

## Reduction in PTSD- Related Symptoms After Lone Survivor Retreats

April 2013 – April 2014

As measured by the PTSD Checklist (PCL-M)

	N	Pre-Test		Post-Test		Difference		ES	P-value
		Mean	SD	Mean	SD	Mean	SD		
PTSD Checklist	66	58.7	16.9	40.5	16.3	<b>-18.2</b>	14.6	1.25	<0.0001

This data was collected from 66 active military and veteran participants taking part in one of twelve retreats held between April 2013 – April 2014. As the table shows, the mean score on the 17-item PTSD Checklist (PCL-M) was  $58.7 \pm 16.9$  at the start and reduced significantly to  $40.5 \pm 16.3$  at the conclusion of the retreat (effect size (ES) = 1.25,  $p < 0.0001$ ). To put these outcomes in context, a reduction of  $\geq 10$  points on the PCL-M is considered clinically and statistically meaningful (Monson, 2008)<sup>1</sup>.

For further information: Brian Morris, Morris Communications, 614/226-3292, [bmorris@morriscommunications.com](mailto:bmorris@morriscommunications.com)

<sup>1</sup> Monson CM, Gradus JL, Young-Xu Y, Schnurr PP, Price JL, Schumm JA; Change in posttraumatic stress disorder symptoms; do clinicians and patients agree? *Psychological Assessment* 2008; 20: 131-8.