

# Increasing Access to Evidence-Based PTSD Treatment in the Military

*Increasing Access to Evidence-Based PTSD Treatment in the Military: Behavioral Health Technician Delivered Written Exposure Therapy* is a collaborative project between the Center for Deployment Psychology, VA Palo Alto Healthcare System, Brooke Army Medical Center, Naval Hospital Camp Pendleton, and UT Health San Antonio.

## PROJECT GOAL

This project aims to determine the clinical effectiveness and acceptability of Behavioral Health Technician delivered written exposure therapy for PTSD in active-duty military personnel. In addition, the study seeks to explore the feasibility of implementing this approach within the Military Health System.

## BACKGROUND

PTSD is prevalent in military personnel, causing significant distress. Evidence-based psychotherapies exist, but access within the Military Health System is limited. Behavioral Health Technicians offer greater availability for weekly psychotherapy, and written exposure therapy is a brief, streamlined, manualized therapy suitable for behavioral health technician delivery.

## STUDY DESIGN

This hybrid implementation-effectiveness study employs a Phase II randomized clinical trial at Brooke Army Medical Center and Naval Hospital Camp Pendleton. 150 active-duty personnel with PTSD will be randomized to written exposure therapy plus treatment as usual or treatment as usual alone.

## CURRENT STATUS

Study initiation is underway, including securing regulatory approvals, establishing data sharing agreements, and commencing technician training in written exposure therapy.

## FUNDING

Funding for this research is provided by the Congressionally Directed Medical Research Programs (CDMRP); total funding is \$2,407,627 with \$639,815 allocated to CDP. The project runs from September 2024 through August 2028.

