STRONG STAR is a multidisciplinary and multi-institutional research consortium funded by the U.S. Department of Defense’s Psychological Health and Traumatic Brain Injury Research Program to develop and evaluate the most effective early interventions possible for the detection, prevention, and treatment of combat-related posttraumatic stress disorder (PTSD) in active-duty military personnel and recently discharged veterans.

STRONG STAR investigators hope to improve countless lives by preventing the onset of chronic PTSD and by preventing on-going chronic insomnia in a new generation of veterans.

**Why is STRONG STAR beneficial for soldiers with PTSD or Insomnia?**

- Promising Research Treatments
- Highly qualified staff
- Located on Fort Hood
- Convenient scheduling
- Ideal for soldiers who want to keep on Soldiering!
- Help fellow soldiers by contributing to the knowledge gained

**TO PARTICIPATE,** Call
(254) 288-1638

Soldiers: Building Resiliency in You to be Stronger Warriors Through the provision of Excellent Care
STRONG STAR PTSD RESEARCH

- Several therapies have been proven effective in treating PTSD: Prolonged Exposure (PE), Cognitive Processing Therapy (CPT) and Present Centered Therapy (PCT). These therapies have been successful in treating non-combat related PTSD in civilians.
- STRONG STAR is interested in determining the most effective method for treating combat-related PTSD in military personnel.
- For this reason, STRONG STAR is studying the effectiveness of Cognitive Processing Therapy, Prolonged Exposure, and Present Centered Therapy at Ft Hood with active duty service members.

STUDY PARTICIPANT QUALIFICATIONS

- OIF/ OEF active-duty or veteran with combat experience.
- Ages 18 to 65.
- Currently experiencing symptoms of PTSD.
- You may qualify if on PTSD medications.
- You will be assessed for eligibility.

Goals of STRONG STAR PTSD Therapy

- Improve your understanding of PTSD.
- Reduce your overall stress level.
- Reduce the severity of your PTSD symptoms.
- Decrease depression, anxiety, guilt/shame, and anger.
- Improve social functioning and day-to-day living.

STRONG STAR CBT/INSOMNIA RESEARCH

- Cognitive Behavioral Therapy for Insomnia (CBTi) is a very promising treatment to help service members with their sleep problems without medications. STRONG STAR is sponsoring a study using this approach with service members at Ft Hood.
- Promising results from civilian research indicate this therapy may be effective for active duty military personnel.
- STRONG STAR is interested in determining the most effective method for treating insomnia in active duty personnel.
- For this reason, STRONG STAR is studying the effectiveness of (CBTi) at Ft Hood with active duty service members.

STUDY PARTICIPANT QUALIFICATIONS

- Must be active duty.
- Must have been deployed in support of OIF/OEF/OND.
- Ages 18-65.
- Currently experiencing sleep difficulties.
- Must be in the area for the next four months.
- You may qualify while taking sleep medications.
- You will be assessed for eligibility.

GOALS of STRONG STAR CBTi Therapy

- Improve your understanding of insomnia.
- Decrease difficulties falling asleep and staying asleep.
- Increase sleep quality and quantity.
- Improve social / professional functioning and day-to-day living.

HOW TO GET INVOLVED

Contact STRONG STAR staff at: (254) 288-1638

Location:
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Ft Hood, TX. 76544

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