



FIRST PETT Study Newsletter

Spring 2026 edition

Progress, research updates, and more



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Welcome & Hopes for 2026

Happy New Year!

We hope this message finds you well and refreshed as we move into 2026! Thank you for your support, involvement, and interest in the FIRST PETT Study. Your participation is vital to the success of this trial, and we are truly grateful for your commitment.

This issue of your FIRST PETT Study newsletter features the latest update on our FIRST therapy trial, including our current numbers and aims for the next few months.

We will also be sharing some stories from veterans who have previously taken part in our feasibility trial. Finally, we'll give an introduction to Inspire, our partner who play a critical role in the study by employing our therapists who deliver the therapy.

We hope you enjoy reading about our work and look forward to sharing exciting news and updates in the coming months. Thank you again for all your support!

- The FIRST PETT Study Research Team

Study Update

Veteran Participants

Our Assistant Psychologists have been busy assessing eligibility for the trial, and we're pleased to report that 48 veterans have already been randomised into the study. In addition, 15 participants have completed the 6-week data collection stage and 3 have completed the 12-week data collection stage.

Recruitment

We are working with a social media team at Native, together with our study team members Rebecca, Claire, and Phoebe, to help recruit more veterans who might be interested in taking part.

If you know any organisations or networks that can help us reach veterans in need, we'd love to hear from you! Please contact us at firstpett@kcl.ac.uk



Previous Participants

From January 2020 to June 2021, we recruited 60 military veterans with PTSD to take part in a feasibility trial to find out whether FIRST reduces PTSD symptoms. The results indicated that PTSD symptoms did reduce in those veterans, and some veteran participants provided firsthand accounts of their experiences of the therapy. Here's what veterans told us:

I've moved on massively in my life and I've got a very healthy mindset now. I'm a big advocate.

It was excellent from start to finish...if you're hovering over the mouse button, just press [it].

The communication level was really high, a lot of reassurance, lot of explanation [...] nothing was pushed onto me.

If you are interested in hearing more, you can see video testimonials on our study website:

<https://www.inspirewellbeing.org/firstpett-project/>

Meet Inspire

In the FIRST PETT trial, we are lucky to work with Inspire, a mental health charity located in Northern Ireland. They have a very important role in this work, so we'd love to take a moment to introduce Inspire and tell you more about the work they do.

- Founded in Belfast in 1959, Inspire's mission is "Wellbeing for all".
- Inspire work with people living with mental ill health, addictions, autism, and intellectual disability to make sure that they live with dignity and achieve their full potential.
- They have a range of active campaigns to raise awareness and make a change, including holding wellbeing sessions to champion positive mental health and break the stigma around mental health issues.
- Inspire have considerable expertise in working with military veterans and other populations with work-related PTSD.
- As our clinical partner, Inspire have strong systems in place to make sure the FIRST PETT therapists deliver therapy that is safe and of high quality.



Meet the Team



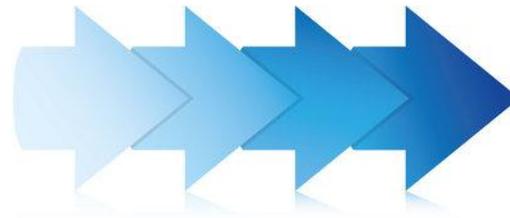
Dr. David Cameron

Inspire Group Clinical Lead, Consultant Psychologist

For more than thirty-five years, I've had the privilege of working with and learning from individuals whose lives are shaped by early adversity, trauma, or the complicated realities of mental health and substance misuse. These experiences have shaped me as much as they have shaped my career. As Clinical Lead at Inspire, I oversee the delivery of safe, effective, and person-centred services grounded in compassion. Over the last fifteen years, Inspire has supported close to two thousand veterans through the NI Veterans Welfare Service, many of whom served while living in, and continue to reside in NI. Inspire also led on the delivery of the regional arm of the UK wide Recovery Together program funded jointly by the Armed Forces Covenant Trust and the Forces in Mind Trust and the subsequent One is too Many programme which targeted and supported veterans with deliberate self-harming and suicidal behaviours. I remain committed to supporting the veteran community, an often misunderstood and marginalised group and was delighted therefore to be part of the innovative PETT trial. Military service brings unique challenges and sacrifices, and the transition back into civilian life isn't always easy. It is essential that we work collaboratively with the veteran community, academic partners, and clinicians to advance new, evidence-based therapeutic interventions that address the age-old psychological impacts of military trauma, including PTSD. We would therefore, love to hear from you and welcome your participation in the FIRST PETT Trial.

Next Steps...

- ⚙ We are still recruiting participants into the trial. If you know UK military veterans/ex-service personnel who might benefit from taking part, please let us know.
- ⚙ Current participants are still completing the follow-up questionnaires, with a £15 Amazon voucher available to show our appreciation for each completed set.
- ⚙ We have a new Facebook page – please follow us at [FIRST PETT research trial](#) to keep up to date with the study.
- ⚙ Do you have any experiences you'd like to share with the community through this newsletter? Get in touch!



Resources

Are you in need of help right now? Contact:

Samaritans – Telephone: 116 123

Emergency services – Telephone: 999

Do you have questions, comments, or ideas for us? Email: firstpett@kcl.ac.uk

Visit our study website: www.inspirewellbeing.org →

