



## STUDY GOALS

The purposes of this study are:

- Evaluate the acceptability and utility of a **mind-body intervention on Soldiers with post-traumatic stress**
- Test the effectiveness of this Relaxation Response intervention designed to **decrease the physiological and psychosocial effects of stress and trauma**

## Relaxation Response (RR) Training for PTSD Prevention in Soldiers

The Relaxation Response (RR) study is currently being conducted at William Beaumont Army Medical Center, Fort Bliss, TX. The purposes of this study are to evaluate the acceptability and utility of a mind-body intervention on a convenience sample of Soldiers who have screened positive through RESPECT-MIL for symptoms that may lead to post-traumatic stress and to test the effectiveness of this RR intervention designed to decrease the physiological and psychosocial effects of stress and trauma. The study aims to enhance the psychological health of Soldiers with a RR intervention designed to promote self-awareness of physiological responses to stress and the ability to increase relaxation responses.

This randomized controlled trial (RCT) will use a two arm parallel design that compares the RR training program to usual care (n=50 per group). The specific aims for this study are to:

1. Demonstrate that trainers can be trained effectively to deliver the intervention, a mind-body skills training program based on the Benson-Henry Institute's standard RR training curriculum and tailored to a military population,
2. Evaluate feasibility, acceptability, and compliance to the training program in an active duty military population, and
3. Compare outcomes on sleep disturbance, PTSD, stress-related symptoms, quality of life, and psychosocial variables related to resilience of Soldiers who receive the six-week training program to promote the Relaxation Response to those Soldiers who do not receive the intervention.

On June 2012, fourteen trainers, most of them WBAMC providers (social workers, case managers, physicians, CAM practitioners) and a brigade surgeon along with his medic were trained by the Benson Henry Institute (BHI) trainers. The study recruitment is in progress and the first group of the RR intervention is expected to begin in April 2013. We anticipate increasing the enrollment rate of this study based on new strategies including the addition of a new enrollment site to include the Fort Bliss Interdisciplinary Pain Management Center (IPMC).

© 2013 Samueli Institute

The study is supported by Telemedicine and Advance Technology Research center (TATRC) under Award No. W81XWH-10-1-1011. The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.