



# THE PETT STUDY PARTICIPANT NEWSLETTER

Progress, research updates, and more



# TABLE OF CONTENTS

01

## WELCOME

A message of welcome and thanks from the PETT Study team.

02

## STUDY UPDATES

With recruitment closed, the PETT Study has entered the trial follow-up phase.

03

## STUDY INTERVIEWS

What were your experiences with the study? Here's your chance to let us know!

04

## MEET INSPIRE

Inspire partnered with the PETT Study to provide assessment and therapies. Here's more about them and their professionals.

05

## NEXT STEPS

What's on the horizon?



# WELCOME TO YOUR PETT STUDY PARTICIPANT NEWSLETTER



## THANK YOU, FOR EVERYTHING...

When the PETT Study was in its early design phase, we never could have imagined how the next few years would play out, especially the effects of the global pandemic. The study paused for several months while the nation found its footing and then was able to continue. You have been the ones to help this research overcome these stumbling blocks and move forward.

We wholeheartedly thank you for everything you've done. By expressing your interest, sharing info on the study with peers, giving freely of your time, completing questionnaires and forms, and participating in the research therapies, you've gone above and beyond for the entire veteran community.

This newsletter includes an update on recruitment numbers, as the recruitment phase has now closed, in addition to an announcement on how you can share your experiences with the study. You'll find a brief introduction to our clinical partner, Inspire, and a look forward to the next crucial steps in this research.

Thank you again for your overwhelming support and please feel free to get in touch with any issues, comments, or concerns.

*- The PETT Study Research Team*



02

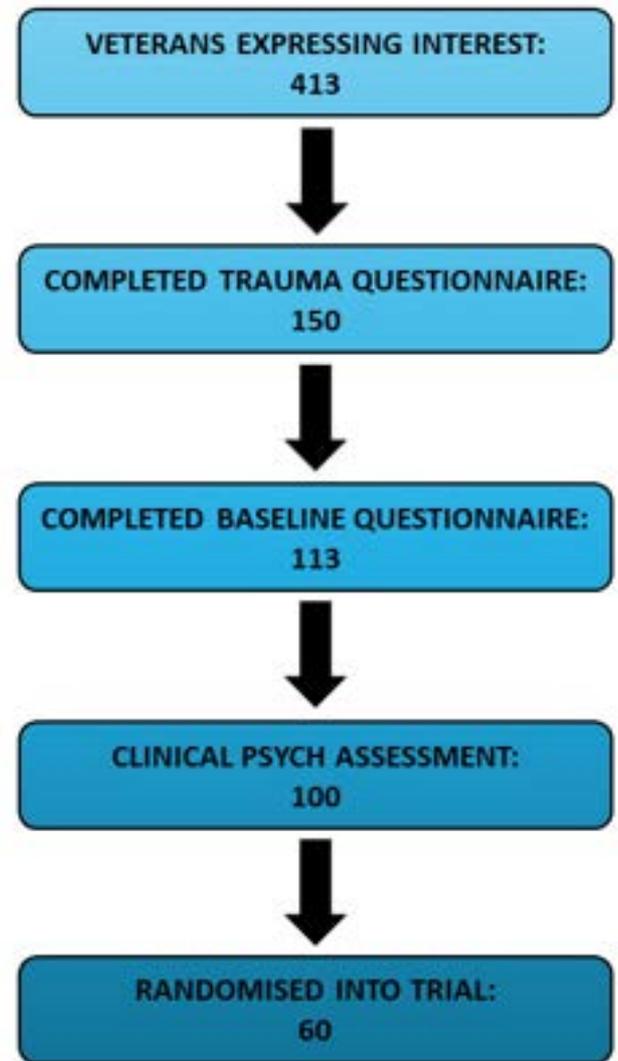
STUDY UPDATE



The recruitment phase of the PETT Study closed on 30<sup>th</sup> June and the response was excellent. Several organisations helped to get the word out about recruitment and adverts on social media were able to get the message to veterans who might be interested in participating.

Over 400 potential participants expressed interest in learning more about the study and each were sent information and a trauma assessment questionnaire to screen for eligibility. Of these, 150 completed the questionnaire and 113 went on to complete the follow-up baseline questionnaire with additional information.

Clinical psychologists were on-board to provide an assessment for further eligibility in the study, assessing 100 veterans, of whom 60 met the criteria for the clinical trial and were randomised into treatment courses.





03

**STUDY INTERVIEWS**

Online interviews with participants will be starting soon! This is a great opportunity for your voice to be heard about your experiences of taking part in the PETT Study.



It would be very useful for us to know what worked well or not so well in relation to the assessments, the therapy sessions you may have attended, and the trial itself.

The information will help us to improve the quality of the trial and treatment procedures for future participants. Therefore, we are very excited that we reached this stage of the PETT study.

Potential interviewees will be initially contacted through email. The online interviews will take up to 60 minutes, but this will vary from individual to individual.



The interviews will be audio-recorded, however your name and all identifying details will be removed during transcription, and the original recording will then be deleted.

Taking part in the online interviews is voluntary and will not affect your participation in the trial or treatment in anyway. Please look out for the invitation email and we are looking forward to hearing your thoughts!

04

MEET INSPIRE



# INSPIRE: WELLBEING FOR ALL



Inspire's mission is to work together with people living with mental ill health, intellectual disability, autism and addictions to ensure they live with dignity and realise their full potential and to develop a culture of compassion, creating a society free from stigma that focuses on people and their abilities.



For over 60 years, Inspire has been providing community based mental health support with services that both address mental health issues but also promote positive mental wellbeing.



Inspire have partnered with the PETT Study to provide clinical assessments and PTSD therapies as part of the randomised control trial.

## A PROFILE OF ONE OF OUR CLINICAL PSYCHOLOGISTS:

### MICHELLE BEATTIE



Hi. My name is Michelle Beattie and I have worked as a Clinical Psychologist in Northern Ireland since the early 1990's. Most of my work has specialised in the area of Adult Mental Health, particularly individuals with more severe levels of difficulties. I have also worked in other areas such as Chronic Pain Clinics, Older Adult Mental Health, Physical Health & Disability and Community Traumatic Brain Injury.

Over the last ten years I have worked primarily with those impacted by significant trauma in their personal and/or professional lives through the organisation Inspire. This has led to me meeting and working with a number of veterans - which has been such a privilege and honour. To this very day all my clients continue to inspire me in the work I do and leave me in awe of the human spirit and one's capacity to overcome the challenges and traumas life presents.

05

NEXT STEPS





## WHAT'S NEXT?



Online interviews will start soon – keep an eye on your inbox for updates!



Keep filling out the follow-up questionnaires – our appreciation is a £15 voucher each time.



Early research findings are in the works – we will keep you updated on the results.



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

# 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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