

PROJECT VALOR

Veterans After-Discharge Longitudinal Registry

This is the latest in a series of newsletters intended to keep you up-to-date on the Veterans After Discharge Longitudinal Registry (Project VALOR) and other research-related news. The goal of the study is to learn more about the impact of military experiences on the health of Veterans who served in Operation Iraqi Freedom and/or Operation Enduring Freedom. We are grateful for your participation in the study, and we hope you find this newsletter informative.

Follow-up and Project VALOR Updates

We are excited to report that we have completed the third phase for Project VALOR. We have exceeded our recruitment goals, with approximately 95% of those who completed the second phase also completing this third phase. This third assessment provides us the opportunity to observe key trends in the mental and physical outcomes of our participating veterans.

We are sincerely grateful to all of our participants for their continued efforts. Your participation in Project VALOR will provide a better understanding about the clinical course of post-traumatic stress disorder and treatment utilization.

The fourth phase of data collection will begin mid-September 2015 and will continue until January of 2016. Similar to the second phase of this study, this fourth phase will consist of both a questionnaire and an interview component. After receiving your mailed letter announcing the start of the fourth phase of the study, you will receive a phone call from one of our research staff members who will set you up with the online questionnaire and interview.

Please continue to check the website for the latest study news at www.projectvalor.net

Contact Us

If you have any questions or comments about Project VALOR, or if you would like to request a paper copy of the newsletter, please contact us using the phone/fax numbers listed below. We would love to hear from you!

Phone: 857-364-4921

Fax: 857-364-6526

www.projectvalor.net

Meet the Project VALOR Principal Investigators



Dr. Terry Keane is recognized as a world leader in the field of traumatic stress. His research interests include assessment and treatment of PTSD, conceptual models of PTSD, and construction of an internet based PTSD treatment program. Last year, he received the American Psychological Association's Presidential Citation award for his lifelong commitment to helping our nation's veterans.



Dr. Ray Rosen is recognized as an international expert in health psychology, psychological testing, and quality of life measurement in military assessment in clinical

Recent VALOR findings

Your participation has helped us learn a lot more about the health of our Operation Enduring Freedom/Operation Iraqi Freedom veterans!

For example, your information has allowed us to examine the role of social support in relation to post-deployment suicide risk. We found that post-deployment social support (e.g., reception/experience as a Veteran, community support, a strong support network of family and friends) may serve to protect against suicide among OEF/OIF Veterans.

Another study looked at the amount and quality of sleep that Project VALOR participants experience. The most common sleep problems were difficulty in staying asleep and waking up several times each night. We also found that nearly a third of Project VALOR participants are sleeping an average of less than 4 hours per night, and two-thirds of Project VALOR vets with PTSD report having recurrent distressing dreams of a traumatic event. These findings have helped us understand more specifically how sleep quality may be an important clinical target for treatment.

So far, 9 articles about Project VALOR have been accepted for publication or have been published in scientific journals. An impressive 51 presentations have been given at scientific meetings or will be given later in the year. Contact us for a full list of project publications.

PTSD Awareness Month

This past June, the National Center for PTSD invited the public to participate in its PTSD Awareness Month with the goal of helping more Veterans, their families, and the community better understand PTSD and available treatment options. This year's campaign focused on innovative online resources that encourage the public to "learn, connect, and share" about PTSD. A few online materials include: PTSD Coach Online which provides symptom management strategies, AboutFace which is an online video gallery of Veterans sharing their experiences, and Whiteboards which educates on PTSD and effective treatments. These online resources and more can be found on the National Center's website <http://www.ptsd.va.gov/about/PTSD-awareness/>.

and civilian populations. He has received multiple grants and awards for his research on men's and women's health and has published 10 books and more than 400 papers on these topics in leading peer-review journals. Dr. Rosen is currently Chief Scientist at the New England Research Institutes (NERI).



Dr. Brian Marx is an expert in behavior therapy, PTSD assessment, and the effects of trauma. His research interests include the association between PTSD and functional impairment, PTSD and memory, and identifying risk factors for posttraumatic difficulties. In 2014, the American Psychological Association's Division 56 awarded Dr. Marx fellow status. Dr. Marx received this honor due to his outstanding contributions and performance in the field of psychology.

WORD PUZZLE

How many 3, 4, or 5 letter words can you find in the letters below?
Words can be vertical, horizontal or diagonal. Can you find the words "PROJECT" AND "VALOR"?

B	I	T	I	M	E	R	P	H
A	R	O	L	A	V	S	L	A
L	A	P	R	O	J	E	C	T
L	I	S	T	U	S	E	R	S
S	E	R	V	E	G	M	T	A

New VALOR Staff



Ali is originally from Arizona and joined the Project VALOR team in August of 2015. She recently graduated from UC Berkeley and hopes to pursue a Ph.D. in clinical psychology. Ali is interested in studying PTSD treatment, neurocognitive deficits that may result from PTSD, and sleep disorders in relation to PTSD.

Sam joined Project VALOR in September 2015. She received her Ph.D. from Boston University and recently completed her internship training at the Institute of Living in Hartford, CT. She is interested in research focused on the course of PTSD, the relationship between PTSD and medical and psychiatric comorbidities, and factors affecting treatment utilization and outcomes.

Aaron joined the Project VALOR team in July 2015. He recently relocated to Boston from Texas after graduating from Trinity University. He hopes to pursue a Ph.D. in clinical psychology. His research interests include dissemination and implementation of efficacious PTSD treatments, various forms of trauma, and PTSD risk factors.

How to Contact Us:

If you have any questions or comments about Project VALOR, or if you would like to request a paper copy of the newsletter, please contact us using the phone/fax numbers listed below. We would love to hear from you!

Phone: 857-364-4921

Fax: 857-364-6526

www.projectvalor.net

