



# THE PETT STUDY PARTICIPANT NEWSLETTER

JANUARY 2022

Progress, research updates, and more



PETT  
PTSD treatment trial



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# A HOLIDAY GREETING AND HOPES FOR A NEW YEAR



## SEASON'S GREETINGS!

As the holidays are behind us and 2022 stretches out before us, we hope everyone had a brilliant holiday season and a wonderful new year! Slowly but surely, the days are starting to get longer and the nights shorter, meaning that sunshine and warm weather are just around the corner!

This issue of your PETT Study participant newsletter features the latest update on the experimental treatment trial, now that therapy and the main data collection phase have ended. However, several parts of the study are ongoing, including our participant interviews, 52-week follow-up surveys, and more.

2021 certainly presented a host of challenges for everyone and we deeply appreciate all the time and effort you put into participation, communicating with us, and going the extra length to contribute to this research, even if it was just spreading the word!

We're hoping that 2022 will be a banner year and we have a lot of exciting news and opportunities to share in the coming months. Thank you again for all your support!

*- The PETT Study Research Team*



02

STUDY UPDATE



Therapy for both groups in the randomised control trial concluded and participants were asked to complete follow-up questionnaires at 6, 12, 20, and 52 weeks after their course of therapy. The response rate for these follow-up surveys has been impressive.

At 6 weeks, 83% of participants completed the follow-up, with 77% completing the 12-week and 20-week questionnaires. Many participants have not yet reached 52 weeks from the end of therapy, so data collection with this questionnaire is still in progress.

The follow-up surveys ask about how participants are feeling, any difficulties they might be having, and how they're getting on since being part of the trial. They are an important tool in measuring how effective the therapies have been.

6-week follow-up  
Questionnaires:  
83%

12-week follow-up  
Questionnaires:  
77%

20-week follow-up  
Questionnaires:  
77%

52-week follow-up  
Questionnaires:  
**\*in progress\***



03  
PUBLIC  
INVOLVEMENT

# WHAT IS A PPI GROUP?



PPI stands for Participant and Public Involvement, where members of the public are actively involved in research projects, studies, and experimental trials.



The lived experiences of PPI group members provide valuable insight for researchers, leading to stronger research putting participants and their needs at the centre.



Researchers recruit PPI groups while the study is in its planning stages, so members can share their expertise before the study begins.

**Hear what members have to say about the experience!**

Hi, I'm Marty! I got involved with the involvement team because it was a way of trying to improve the treatment for PTSD. When the programme started, it was great that organisations were seeking the views of veterans. In our discussions, we had touched on some topics including how PTSD affected us in a personal way and how our main concerns were about our families. Not many people see the behind-the-scenes.



Over the years it has been highlighted that partners pick up the pieces after an incident and 'get it in the neck' when the partners have a bad day. The main points that came out were accessing treatment (especially in my environment in Northern Ireland), i.e., knowing where to go, and getting help safely. One of the things discussed was the stigma of the security situation here, whereas elsewhere in the UK, veterans can get help and support more easily.



The study moved on to the therapies stage and that went well. Right now, we are waiting for the next meeting to help the study move on to the next stage. It has been a privilege to be a part of the programme to help veterans get better services.

**Interested in joining Marty and the rest of our PPI team in developing future research to support military veterans living with PTSD? Please contact [pett@kcl.ac.uk](mailto:pett@kcl.ac.uk) to find out more!**

04

MEET OUR TEAM



## A PROFILE OF ONE OF OUR RESEARCHERS:

Hi! I am Dr Vasiliki Tzouvara, one of the co-investigators for the PETT Study. I am a psychologist by background and I am privileged to lead the qualitative interviews with veterans, as part of the PETT Study.

The aim of the qualitative interviews is to explore veterans' experiences and particularly to explore with them what worked well, what did not work that well, their experience of being a participant in a research programme and the therapies, and finally to explore their thoughts on how we can improve the programme for future veterans. Veterans' valuable contribution in the qualitative interviews will help us to improve the programme and therefore veterans' mental health and well-being.

We have had good participation so far, however we would like to interview more veterans and to hear more thoughts from you. We are continuing to invite people to participate, so keep an eye on your emails for further information and/or an invitation of participation. You can also feel free to contact me directly for information or if you're interested in participating: [vasiliki.tzouvara@kcl.ac.uk](mailto:vasiliki.tzouvara@kcl.ac.uk). I look forward to hearing from you!

# VASILIKI TZOUVARA



05  
NEXT STEPS





## WHAT'S NEXT?



Do you have experiences to share with the community through this newsletter? Get in touch!



Remember to complete your 52-week follow-up questionnaire; you'll hear from us soon!



Recruitment for the interviews are ongoing, so keep an eye on your email!



Preliminary findings will be presented in March 2022, see the next page for details!

SAVE THE DATE!

**WHAT:** 2022 Veterans' Mental Health Conference

**WHEN:** 10<sup>th</sup> March 2022

**WHERE:** London, UK

All sessions will be recorded and hosted online after the event!



# RESOURCES

Need help right now?

Samaritans Tel: 116 123  
Emergency Tel: 999



Looking for local help?

**Veterans Gateway:**

<https://www.veteransgateway.org.uk>

**The Royal British Legion:**

<https://www.britishlegion.org.uk>

**Combat Stress:**

<https://www.combatstress.org.uk>



## GET IN TOUCH

Questions, comments, concerns?  
We want to hear from you!

[pett@kcl.ac.uk](mailto:pett@kcl.ac.uk)



## STAY UPDATED

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