 2 indicates a very good overall assessment from the respondents. 80% of participants described the content as "excellent", suggesting that the material presented is well-structured, informative and relevant to readers. This mostly positive feedback indicates that the chapter manages to effectively convey information about exacerbated fear and its link to post-traumatic stress. 16% of respondents considered the content "good", which shows that although the material is appreciated, there is room for minor improvements that could turn the appreciation from "good" to "excellent". 4% of respondents mentioned that the content "needs improvement," suggesting that there are some specific aspects that could be developed or clarified to improve the overall quality of the chapter.

Recommendations:

- Maintaining content layouts that have received excellent ratings to continue to provide high-quality information.

- Identify and address suggested points for improvement by respondents in the "good" and "needs improvement" categories, in order to refine and optimize the content of the chapter.

Q2. Is it easy for you to go through it?

Answer options:
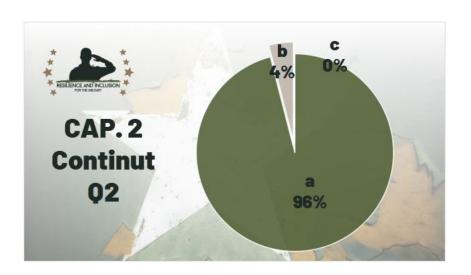
    a. Yes, very easy

    b. Partly easy

    c. No, difficult

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.

Interpret Q2:

       The responses indicate that the overwhelming majority of respondents (96%) find the material in Chapter 2 to be very easy to navigate. This positive feedback reflects a clear structure and accessible language, making it easier to understand the information presented about exacerbated fear and post-traumatic stress. A small percentage (4%)

indicated that the material is partially easy to navigate, suggesting that there are a few sections that could benefit from further clarification to further improve accessibility.

None of the respondents found the chapter difficult to navigate, which confirms that, overall, the content is well-structured and accessible.
Recommendations:
- Continue to use the current structure and style to maintain the ease of navigation appreciated by the majority of respondents.
- Identifying and reviewing sections that have been perceived as partially easy to navigate in order to ensure a reading experience that is as fluent and accessible as possible for all readers.

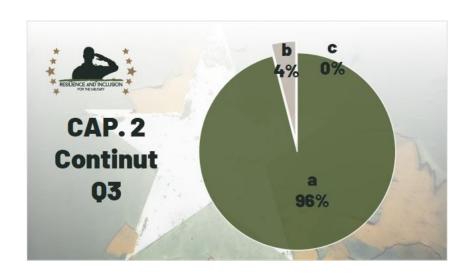**Q3. Are the terms and expression easy to understand?**
Answer options:

    a.   Yes, very easy to understand

    b.   Partly easy to understand

    c.   No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.

Interpret Q3:

The majority of respondents (96%) indicated that the terms and expression used in Chapter 2 are very easy to understand. This positive feedback suggests that the language used is clear, accessible and well adapted to the target audience, facilitating the understanding of concepts related to exacerbated fear and post-traumatic stress. A small percentage (4%) mentioned that the terms and expression are partially easy to understand, indicating that there are certain sections or terms that may need further clarification to improve comprehensibility. None of the respondents found the terms and expression difficult to understand, which confirms that, in general, the language used is appropriate and effective.

Recommendations:

- Continue to use the current language and style of expression, given the majority positive feedback.

- Review and clarify terms and sections that have been perceived as partially understandable to ensure a complete and fluent understanding of the material.

❖ Utility Section

Q1. Do you find this chapter useful for understanding stress syndrome posttraumatic?
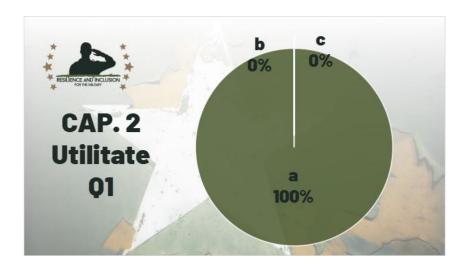
Answer options:

    a. Yes

    b. Not

    c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpret Q1:

The results of the survey indicate that all respondents (100%) consider this chapter useful for understanding post-traumatic stress disorder. This unanimous consensus emphasizes that the information presented is relevant and well-structured to educate and inform readers about the link between exacerbated fear and PTSD. The absence of any negative or indecisive answers shows that the material is perceived as clear and valuable in conveying essential knowledge about PTSD, leaving no room for confusion or doubt.
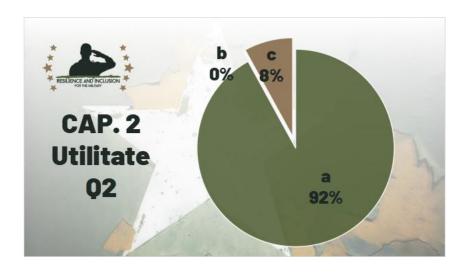
Recommendations:

- Maintaining current content, given the unanimously positive feedback.

- Applying the same clear and informative approach in the other chapters of the brochure to ensure a consistent level of usefulness and relevance.

Q2. Do you think it will help the active military and those in reserve to go through this chapter?

Answer options:

    a.   Yes

    b.   Not

    c.   I don't know

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

0% of people answered with variant b.

8% people answered with variant c.

Interpret Q2:

      The majority of respondents (92%) believe that going through this chapter will be helpful for active and reserve military personnel. This positive feedback indicates that the material is perceived as valuable and relevant to support the understanding and management of exacerbated fear, an important precursor to post-traumatic stress. No respondent indicated that the material would not be helpful, suggesting that there are no significant negative perceptions of the chapter's usefulness. However, 8% of respondents answered "I don't know", which shows that there is a small degree of uncertainty regarding the impact of the chapter. This may reflect either a lack of personal experience with the subject or a need for further clarification.

Recommendations:

- Maintaining and developing current content, taking into account predominantly positive feedback.

- Addressing the uncertainties expressed by respondents who chose the "I don't know" option by adding concrete examples and case studies to illustrate how the chapter can help active and reserve military personnel.

Chapter 3 - What is Post-Traumatic Stress (PTS), the forms of manifestation and symptomatology in the military. How it appears, why it occurs and under what conditions.

❖ Design Section

Q1. What do you think of the design of chapter 1?

Answers: Open-ended question

The following responses were recorded:

Super	Very cool	It's well crafted
It's very ok	Cute	Intuitive
Attractive	Good	He has an attractive desire
Very suggestive and captivating	Vibrant	Could be revised
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Good	Pleasant, interesting
It's attractive	The design is well done	

Interpret Q1:

The responses on the design of chapter 3 show a broad appreciation for the visual aspect of the material. The terms used such as "super", "very cool", and "cute" suggest that the design is considered pleasant and appealing by respondents. Descriptions like "intuitive" and "very suggestive and engaging" indicate that the design not only visually appeals, but also makes it easier to understand and navigate through the content. The praise for the "vibrant" and "visually pleasing" design emphasizes that the material manages to capture and maintain the interest of readers. However, there is a mention that the design "could be revised", indicating possibilities for small adjustments that could further improve the visual experience.

Recommendations:

- Continuing to use design elements appreciated by the majority of respondents.

- Evaluating and implementing suggestions for review to ensure an optimal visual experience and address any possible improvements.

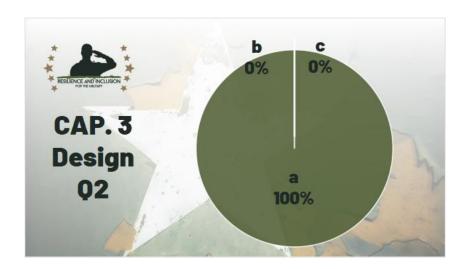**Q2: Is the design nice and attractive?**

Answer options:

    a. Yes

    b. Not

    c. To be stuffed

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpreting Q2

      The collected responses show that all respondents (100%) found the design of Chapter 3 pleasant and attractive. This unanimously positive feedback suggests that the visual aspect of the chapter is well done and manages to capture and maintain readers' interest in an effective manner. None of the respondents opted for the "No" or "To be improved" variants, which underlines the fact that there are no significant negative perceptions regarding the design of this chapter. This full acceptance indicates that the visual material is fully satisfactory to the target audience.

Recommendations:

- Continue to use current design elements, given the unanimously positive feedback.

- Applying the same visual approach in the other chapters of the booklet to maintain the consistency and attractiveness of the material.

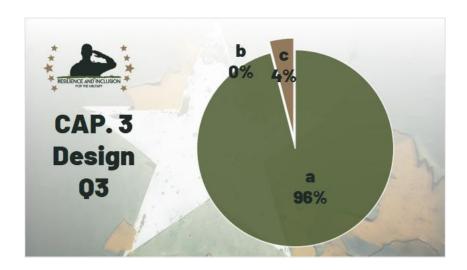**Q3. Can the design inspire you to scroll through the content?**

Answer options:

    a.   Yes

    b.   Not

    c.   To be stuffed

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q3

      The results indicate that the design of Chapter 3 is considered inspiring by the overwhelming majority of respondents. 96% of them said that the design inspires them to scroll through the content, which demonstrates the effectiveness of the visual aspect in stimulating readers' interest and engagement. None of the respondents chose the "No" option, pointing out that there are no significant problems with the design's ability to inspire the material. However, 4% of respondents suggested that the design could be improved, indicating opportunities for minor adjustments that could further enhance visual appeal and effectiveness.

Recommendations:

- Maintaining current design features, given the very positive feedback.

- Identify and implement possible improvements suggested by the minority of respondents to ensure an even more inspiring and engaging experience.

❖ **Content section**

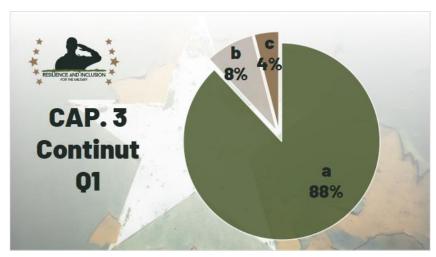**Q1. What do you think of the content of chapter 1?**

Answer options:

    a.   Excellent

    b.   Good

    c.   Needs improvement

The following responses have been recorded, as seen in the figure below

88% of people answered with variant a.

8% of people answered with variant b.

4% people answered with variant c.

Interpret Q1:

        The responses indicate a high level of appreciation for the content of Chapter 3. The majority of respondents (88%) consider the content to be "excellent," suggesting that the information is perceived as high-quality, well-structured, and relevant to understanding post-traumatic stress in the military. 8% of respondents rated the content as "good," indicating that while the material is appreciated, there are opportunities for improvement that could turn the rating from "good" to "excellent." 4% of respondents believe that the material "needs improvement", which suggests that there are some specific aspects that could be clarified or developed to enhance the overall quality of the chapter.

Recommendations:

- Continue to use content that has received excellent ratings to maintain high quality standards.

- Analyze feedback from the "good" and "needs improvement" categories to identify and implement necessary adjustments to further improve chapter content.

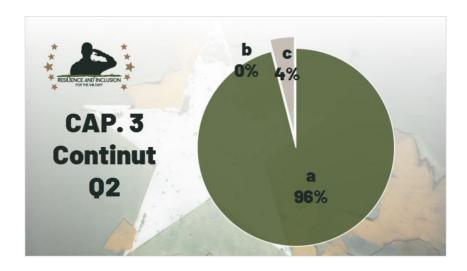**Q2. Is it easy for you to go through it?**

Answer options:

    a. Yes, very easy

    b. Partly easy

    c. No, difficult

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpret Q2:

       The responses indicate that the overwhelming majority of respondents (96%) find the material in Chapter 3 to be very easy to navigate. This positive feedback shows that the structure and presentation of the information are clear and accessible, making it easier to understand the topics covered. No respondents indicated that the material was "partly easy" to navigate, suggesting that those who found the material difficult (4%) could represent isolated cases. These answers suggest that, overall, the content is well-structured and easy to understand for most readers.

Recommendations:

- Maintaining the current structure and style of presenting information, given the majority positive feedback.
- Investigating the causes that determined the perception of difficulty for a small percentage of respondents and adjusting, where necessary, to ensure the complete accessibility of the material.
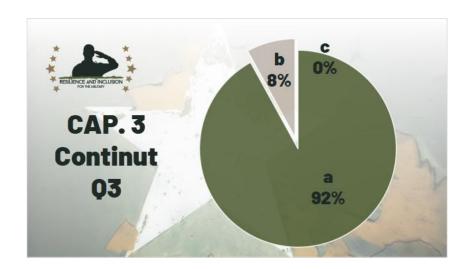
Q3. Are the terms and expression easy to understand?

Answer options:

    a. Yes, very easy to understand

    b. Partly easy to understand

    c. No, hard to understand

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

8% of people answered with variant b.

0% people answered with variant c.

Interpret Q3:

       The majority of respondents (92%) consider the terms and expression used in Chapter 3 to be very easy to understand. This feedback indicates that the language used is clear, precise and well adapted to the target audience, facilitating the understanding of concepts related to post-traumatic stress. 8% of respondents rated terms and phrasing as partially understandable, suggesting that there are certain sections or terms that could benefit from further clarification to improve comprehensibility. No respondent indicated that the terms and expression are difficult to understand, which confirms that the language used is generally appropriate and effective.

Recommendations:

- Continue to use the current language and style of expression, given the very positive feedback.

- Review and clarify terms and sections that have been perceived as partially understandable to ensure a complete and fluent understanding of the material.

❖ Utility Section

Q1. Do you find this chapter useful for understanding stress syndrome posttraumatic?
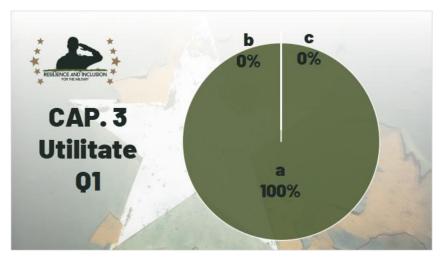
Answer options:

    a. Yes

    b. Not

    c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpret Q1:

       The results of the survey indicate that all respondents (100%) consider this chapter useful for understanding post-traumatic stress disorder. This unanimous consensus shows that the material presented is perceived as extremely relevant and valuable for educating and informing readers about PTSD, its forms of manifestation and the conditions that can trigger it. The absence of negative or indecisive answers confirms that the information is

clear and well structured, managing to provide readers with a complete and comprehensive understanding of the topic addressed.

Recommendations:

- Maintaining current content, given the unanimously positive feedback.

- Continue to apply the same clear and informative approach in the other chapters of the brochure to ensure a constant level of usefulness and relevance.

Q2. Do you think it will help the active military and those in reserve to go through this chapter?

Answer options:
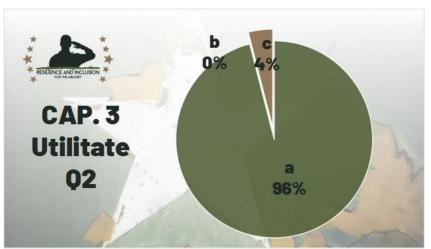
    a.   Yes

    b.   Not

    c.   I don't know

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpret Q2:

      The feedback indicates that 96% of respondents believe that going through this chapter will be helpful for both active and reserve military personnel. This high level of approval suggests that the information presented is considered useful and relevant to military personnel, helping them to better understand post-traumatic stress disorder, its symptoms and the conditions of occurrence. None of the respondents considered the material to be helpful, which underlines the lack of negative perceptions of the chapter's relevance. However, 4% of respondents answered "I don't know", indicating some

uncertainty or lack of personal experience with the subject, which may require further clarification to ensure a full understanding of the material's usefulness.

Recommendations:

- Maintaining and developing current content, taking into account predominantly positive feedback.

- Clarification of additional aspects to reduce the uncertainty expressed by respondents who answered "I don't know", through practical examples and case studies demonstrating the applicability and usefulness of the chapter for military personnel.

Chapter 4 - The favorable environment for the appearance of post-traumatic stress in theaters of military operations.

❖ **Design Section**

Q1. What do you think of the design of chapter 1?

Answers: Open-ended question

The following responses were recorded:

Super	Very cool	It's well crafted
It's very ok	Cute	Intuitive
Attractive	Good	He has an attractive desire
Very suggestive and captivating	Vibrant	Could be revised
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Good	Pleasant, interesting
It's attractive	The design is well done	

Interpret Q1:

　　The feedback on Chapter 4's design is mostly positive, with respondents using terms like "super," "really cool," and "cute" to describe the visual look. These responses suggest that the design is valued for its visual appeal and ability to capture readers' interest. Comments such as "intuitive" and "very suggestive and engaging" indicate that the design is not only aesthetically pleasing but also easy to navigate and understand, which is crucial for the effectiveness of information communication. Terms such as "vibrant" and "visually pleasing" emphasize that the material has a positive visual impact. There is also a suggestion for revision, which indicates that there is room for small adjustments to further improve the design.

Recommendations:

- Continuing to use design elements appreciated by the majority of respondents.

- Considering revision suggestions to make minor adjustments and improve the visual experience.
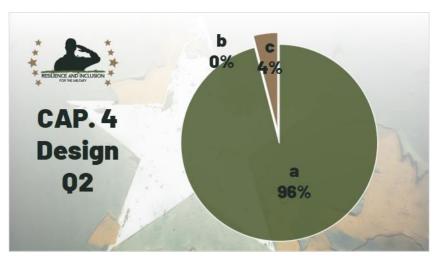
Q2: Is the design nice and attractive?

Answer options:

    a. Yes

    b. Not

    c. To be improved

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpreting Q2

The survey results show that all respondents (100%) find the design of Chapter 4 pleasant and attractive. This unanimously positive feedback indicates that the visual aspect of the chapter manages to meet the readers' expectations in an effective and satisfactory manner. None of the respondents chose the "No" or "To be improved" variants, which suggests that the design does not present major problems and does not require significant adjustments. Full acceptance indicates that the visual material is well done and manages to capture the readers' attention.

Recommendations:

- Maintaining the current design, given the unanimously positive feedback.

- Applying the same visual approach in the other chapters of the booklet to maintain the consistency and attractiveness of the material.

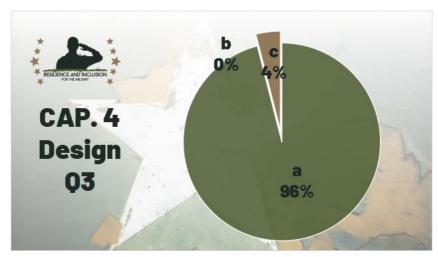**Q3. Can the design inspire you to scroll through the content?**

Answer options:

    a.   Yes

    b.   Not

    c.   To be improved

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q3

      The feedback indicates that 96% of respondents believe that the design of Chapter 4 inspires them to go through the content. This majority feedback suggests that the visual aspect of the material is effective in attracting and maintaining readers' interest, motivating them to read on. No respondent indicated that the design is uninspiring, which shows that there are no significant problems in this regard. However, 4% of respondents suggested that the design could be improved, indicating opportunities for minor adjustments that could further enhance the design's ability to inspire content scrolling.

Recommendations:

- Maintaining current design features, given the very positive feedback.

- Exploring suggestions for improvement to identify specific adjustments that could make the design even more inspiring and engaging.

❖ Content section

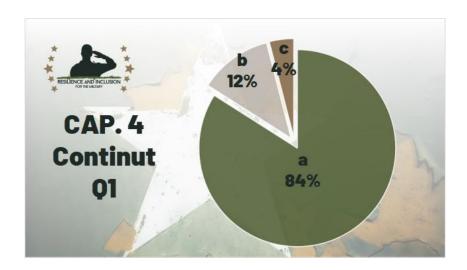**Q1. What do you think of the content of chapter 1?**

Answer options:

    a. Excellent

    b. Good

    c. Requires stuffing

The following responses have been recorded, as seen in the figure below

84% of people answered with variant a.

12% of people answered with variant b.

4% people answered with variant c.

Interpret Q1:

      The responses indicate a high level of appreciation for the content of Chapter 4. 84% of respondents rated the content as "excellent", suggesting that the information presented is of high quality, well-structured and highly relevant to understanding the enabling environment for the occurrence of post-traumatic stress in theatres of military operations. 12% of respondents rated the content as "good," indicating that while the material is appreciated, there is room for minor improvements that could turn the rating from "good" to "excellent." 4% of respondents mentioned that the material "needs improvement", suggesting that there are some specific aspects that could be clarified or developed to enhance the overall quality of the chapter.

Recommendations:

- Maintaining content that has received excellent ratings to continue to provide high-quality information.

- Analyze feedback from the "good" and "needs improvement" categories to identify and implement necessary adjustments to further improve chapter content.
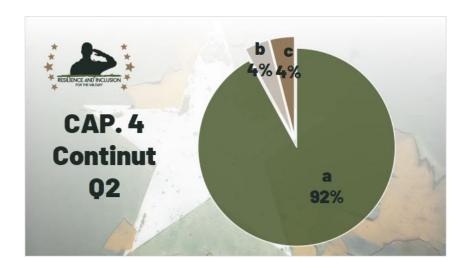
Q2. Is it easy for you to go through it?

Answer options:

   a.   Yes, very easy

   b.   Partly easy

   c.   No, difficult

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

4% people answered with variant b.

4% people answered with variant c.

Interpret Q2:

The majority of respondents (92%) find the material in Chapter 4 very easy to navigate. This positive feedback indicates that the structure and presentation of the information are clear and accessible, making it easier to understand the topics covered. A small 4% of respondents indicated that the material is partially easy to navigate, suggesting that there are a few sections that could benefit from further clarification to improve accessibility. Also, 4% of respondents found the material difficult to go through, indicating the need for a more detailed assessment of those parts to identify and remove barriers to understanding.

Recommendations:

- Continue to use the current structure and style of presentation of information, given the majority positive feedback.
- Review sections identified as partially easy or difficult to navigate to ensure a reading experience as fluent and accessible as possible for all readers.

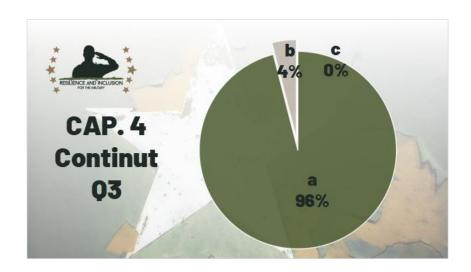**Q3. Are the terms and expression easy to understand?**

Answer options:

    a.   Yes, very easy to understand

    b.   Partly easy to understand

    c.   No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.

Interpret Q3:

       The majority of respondents (96%) consider the terms and expression used in Chapter 4 to be very easy to understand. This feedback indicates that the language used is clear, precise and well adapted to the target audience, making it easier to understand the concepts discussed. 4% of respondents rated terms and phrasing as partially understandable, suggesting that there are certain sections or terms that could benefit from further clarification to improve comprehensibility. None of the respondents found the terms and expression difficult to understand, which confirms that the language used is generally appropriate and effective.

Recommendations

- Continue to use the current language and style of expression, given the very positive feedback.

- Review and clarify terms and sections that have been perceived as partially understandable to ensure a complete and fluent understanding of the material.

❖ Utility Section

Q1. Do you find this chapter useful for understanding stress syndrome posttraumatic?
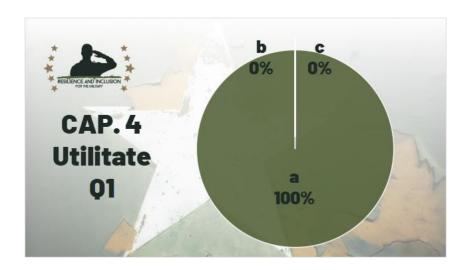
Answer options:

    a.   Yes

    b.   Not

    c.   I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpret Q1:

    All respondents (100%) believe that this chapter is useful for understanding post-traumatic stress syndrome. This unanimous consensus emphasizes that the material presented is perceived as extremely relevant and valuable for educating and informing readers about the favorable environment for the occurrence of post-traumatic stress in theaters of military operations. The absence of negative or indecisive answers confirms

that the information is clear and well structured, managing to provide readers with a complete and comprehensive understanding of the topic addressed.

Recommendations:

- Maintaining current content, given the unanimously positive feedback.

- Continue to apply the same clear and informative approach in the other chapters of the brochure to ensure a constant level of usefulness and relevance.

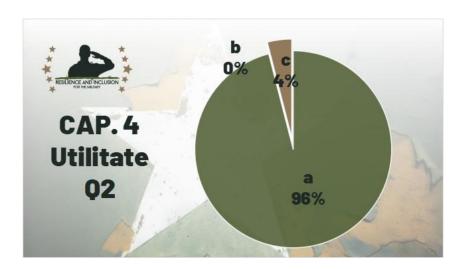**Q2. Do you think it will help the active military and those in reserve to go through this chapter?**

Answer options:

    a.   Yes

    b.   Not

    c.   I don't know

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpret Q2:

       The majority of respondents (96%) believe that going through this chapter will help both active and reserve military personnel. This feedback suggests that the information is perceived as useful and relevant to military personnel, helping them to better understand the conditions that can favor the occurrence of post-traumatic stress in theaters of military operations. None of the respondents felt that the material would be helpful, which underscores the lack of negative perceptions about the chapter's usefulness. However, 4% of respondents answered "I don't know", indicating some uncertainty or lack of personal

experience with the subject, which may require further clarification to ensure a full understanding of the material's usefulness.

Recommendations:

- Maintaining and developing current content, taking into account predominantly positive feedback.

- Clarification of additional aspects to reduce the uncertainty expressed by respondents who answered "I don't know", through practical examples and case studies demonstrating the applicability and usefulness of the chapter for military personnel.

Chapter 5 – Techniques and methods for managing post-traumatic stress in the military.

❖ Design Section

Q1. What do you think of the design of chapter 1?

Answers: Open-ended question

The following responses were recorded:

Super	Very cool	It's well crafted
It's very ok	Cute	Intuitive
Attractive	Good	He has an attractive desire
Very suggestive and captivating	Vibrant	Could be revised
Pleasant	Very nice	The design is visually pleasing
It is an attractive and suggestive design	Good	Pleasant, interesting
It's attractive	The design is well done	

Interpret Q1:

The feedback on Chapter 5's design is mostly positive. Respondents used terms such as "super", "very cool", and "cute" to describe the visual appearance, suggesting that the design is appreciated for its attractiveness. Terms such as "intuitive" and "very suggestive and engaging" indicate that the design not only visually appeals, but also makes it easier to navigate and understand the content. The "vibrant" and "visually pleasing" comments emphasize that the material has a positive visual impact, capturing readers' attention. However, there is also a mention that the design "could be revised", which suggests opportunities for adjustments that could further improve the visual experience.

Recommendations:

- Continuing to use design elements appreciated by the majority of respondents.

- Considering revision suggestions to make minor adjustments and improve the visual experience.

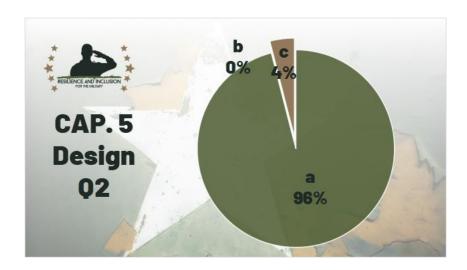**Q2: Is the design nice and attractive?**

Answer options:

    a. Yes

    b. Not

    c. To be stuffed

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q2

The majority of respondents (96%) find Chapter 5 design enjoyable and attractive. This positive feedback indicates that the visual aspect of the chapter manages to capture and maintain readers' interest in an effective manner. None of the respondents chose the "No" option, which suggests that there are no significant problems with the chapter design. However, 4% of respondents indicated that the design could be improved, which shows that there are opportunities for adjustments that could further enhance visual attractiveness and effectiveness.

Recommendations:

- Maintaining the current design, given the very positive feedback.

- Identify and implement possible improvements suggested by the minority of respondents to ensure an optimal visual experience.

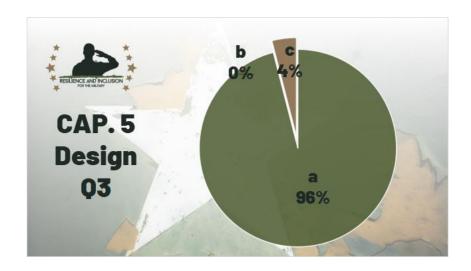**Q3. Can the design inspire you to scroll through the content?**

Answer options:

   a. Yes

   b. Not

   c. To be improved

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q3

   The responses received indicate that 96% of respondents believe that the design of Chapter 5 inspires them to go through the content. This positive feedback suggests that the design is effective in attracting and maintaining readers' interest, motivating them to explore the material presented. None of the respondents chose the "No" option, which shows that the design has no significant problems in terms of inspiring readers. However, 4% of respondents suggested that the design could be improved, indicating that there is room for minor adjustments that could further enhance the attractiveness and ability to inspire.

Recommendations:

- Maintaining current design features, given the very positive feedback.

- Evaluating and implementing suggestions for improvement to identify specific adjustments that could make the design even more inspiring and engaging.

❖ Content section

Q1. What do you think of the content of chapter 1?

Answer options:
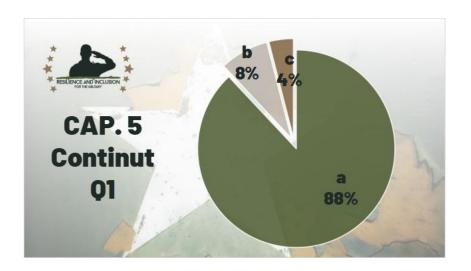
    a.   Excellent

    b.   Good

    c.   Needs improvement

The following responses have been recorded, as seen in the figure below

88% of people answered with variant a.

8% of people answered with variant b.

4% people answered with variant c.

Interpret Q1:

       The responses indicate a high level of appreciation for the content of Chapter 5. 88% of respondents rated the content as "excellent", suggesting that the information presented is of high quality, well-structured and highly relevant to understanding techniques and methods for managing post-traumatic stress in military personnel. 8% of respondents rated the content as "good," indicating that while the material is appreciated, there is room for minor improvements that could turn the rating from "good" to "excellent." 4% of respondents mentioned that the material "needs improvement", suggesting that there are some specific aspects that could be clarified or developed to enhance the overall quality of the chapter.

Recommendations:

- Maintaining content that has received excellent ratings to continue to provide high-quality information.

- Analyze feedback from the "good" and "needs improvement" categories to identify and implement necessary adjustments to further improve chapter content.

Q2. Is it easy for you to go through it?

Answer options:
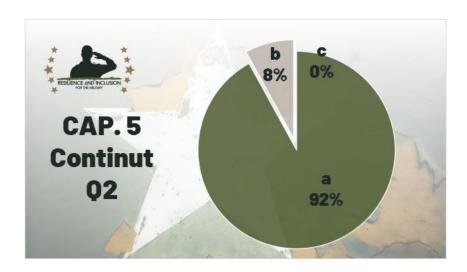
    a.   Yes, very easy

    b.   Partly easy

    c.   No, difficult

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

8% of people answered with variant b.

0% people answered with variant c.

Interpret Q2:

The majority of respondents (92%) find the material in Chapter 5 very easy to navigate. This positive feedback suggests that the structure and presentation of the information are clear and accessible, facilitating the understanding of techniques and methods for managing post-traumatic stress in military personnel. 8% of respondents rated the material as partially easy to navigate, suggesting that there are certain sections that could benefit from further clarification to improve accessibility and ease of reading.

None of the respondents found the material difficult to go through, which confirms that, overall, the content is well-structured and easy to understand for most readers.

Recommendations:

- Continue to use the current structure and style of presentation of information, given the majority positive feedback.

- Review the sections identified as partially easy to navigate to ensure a reading experience as fluent and accessible as possible for all readers.

Q3. Are the terms and expression easy to understand?

Answer options:
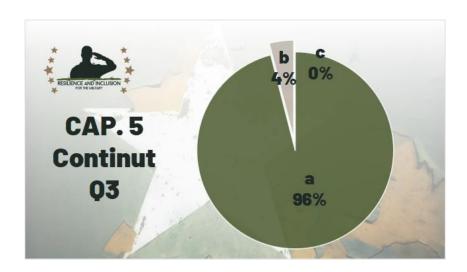
    a.   Yes, very easy to understand

    b.   Partly easy to understand

    c.   No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.

Interpret Q3:

       The majority of respondents (96%) consider the terms and expression used in Chapter 5 to be very easy to understand. This positive feedback suggests that the language used is clear, precise and well adapted to the target audience, facilitating the understanding of techniques and methods for managing post-traumatic stress in military personnel. 4% of respondents rated terms and phrasing as partially understandable,

indicating that there are certain sections or terms that could benefit from further clarification to improve comprehensibility.

None of the respondents found the terms and expression difficult to understand, which confirms that the language used is generally appropriate and effective.

Recommendations:

- Continue to use the current language and style of expression, given the very positive feedback.

- Review and clarify terms and sections that have been perceived as partially understandable to ensure a complete and fluent understanding of the material.

❖ **Utility Section**

Q1. Do you find this chapter useful for understanding stress syndrome posttraumatic?
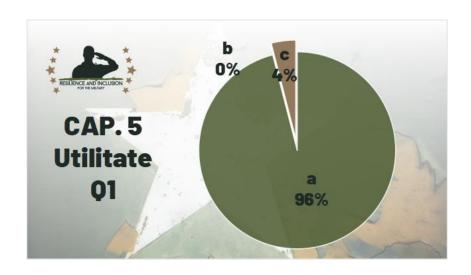
Answer options:

a. Yes
b. Not
c. I don't know

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpret Q1:

The majority of respondents (96%) find this chapter useful for understanding post-traumatic stress disorder. This feedback indicates that the information presented is perceived as highly relevant and valuable for educating and supporting military personnel in managing post-traumatic stress. None of the respondents considered the chapter unnecessary, which underlines the lack of negative perceptions of the material's relevance. However, 4% of respondents answered "I don't know", which suggests a little uncertainty or lack of personal experience with the subject, which may require further clarification to ensure a full understanding of the usefulness of the material.

Recommendations:

- Maintaining and developing current content, taking into account predominantly positive feedback.

- Clarification of additional aspects to reduce the uncertainty expressed by respondents who answered "I don't know", through practical examples and case studies demonstrating the applicability and usefulness of the chapter for military personnel.
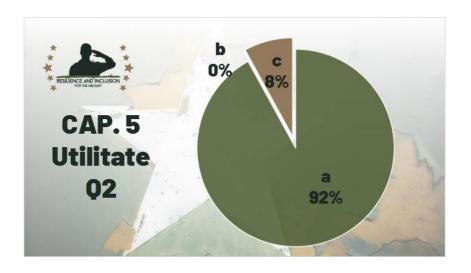
Q2. Do you think it will help the active military and those in reserve to go through this chapter?

Answer options:

    a.   Yes

    b.   Not

    c.   I don't know

The following responses have been recorded, as seen in the figure below

92% of people answered with variant a.

0% of people answered with variant b.

8% people answered with variant c.

Interpret Q2:

The majority of respondents (92%) believe that going through this chapter will help both active and reserve military personnel. This positive feedback suggests that the information presented is perceived as useful and relevant to military personnel, helping them to better understand and manage post-traumatic stress. None of the respondents felt that the material would be helpful, which underscores the lack of negative perceptions about the chapter's usefulness. However, 8% of respondents answered "I don't know", indicating some uncertainty or lack of personal experience with the subject, which may require further clarification to ensure a full understanding of the material's usefulness.

Recommendations:

- Maintaining and developing current content, taking into account predominantly positive feedback.

- Clarification of additional aspects to reduce the uncertainty expressed by respondents who answered "I don't know", through practical examples and case studies demonstrating the applicability and usefulness of the chapter for military personnel.

Chapter 6 – The Invisible Front – Post-Traumatic Stress

❖ Design Section

Q1. What do you think of the design of chapter 1?

Answers: Open-ended question

The following responses were recorded:

Super	Very cool	It's well crafted
It's ok	Cute	Intuitive
According to the	Good	He has an attractive desire
Attractive	Vibrant	Could be revised
Very good	Very nice	The design is visually pleasing
Good	Good	Pleasant, interesting
It is a suitable one	The design is well done	

Interpret Q1:

The responses on the design of chapter 6 are mostly positive. Respondents used terms such as "super", "very cool", "cute", and "intuitive" to describe the visual appearance, suggesting that the design is well appreciated and considered attractive and accessible. Comments such as "appropriate to the theme" and "the design is well done" emphasize that the design manages to adequately reflect the topic addressed, capturing the essence and message of the chapter. Terms such as "vibrant" and "very good" indicate that the material has a positive visual impact, keeping readers interested. There are also suggestions for a possible revision, which points to opportunities for minor adjustments that could further improve the visual experience.

Recommendations

- Continuing to use design elements appreciated by the majority of respondents.

- Considering revision suggestions to make minor adjustments and improve the visual experience.

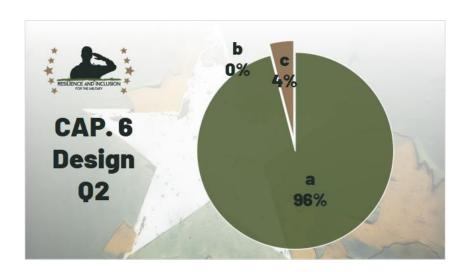**Q2: Is the design nice and attractive?**

Answer options:

    a. Yes

    b. Not

    c. To be stuffed

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q2

The feedback shows that the overwhelming majority of respondents (96%) find the design of Chapter 6 pleasant and attractive. This positive feedback suggests that the visual aspect of the chapter manages to capture and maintain readers' interest in an effective manner. None of the respondents chose the "No" option, which indicates the absence of major design issues. However, 4% of respondents suggested that the design could be improved, which provides opportunities for minor adjustments that could further enhance visual appeal and effectiveness.

Recommendations:

- Maintaining the current design, given the very positive feedback.

- Evaluating and implementing possible improvements suggested by the minority of respondents to ensure an optimal visual experience.

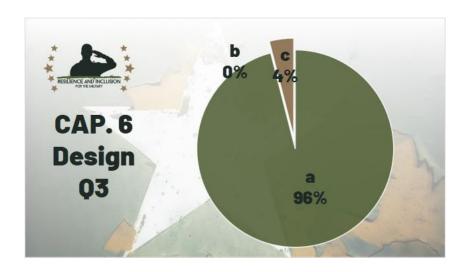**Q3. Can the design inspire you to scroll through the content?**

Answer options:

a. Yes

b. Not

c. To be stuffed

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpreting Q3

The majority of respondents (96%) believe that the design of Chapter 6 inspires them to go through the content. This feedback indicates that the design is effective in attracting and maintaining readers' interest, motivating them to explore the material presented. None of the respondents felt that the design was uninspiring, suggesting that there were no significant issues with the design's ability to inspire material scrolling. However, 4% of respondents suggested that the design could be improved, pointing to opportunities for minor adjustments that could further enhance attractiveness and the ability to inspire.

Recommendations:

- Maintaining current design features, given the very positive feedback.

- Evaluating and implementing suggestions for improvement to identify specific adjustments that could make the design even more inspiring and engaging.

❖ Content section

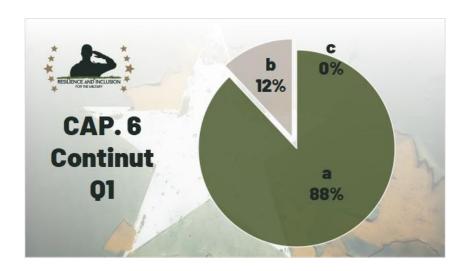**Q1. What do you think of the content of chapter 1?**

Answer options:

    a. Excellent

    b. Good

    c. Requires stuffing

The following responses have been recorded, as seen in the figure below

88% of people answered with variant a.

12% of people answered with variant b.

0% people answered with variant c.

Interpret Q1:

       The responses indicate a high level of appreciation for the content of chapter 6. 88% of respondents rated the content as "excellent", suggesting that the information presented is of high quality, well-structured and highly relevant to understanding post-traumatic stress. 12% of respondents rated the content as "good," indicating that while the material is appreciated, there are opportunities for minor improvements that could turn the rating from "good" to "excellent." No respondent mentioned that the material "needs improvement", suggesting that there are no major problems with the content of the chapter and that the material is generally well received by readers.

Recommendations:

– Maintaining content that has received excellent ratings to continue to provide high-quality information.

- Analyzing feedback from the "good" category to identify and implement necessary adjustments that could further improve chapter content.

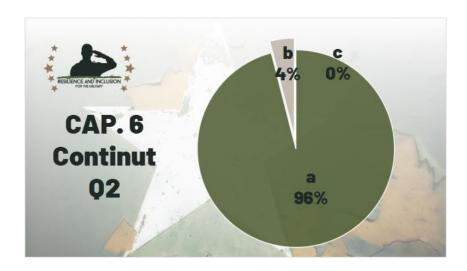**Q2. Is it easy for you to go through it?**

Answer options:

    a.   Yes, very easy

    b.   Partly easy

    c.   No, difficult

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.

Interpret Q2:

        The majority of respondents (96%) found the material in Chapter 6 to be very easy to navigate. This positive feedback suggests that the structure and presentation of the information are clear and accessible, making it easier to understand the topics discussed. 4% of respondents rated the material as partially easy to navigate, indicating that there are certain sections that could benefit from further clarification to improve accessibility and ease of reading. None of the respondents found the material difficult to go through, which confirms that, overall, the content is well-structured and easy to understand for most readers.

Recommendations:

- Continue to use the current structure and style of presentation of information, given the majority positive feedback.

- Review the sections identified as partially easy to navigate to ensure a reading experience as fluent and accessible as possible for all readers.

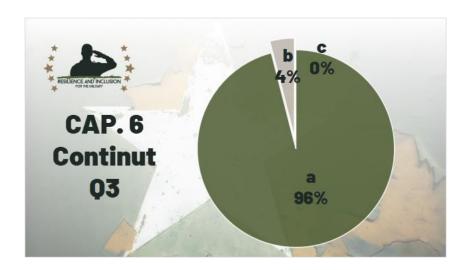**Q3. Are the terms and expression easy to understand?**

Answer options:

    a.   Yes, very easy to understand

    b.   Partly easy to understand

    c.   No, hard to understand

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

4% people answered with variant b.

0% people answered with variant c.

Interpret Q3:

       The majority of respondents (96%) find the terms and expression used in Chapter 6 to be very easy to understand. This feedback indicates that the language used is clear, precise and well adapted to the target audience, making it easier to understand the topics covered. 4% of respondents rated terms and phrasing as partially understandable, suggesting that there are certain sections or terms that could benefit from further clarification to improve comprehensibility. None of the respondents found the terms and expression difficult to understand, which confirms that the language used is generally appropriate and effective.

Recommendations:

- Continue to use the current language and style of expression, given the very positive feedback.

- Review and clarify terms and sections that have been perceived as partially understandable to ensure a complete and fluent understanding of the material.

❖ Utility Section

Q1. Do you find this chapter useful for understanding stress syndrome posttraumatic?
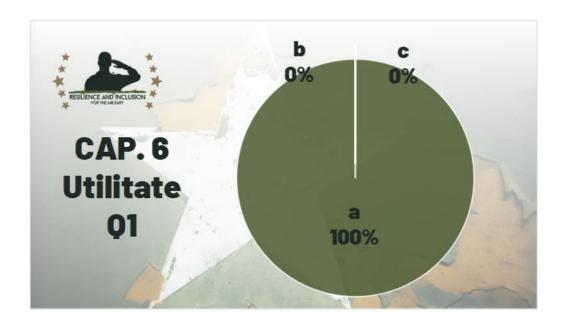
Answer options:
   a. Yes
   b. Not
   c. I don't know

The following responses have been recorded, as seen in the figure below

100% of people answered with option a.

0% of people answered with variant b.

0% people answered with variant c.

Interpret Q1:

All respondents (100%) believe that this chapter is useful for understanding post-traumatic stress syndrome. This unanimous consensus emphasizes that the information presented is perceived as highly relevant and valuable for educating and informing readers about post-traumatic stress.

The absence of negative or indecisive answers confirms that the material is clear, well-structured and very informative, managing to provide a comprehensive understanding of the topic addressed.

Recommendations:

- Maintaining current content, given the unanimously positive feedback.

- Continue to apply the same clear and informative approach in the other chapters of the brochure to ensure a constant level of usefulness and relevance.

Q2. Do you think it will help the active military and those in reserve to go through this chapter?

Answer options:
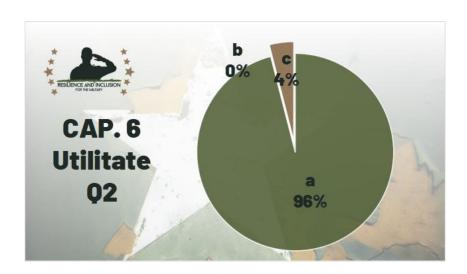
    a. Yes

    b. Not

    c. I don't know

The following responses have been recorded, as seen in the figure below

96% of people answered with option a.

0% of people answered with variant b.

4% people answered with variant c.

Interpret Q2:

The majority of respondents (96%) believe that going through this chapter will help both active and reserve military personnel. This positive feedback suggests that the information presented is perceived as useful and relevant to military personnel, helping them to better understand and manage post-traumatic stress. None of the respondents felt that the material would be helpful, which underscores the lack of negative perceptions about the chapter's usefulness. However, 4% of respondents answered "I don't know", indicating some uncertainty or lack of personal experience with the subject, which may require further clarification to ensure a full understanding of the material's usefulness.

Recommendations:

- Maintaining and developing current content, taking into account predominantly positive feedback.

- Clarification of additional aspects to reduce the uncertainty expressed by respondents who answered "I don't know", through practical examples and case studies demonstrating the applicability and usefulness of the chapter for military personnel.

Concluding conclusions and recommendations

Conclusions

Piloting the brochure on post-traumatic stress in the military environment provided a clear insight into the perceptions and reactions of active military , veterans and military personnel with disabilities in terms of the design, content and usefulness of the material presented. The responses received were mostly positive, indicating that the brochure manages to meet the proposed educational and support objectives.

Design
- The overwhelming majority of respondents appreciated the design of the chapters, finding it pleasant and attractive. Terms like "super," "really cool," "intuitive," and "vibrant" were frequently used to describe the visual look.
- Feedback indicated that the design not only visually appeals but also makes it easier to understand and navigate through the content.
- small minority suggested minor improvements, indicating that there are opportunities for adjustments that could further enhance visual attractiveness and effectiveness.

Content
- The content of each chapter was rated positively, with the majority of respondents rating it as "excellent" or "good."
- The terms and wording were described as very easy to understand, with a small percentage of respondents indicating the need for further clarification for certain sections.
- The material was perceived as well structured and easy to navigate, facilitating the understanding of the topics addressed.

Usefulness
- Respondents unanimously considered the brochure to be useful for understanding post-traumatic stress disorder.

- Most of them considered that going through the material will help both active and reserve military personnel, providing them with relevant and valuable information for managing post-traumatic stress.

Recommendations

Maintaining the positives
- Continue to use design elements that have received mostly positive feedback to maintain the high visual standards and attractiveness of the material.
- Maintaining the structure and style of presenting information, given the very positive feedback on ease of reading and understanding of terms and expression.

Implementing Suggested Improvements
- Evaluating and implementing design review suggestions to make minor adjustments that could improve the visual experience and overall appeal of the material.
- Clarifying sections and terms that have been perceived as partially understandable to ensure complete and fluent comprehensibility.
- Add practical examples and case studies to illustrate the applicability and usefulness of the material, thus reducing the uncertainty expressed by a small part of the respondents.

Ensuring continued relevance and effectiveness
- Continue to apply the same clear and informative approach across all chapters of the brochure to ensure a consistent level of usefulness and relevance.
- Monitoring continuous feedback from users and making necessary adjustments to meet military needs and expectations in an effective and relevant manner.

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

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